ALL IS WELL

7 MASTER TEACHING SECRETS FOR MENTORS, COACHES, HEALERS, & FACILITATORS

BY SOPHIA HOFFER-PERKINS

WELCOME. WELCOME. WELCOME.

I am honored to have this opportunity to share with you some of the essential practices my most trusted teachers and I use to facilitate an empowered learning and healing experience.

Let me introduce myself. I was a child mystic. I am incredibly blessed to have a family who treasured and honored wisdom, and they kept alive the stories I came into the world carrying.

One of the stories I told as soon as I could speak was about my pre-birth. As I wandered around the place in heaven where all babies are, I was called in by God and shown two pictures and asked where I wanted to go. I looked at the picture of my mother, father, older sister, and brother and said, "send me there, they need my help."

I grew up talking to relatives who had already passed, singing to God, and talking about all the lives we have had. A lot of children come into the world with profound knowledge and it gets squashed. I was lucky to be encouraged to share and tend to this information.

Although my spirit was nurtured, this world is still hard on a mystic. My mother and sister were chronically ill. My deep knowing that I was a healer combined with the inability to heal my family galvanized a deep pain and compassion in me.

My mother's "mystery illness" in the 80's, now known as Chronic Fatigue Syndrome, required her to search for healing support from the fringes. Here I began my patchwork training. By age 14 I was already trained in clairvoyant readings, acquainted with my spirit guides, and experienced powerful transmissions of spiritual teachings.

I spent my summers attending, then teaching and staffing, and then owning and running (for 12 years with 28 friends) a Live Action Role Playing (LARP) summer camp for teens. This program is based in community, cooperative play and improvisational theater (not so much focus on point systems and gamer rules for those who LARP). This is where I practiced my magic and shamanic skills, playing magical beings, warriors, evil wizards, earth goddesses and more . . . you know the usual :)

When I was 19 I lost my mind and chose to leave college mid-semster. I was diagnosed with Premenstrual Dysphoric Disorder (PMDD), which for me was the worst 2 days of PMS you can imagine but it lasted almost 14 days, the week before and then the week of my period, a.k.a. I would loose myself for half of every month to a whirlwind of mania, depression, and pain.

I used my spiritual and alternative upbringing as the foundation to find healing for my soul, body, mind, and heart. It took over 6 years to get my self, my mind, and my joy back. I was able to finish college, become a licensed massage therapist, and I worked enough to be financially independent. I gathered everything I learned in a basket on that journey and combined it with my nature, nurture, and training to create my tool box. Which is Me, all of me. I offer all I know, I have, and have learned.

I have been teaching at Omega Institute in New York for 15 years. I have thousands of hours of training in bodywork, healing practices, community development, transformational education, theater, and dance. I have been developing and implementing empowerment and community development programs for kids, teens and adults since 1998.

I work privately with clients both short term and for long term mentorship. I am obsessed with self-expression, freedom and liberation of people, the planet, spirit, and the mystery of all things. I am so excited you are reading my ebook!

Before we get into it, please heed. There are no hard and fast, right or wrong secrets or approaches — I am just sharing some of mine. I am going to lay it down as I know it today. Please read and know that I want you to TAKE WHAT YOU WANT — what serves you, what nourishes your wells of wisdom — and then *LEAVE THE REST*!

MANY HEART AND BELLY HUGS AND LOTS OF LOVE!

The beauty of walking a path of consciousness is knowing that even in the mess of things, even in the most painful moments, and even in the most lost and dark corners, you are well. Well taken care of, perfectly held in the infinite unfolding of mystery, knowing that in the face of both your greatest joys and most heartbreaking sorrow, all is well.

Being a Master Teacher is the radical and empowered position of teaching not just what was taught to you, but something that rises out of your own experience. What you author, you become an authority of.

This could be a pretty heavy position or burden if we forget the truth that ALL IS WELL.

By embodying the playful and faith-filled position that everything, in the most raw and real way, is and will always be well, we are given permission to create space for another human being to explore and claim the authority of their own life, gifts, and that which they are here to contribute to the world.

The following 7 principles are beacons, touchstones, and practices that herald a transformational learning and healing environment committed to authenticity, self expression, and the deep-down knowing that all is well.

7 MASTER TEACHING SECRETS

MASTER TEACHING SECRET #1 — IT'S YOUR JOB TO SAY IT LIKE IT IS AND THEIR JOB TO FIND THE MEANING (AND YOUR JOB TO TEACH THEM HOW TO FIND THE MEANING)

As a teacher, a mentor, or facilitator, you're given a profound opportunity to reflect back insights and knowledge to your people — students, mentees, workshop participants, clients, etc. It's your sacred job (and to me, a profound honor) to take the risk of calling out your people on their bullshit, their blind spots and the subconscious, conscious or unconscious patterns that you recognize are affecting their work, their life, or the full expression of their being.

It is important to note that your feedback is still determined by your lens and experience of reality. It's their job to find the meaning in it. Even here, there is no wrong or right. It will never be your job as a human or a teacher to understand the entire universe — why it works or how things happen. You give your feedback, and trust that all is well. It is crucial that your students know how to constructively process the feedback.

MASTER MOVE

Making sure your students know how to process feedback is an essential part of empowered learning.

It's not what you say that is most important, it is how they respond to what you are sharing with them. I coach my students and clients to take what I offer them and run it through their own truth-distilling system.

Here are some examples of methods I use to coach them on how to understand their own responses to my (or anyone's) sharing:

1) If they get really defensive and feel like I am "totally out of line" I encourage them to take it in and sit with the experience. It's likely that there is something incredibly valuable in what's coming up. What's getting to them might not be exactly what I said, but it obviously touched something, so go find out what that something is.

2) If they are nonplussed, neither here-nor-there about the feedback, then I coach them to let it go, for now. Maybe at a later time they'll find value in it.

3) If they respond with a very clear and definitive, "no, that's not it," then we both trust that. I remind them not to take anything personally ever, even my super-sweet, special-teacher feedback.

4) If the feedback lights up every cell in their being screaming, "I'VE BEEN SEEN! I AM KNOWN! THAT'S TOTALLY TRUE!" Well then, I tell them to hug that close, tend the information, and carry it with them to their depths.

5) If there is a bottomless pit of, "give me more feedback more, more, more, more," I encourage them to consider that they are unable to hear the message they're looking for. They are looking outside themselves for answers, so it's time to go inside and listen.

Remember to give your students time to let feedback sink in. Guide them, using the steps above, on how to find the value in what you're saying. This may become a practice they will use all their life.

MASTER TEACHING SECRET #2 — EMBRACE YOUR HUMANNESS . . . AND GIVE YOURSELF PERMISSION TO MAKE A MESS AND NOT BE SO ZEN

No matter how long you are here — it will be a very brief Earth Walk. Popular spiritual practices have a tendency to hold-up high the quiet, peaceful, easy, soft, and nice-looking parts of practice.

I suggest that you make space for the really mad-crazy love and light to transform your reality and enliven your spirit.

When you allow yourself to experience profound levels of healing, the repressed and submerged places within you rise into consciousness and are illuminated.

Allow them to surface and move through you while you give them space to be seen with the same unconditional love, breath, and honoring you would give to the most obvious beauty. Doing this makes space for transmuting your pain into beauty, and your suffering into blessings.

This is a powerful and essential part of living an embodied human experience.

If you are teaching about how to transcend out of the human experience, this perspective is not for you. This advice is for those who want to teach about how to be wholly spiritual and human at the same time.

This is for those who desire to bring spiritual awareness into the depths of human pain and pleasure, explode the dichotomy of right / wrong, and fill even the messiest of moments with divine love and ecstasy. In this way, a focused fit of rage, a bellowing sob, a dance-till-your-thighs-shake, or a rocking-in-the-bathtub while allowing a flash of painful memories is important. Take a deep breath.

This is the walk of a human being. This is the power of feeling. This is allowing life force and majesty to move through you. It doesn't always look pretty. Sometimes I am praying and I am snotting, and crying, and spitting, and yelling, and shaking, and I am all LOVE. Love pouring through me and pushing out the lies I swallowed along the way.

The path of consciousness is often called waking up. It is the shedding of the dream haze. For most (if not all of us) that dream haze includes nightmares that we are using to process and evolve our spirits.

MASTER MOVE

Make a mess, scream, and cry. Grieve and laugh. Shriek and shake. Bring your breath and love into it all. Listen all the while for the wisdom rushing through you to the surface to be known. Trust that the wisdom, the peace, the love, the light, the spiritual insight is as much there in all this "mess" as it is in the quiet.

Make the mess needed to get to the deep clean. It's like the way we have to pull everything out of the cupboard to get at the shelf. Clear it all out so you can wipe the conceptual shelf down and then be conscious of what you store in that clean cupboard.

Why is this important for a Master Teacher? You are what you teach. If you want your students or clients to have an embodied, free experience with their lives, you have to do this yourself.

MASTER TEACHING SECRET #3 — GET REAL AND STAY REAL . . . YOUR LIFE IS YOUR MOST POWERFUL TEACHING

Owning insecurity is an act of confidence.

Did you hear me? I'll say it again. ***Owning insecurity is an act of confidence.***

Sharing authentically with people encourages them to do the same, and it highlights your choice to be real rather than look good. This builds trust, and more importantly it reflects what you're trying to create, a space that feels safe enough for authentic sharing. Is it SO safe that even you can be real? Then it will encourage your people to be real too.

When you are courageous and feel safe enough to be vulnerable, it will show others that it is safe to follow your lead.

I'll share a story here as an example. Before teaching a healing class I went to the bathroom and when I wiped I found blood from a hemorrhoid. It stimulated a slew of panic and fear around my health (an easy fear activation for me).

I went into my class and for about 30 seconds I tried to act like I was feeling fine. It didn't work. (I have a lot of practice at this because I have never been able to keep what's actually happening from falling out of my mouth once I open it. So my greatest flaw has become an essential crux of my teachings. Happens.)

So then I stopped. I shared what had just happened with my students and how it had stirred up all this fear from when I was a little girl about being, "sick forever." I took a moment and cried and shared that I understood that my health was well and that I had to further commit to listening to my body and get the support, healing and treatment I had known I needed but was avoiding (see tip #7).

Everyone could relate. When my circle of students went around and checked-in that day, the sharing got very deep and real. It was raw and honest, and made a lot of space for great transformation and healing.

MASTER MOVE

When it's applicable, share your own specific and vulnerable tale. Bare it all when given the opportunity.

I mean, what else are we here for anyway?

MASTER TEACHING SECRET #4 — THERE ARE AS MANY TRUTHS AS THERE ARE STARS, PEOPLE, TREES AND FIREFLIES

Touting our truth, way, or teaching as THE only and supreme truth is a fundamental no-no on the mystical and self-actualizing spiritual path. Yet with our friends, students, or family we can get all up-in-arms about WHAT WE KNOW TO BE TRUE . . . forgetting that it may have everything or little-to-nothing to do with THEIR truth.

Everyone is their own co-creator. Even the most "unconscious" person who is stuck in their own story is still the Divine creator of their reality, so check yo'self before you wreck yo'self.

MASTER MOVE

Allow everyone's experience to be a viable truth. Wander and be curious with stories. Laugh gently at the idea that there is a "Truth." Even this very concept, hold it gently and be willing to find out that at any moment you could find yourself with a totally different perspective.

Watch your people move from one true reality into the next . . . it's magical isn't it?

MASTER TEACHING SECRET #5 — RADICALLY TRUST YOUR INTUITION

Your intuitive hit, that gut feeling you have, is valid just as it is. So let go of your justifications, explanations, and stories of how and why your intuition is right.

Master Teachers are incredibly sensitive beings who have integrated thousands of hours of training, dedicated practice, and information. We pick-up on stuff and know information without always knowing how or why we know it.

Be willing to share what you get without embellishing, filling-in gaps or making-up stories about why it's true, important or useful. The hit might be right yet the story you make up to justify could be incorrect.

Also, whether accurate or inaccurate, finding out after-the-fact if you were "on point" helps develop your intuition-accuracy. If you make up a story to justify the hit, you cloud the opportunity to get real feedback on whether you were accurate or not. So give it as it is and develop your intuitive guidance by being willing to be on and off.

MASTER MOVE

Stick with the information you get. Share it with authority and without attachment (see tip #1). Trust that it's enough.

Often, clarity of why or how we know what we know doesn't materialize until much later — sometimes after days, weeks, months, or sometimes even never. Be willing to trust your intuition without ever needing proof and be open to finding out about your accuracy.

MASTER TEACHING SECRET #6 — IT'S NOT COMMUNICATION UNLESS THEY RECEIVE THE MESSAGE

The heart of communication is to commune, to meet, and to join in understanding. I can speak, sure, but am I being understood? That is for me to track as a teacher — just as importantly, am I understanding my students (or family, friends, and loved ones) as well? Are the words and actions just alternate turns for expression or is there something being shared between us?

After four years of dating my ex we were in a fight when she yelled, "I don't even know what 'grounded' means!" For four years I had been voicing my needs with words she did not understand.

I came from years of hippie summer camp where the term "grounded" was used as frequently as the word breakfast. The meaning of the word "grounded," as I understand it, is feeling clear headed, aware of one's body in time and space, and having a general sense of calm and ease (sometimes even a high-energy ease, not always an inactive, still ease).

I had referred to my need for grounding a lot over the years, especially during times of my mental, and spiritual unrest, when I was longing for connection.

After she said that she didn't know what the word meant I was shocked. I was stunned, disappointed, embarrassed and furious at the years of not being understood when I thought she knew just what I meant.

Now I know that the responsibility in that many-year misunderstanding was on her and on me. I was just assuming that we shared a common language. I didn't sufficiently bring her into my lexicon while she, in her quiet listening, didn't ask for clarity about what I was saying. She taught me how important it is for me to speak up. She also taught me that I'm responsible for knowing that my message is received and I'm responsible for receiving the messages others offer me.

MASTER MOVE

Be aware of local lingo and jargon. Make sure that the people you're communicating with understand the words and references you use. The words you choose mean specific things so educate your people and make sure you define your terms.

Take the space and time to check in and make sure you really understood your students sharing or questions, by reflecting back what you heard in your own words, and asking them clarifying questions.

MASTER TEACHING SECRET #7 — TAKE RESPONSIBILITY FOR KEEPING YOURSELF OPEN, SOFT, NOURISHED AND WELL

Giving and receiving is not actually an exchange that happens across an empty space. Life is a current, or a pathway, of reception.

When you receive, you fill up. In order to maintain your ability to be inspired and be in a state of reception, you have to empty.

Holding on to ideas, visions, resentments, or muscles tension are examples of things we need to let go of to make space for new dreams, ease in our relationships, money, and health.

The current of life is flowing constantly. Self-care is a big subject. The radical place of trust is that all we need is ALWAYS available to us. Always, no exceptions. All is well, in a cosmic way, flowing.

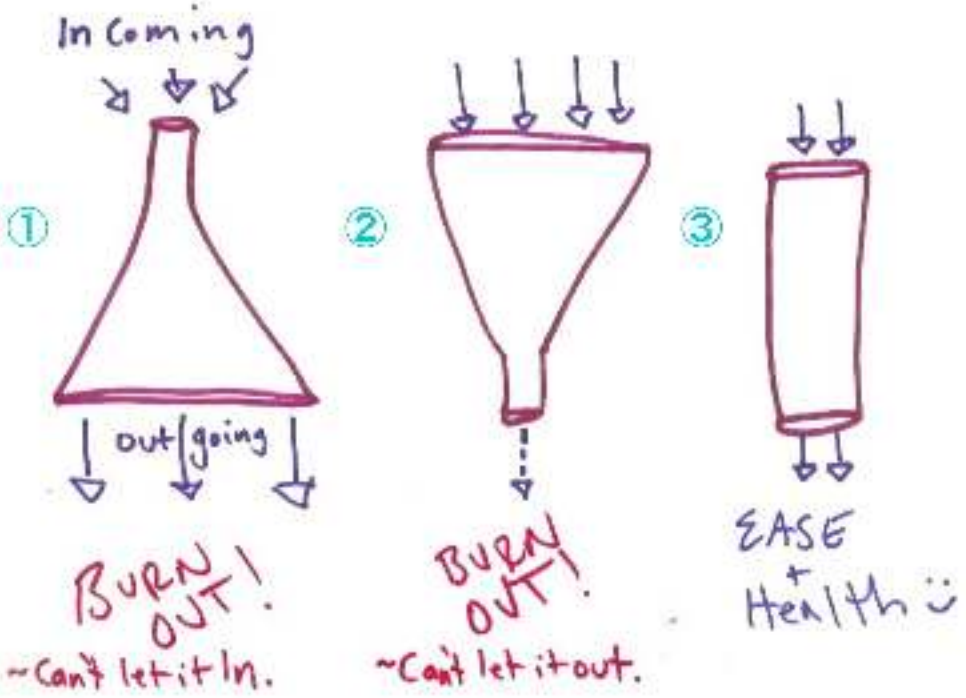
So self-care practices are not to give us something we need, but to get us into a state of being where we allow our needs to be met. We allow the need to empty, the need for affection and support, and the need for play — whatever needs to be satisfied.

I see giving and receiving as a nourishing cycle. My body and life are like the walls of a spiraling hose, and life force and Presence are the current. Self-care helps me to keep the hose unkinked. It is your job to make sure that both your receiving and giving pathways are expanded to create a steady and nourishing flow for yourself, your clients, and students.

If you're constricted on either the giving or receiving end, it begins to look more like a funnel and less like a hose. This is not an I-give-this-much therefore I-need-this-much equation, but rather a matter of maintaining an ease of flow.

This means taking responsibility to get the support needed to open and receive more, or open and let go of more, or build the structure for you to provide more service for others from a place of ease within.

NOURISHING CYCLE DIAGRAM



1. Easy emptying, but constriction makes it hard to fill

2. Easy to fill, constriction causes congestion so its hard to empty, which in turn means it's too congested to keep receiving, which results in lowered productivity

3. Easy come, easy go

As humans we are not like hard ceramic or plastic. We are like putty — dynamic, ever-changing beings. Self-care is about being supported to expand, pull in, receive, and let go so we can be in movement, fully receiving what we need, and sharing what we want to give to the world.

Get to know yourself and what you need to breathe, inhaling and exhaling, metaphorically and literally. It changes over time for most people, definitely for me.

I observe that every layer of expansion of support I provide for others requires a deeper level and more consistent amount of self-care. The wider I expand to give, the more I need to make sure I am open and receiving to keep that current flowing.

If I don't get the care I need, the first thing that happens is I get irritable with those closest to me. Next, I burn out quickly and straight up de-manifest work. Finally, I will continue to not-manifest work until I have had time to recoup. I ran that 3-month cycle for years until I realized the pattern and made a commitment to myself to get the self-care I needed, and to increase it as required.

MASTER MOVE

Make your self-care a regular daily and weekly priority, as important as the classes you teach or clients you work with. Masters use a combination of their own practices as well as receiving or being taught by others to fully nourish and replenish their resources.

CONCLUSION

There you have it.

No matter how much responsibility you have as a leader, it is incredibly empowering to remember and remind your students that they themselves carry the answers. As teachers we are guides, company, heralds, and road-signs. They walk their own path. It is sacred and blessed. It is well. I am honored to walk with and witness anyone who chooses to walk into illumination.

We always end up seeing the meanest shit that has been hidden in the dark, as well as the unspeakable beauty that lies in our depths. This journey takes courage, persistence, and patience. It takes faith and a willingness to care deeply.

So thank you for listening. May this nourish you, help you set yourself free, and remind you that you are in the good company of others who walk this path.

If this was shared with you (and your read this far) I would love to have you join the tribe! Please visit SophiaHofferPerkins.com and join my mailing list. I share free content regularly and would love to support you on this path.

On the next page, I'll leave you with a poem that I wrote.

Peace and SatNam*,
Sophia

*Sat meaning the Truth beyond comprehension, and Nam meaning name — it honors and calls forth our truest nature.

GOOD COMPASS CARRIER

"Who am I to know which way to go?
I only know how to build a compass.
And the materials I have not.
I cannot gather them or give them.
I cannot gift said guidance.

I cannot build another's compass.

I will tell you what you need — where you'll forage the materials will vary —
but tally this:

Gears: suspension pin and needle > 1 part faith + 1 part knowledge

Faceplate: 3 parts love + 1 part compassion

Case Bottom, Side, and Ridge: cast delicately — 2 parts boundary + 2 parts courage +
1 part fear & anger
> one must include these parts lest they swell in unknown locations and inadvertently rule.
Secondly, they are great indicators towards justice.

Glass Cover: 1 part knowing God is all things and love, seen and unseen
— this is the maker of clarity and the creator of choice
Freedom, and for us, now, in this time,
reconciliation.

Here-
now you know-
this is the compass you can follow in all directions.
Use it well,
and often,
and if it breaks, build a new one.
— Proportions may slightly vary, but all are needed for accurate reads.

Use it well indeed.

Blessed travels to thee,
and remember,
you are loved by at least God,
and me.
So, good compass carrier,
be free.
Be free!
Be free!"

All is well, even when it doesn't feel well.

ALL IS WELL

Was this helpful?

Visit my website for more, free Master Teaching secretsfor mentors, coaches, healers, and facilitators.

I'm here to work with you as you work with others.

And feel free to share this ebook with anyone who it might serve!

SophiaHofferPerkins.com