

## Understanding the Energetic Principles That Enable You to Quantum Coach

This paper is essentially about the new discoveries in Quantum Physics, neuroscience and bio field science. We will be looking at them in relation to the insights they afford us about the coaching interaction and the tools we use in Coaching Supervision and Coaching. I will be using concepts and ideas from various quantum physicists such as Nobel Prize winning quantum physicist, Ervin Lazlo. The presentation will include discoveries in neuroscience as outlined in John Selby's book "Quiet Your Mind", and as demonstrated in the work of bio field scientist Gary Schwartz. This is an academic paper and its relevance to Coaching Supervision will become clearer as we move through this course.

It may be that the topics that we will discuss here are not new to you. However, what I am doing is changing the perspective of coaching theory to look at what is happening in the electromagnetic fields which are created and the resultant connections which are established. It is my belief that when we understand the reason behind the way anything operates, we can use those principles more powerfully. The more powerful we make our minds and our intentions then the more we consciously and responsibly create our life and the Universe around us.

Ultimately, our purpose on this Coaching Supervision course is to be better at what we do, and to enhance our skills and abilities so that we support those whom we coach and supervise. In this way our clients and supervisees, and in turn their clients, will more quickly realise their potential and become *all* of who they are

### First things First – What is the Quantum Vacuum or Zero Point Field?

The Zero Point Field or Quantum Vacuum is the energy field which causes this Universe to exist. It is this energy which creates matter. There are four main ideas which are fundamental to understanding the field and to realising the implications of these discoveries. They are:

- the nature of matter
- the properties of subatomic particles
- the interconnectedness of all things
- how consciousness impacts on the Field

## The Nature of Matter

As we investigate matter and break it down to the microscopic level, we eventually find that it cannot be divided into independently existing units any more. This is the level of subatomic particles (energy) – the world of Quantum Particles (QP). At this level we discover that ALL matter is energy - the desk, the car, you, and me. There is no solid boundary between matter and non matter, and both are made up of the same thing - energy, or quantum particles. This has huge implications of the “Dance” of Coaching as we will explore later.

## The Properties of Subatomic Particles

It is in the very nature of these particles, how they exist, their properties and their behaviour, how they connect and interact with each other and consciousness which defines the very substance and nature of who we are, how the Universe exists and how we exist within it.

- Particles are in connection with, and influence other particles via a virtual particle. The virtual particle is dissipated following the interaction, being either reabsorbed by the parent particle or absorbed by the other particle. Once quantum particles have connected, they remain in communication with each other and can “transmit” information instantaneously even if it is across the other side of the Universe - this has been “decisively verified by a number of physicists since 1982” (McTaggart 2001).
- Particles exist everywhere, at once, at the same time, and there is no definite location or certain place where an electron might be. Only probabilities and possibilities exist.
- Particles are affected by and react to observation. In 1927 Werner Heisenberg proposed the uncertainty principle otherwise known as the observer effect. Until then it was thought that electrons existed only in pairs, one positive one negative. Heisenberg postulated the theory that they existed in the potential state of having all possibilities and probabilities until observed, whereupon they settled in to the named state as defined by the observer. In 1997 we finally had the technology to conclusively prove that Heisenberg’s theory is correct.

When we understand that all matter is energy or subatomic particles, and we further understand the properties and therefore resultant behaviour of those particles, two important facts emerge about the fundamental nature the universe -

### 1. The Interconnectedness of all things

Everything is connected. Ervin Lazlo says that the Field is one vast interconnected field of information and is in fact a hologram where the smallest part contains the information of the whole. If you cause a surge in the electromagnetic field in your kitchen by switching on a kettle, the quantum particles around your kettle will register that surge and instantly communicate that information to other quantum particles with which they have previously been connected, regardless of where those particles are now in the Universe.

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## 2. Consciousness impacts on the Field

The implications of this are enormous. What we observe, we alter. We are catalysts. We imprint our expectation and intent on the Field of the Universe and call into creation from all the differing possibilities, reality. The key to this is what we think and the intent/motive which energises our thinking which brings us to the place where we begin to understand our part in the role we play in creating our own reality in the Universe around us.

In Coaching Supervision terms, nothing in the coach/client system is fixed. Truly, the “Art of Possibility” is the living context for the most effective supervision.

Coaches and Coach Supervisors who understand this can use their intention to powerfully hold the vision and possibilities for their client and to raise their game, so that interventions are supremely elegant and powerful and months of work can be done in a few sessions.

### How do we interact with the Field?

We are energy. Around our body is a 3D electromagnetic (EM) field known as a “torus” field. It is the most stable and powerful magnetic field known to exist. It is produced by the heart and can extend up to fifteen feet around the body. See John Selby’s book “Quiet Your Mind”.

In 1976 Fritz-Albert Popp discovered that every cell in the body contains photons which emit light. It is now known that these bio field emissions are the on/off switch for DNA and for every other function performed at the cellular level. The EM field produced by the heart carries these instructions and messages around the body.

It is my proposal that the EM field we produce is unique and is peculiar to ourselves. I call it the Unique Resonance Frequency Field, this is the Field which surrounds our bodies and contains all that we are - body, emotions, mind, spirit - and as a result, vibrates at a resonance and frequency unique to who we are. We are vibrating at our own unique resonance and frequency and are interacting and exchanging information with the Field. We are shaping the Field by our observation and our intent. We are changed by the EM emissions which we create within our own being and by those which we receive from the Field.

From this perspective we begin to understand that everything we experience, see, feel, is a result of the interconnection and interaction of the Field; us in it, and it on us. In whatever context we are working in as supervisors and coaches, it is important that we understand the richness and interconnection of the Field in which we are working.

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