

Transcript of 'Tree of Wisdom' video

Clean Coaching with Symbolic Modelling Lite

Line C=Client. F=Facilitator (Penny Tompkins & James Lawley)
No Clean Language questions (originator David Grove) in **bold**.

Recorded: Feb 2013, Melbourne, Australia.
View: cleanlanguage.co.uk/articles/blogs/92/

1 F **What have you discovered so far?**

Phase 1 - Set Up.

For an overview of the six phases of Symbolic Modelling Lite see: cleanlanguage.co.uk/articles/articles/303/

2 C The outcome I wanted was I want to be decisive and be assertive about that decision and the thing is I am not getting a clear picture of the outcome and I feel for that decisiveness that there has to be that connection between the picture and that connection and that it has to be a stable connection between the - a strong stable connection between that picture and myself and I need clarity of that connection, plus clarity of the picture as well and then it's like watching a movie and switching it on but nothing is coming up and if I remove the frame then it becomes like an IMAX.

The sound, I can – I can sense the – what I want is bright, vivid colours and warm colours that feel on my skin – that's what I want but still I am not getting a clear picture.

3 F Okay. **And what have you drawn?**

4 C So I have drawn me there and the whole IMAX theatre. But I don't see the edges bounding left and right. I don't see the edges so I just put the person right there where I can see the edges. There is like big sound on both ends so there is no clear, vivid picture that's why I know there is colour [inaudible] in what I want.

5 F And that's that sense of what you want in warm colours. (Yes.) So **place that** [drawing] **where it needs to be.**

6 C I'll put it there. [Places drawing behind chair] Where I can't see it. [Laughter]

7 F Oh. **And what would you like to have happen now?**

02:30 **Phase 2 - Identifying a Desired Outcome** (using [PRO model](#)).

8 C Um – I want – It's like a fog in front of me and I want that fog lifted up so I can see the clear picture.

A perfect example of a mixed Problem (fog), Remedy (lifted up) and desired Outcome (see the clear picture) statement.

9 F And you want the fog in front lifted up so you can see a clear picture. **And when that** fog in front is lifted up, **then what happens?**

10 C Then it becomes distant, the picture becomes distant. So I think I am struggling because I have a sense of what it should be but the picture is not coming up. So when you lift the fog then it is too far out.

The proposed Remedy just leads to another Problem. However, there is "a sense" of what the desired outcome should be.

11 C And you have a sense. **And when** you have that sense **what kind of** sense **is that** sense?

03:38 Aim to develop that here-and-now "sense" into an embodied metaphor (i.e. use the **State to a Metaphor** vector to develop a Resource and continue to work adjacently to the desired Outcome).

12 C So if I have that sense, that sense of what it is that I want, it is liberating.

"Liberating" is the *effect* of having the "sense" of the desired "outcome", neither are the desired Outcome itself.

- 13 F And it is liberating. And a liberating sense.
[Pause while client processes.]
And when that sense is liberated **what just happened?**
- 14 C Liberating. [Laughter]
- 15 F **Where is that** sense?
- 16 C Like that [wide arm gesture] It is expanded, expanding, expansive.
- 17 F And it is expanding and expansive and liberating. **And when** it is liberating and expanded and expansive **where is that** liberating sense **when** it is expanding and expansive.
- 18 C Here [gestures to below throat].
- 19 F **Whereabouts** here?
- 20 C [Gestures to below throat.] My heart.
- 21 F And your heart. And that liberated . . .
- 22 C My chest.
- 23 F Your chest.
- 24 C And it is also connected to my throat.
- 25 F Connected to your throat. **And when** in your chest, **whereabouts** in your chest?
- 26 C Here.
- 27 F Touching your heart. **And whereabouts** in your heart?
- 28 C Inside.
- 29 C And inside your heart. **And when that** liberating sense is inside your heart **does that have a size or a shape?**
- 30 C It's [inaudible]. It's like flying.
- 31 F And like flying. **Anything else about that** flying, **of that** liberated sense?
- 32 C It feels – right now I feel constrained in my throat.
- 33 F And right now it is constrained in your throat.
- 34 C Right now I'm feeling constrained in my throat.
- 35 F **And when** you are constrained in your throat right now, **what would you like to have happen?**
- 36 C I want that cleared. I want that to fall away, the constraint in my throat.
- 37 F And you want that to fall away.
- 38 C So that [nonverbal] sweet fly.
- 39 F **And when that** falls away, **then what happens?**

Fifth Where/Whereabouts question in a row. ("Touching" is an unnecessary assumption.)

06:00 A Problem ends the [State to a Metaphor](#) vector. So return to Phase 2 - Identify a Desired Outcome (using PRO).

- 40 C Mm. I can speak my truth. Desired Outcome identified.
- 41 F And you can speak your truth. **And what kind of** speak is the speak of your truth? 06:50 **Phase 3 - Developing desired Outcome Landscape.**
- 42 C It's a clear voice. It's directed. It's unwavering.
- 43 F And a clear voice, directed and unwavering speaks when you can speak your truth. **And what kind of truth is that truth?**
- 44 C What kind of truth is that truth? It is solid.
- 45 F And a solid truth? **Anything else about that** solid truth?
- 46 C It grounds me.
- 47 F And a solid truth that grounds you. **What kind of grounds is the grounds of that** solid truth?
- 48 C Like roots.
- 49 F Like roots. **What kind of roots are the** roots of the truth?
- 50 C It is like a tree where you have got a tree and it has got good roots deep into the earth and also it's not just down but also broad.
- 51 F So not just down but broad, deep . . .
- 52 C It goes deep but also broad. And also that makes it solid and grounded and stable.
- 53 F So that makes it solid and grounded and stable when those roots are deep into the earth. **And what kind of earth is an earth with roots like that?**
- 54 C Nourished soil.
- 55 F Nourished.
- 56 C Nourished soil. Fertile.
- 57 F **Is there anything else about** a nourished and fertile earth **with** roots that go deep and ground, and ground you **when there is** a solid truth that is spoken with a clear, directed, unwavering voice?
- 58 C The earth is deep.
- 59 F The earth is deep.
- 60 C It's got layers. And they will cut through those layers.
- 61 F Oh, the roots cut through the layers. And the roots of that ground of that solid truth and the truth that you can speak with that voice, and the truth that is in your throat. **And is there anything else about** in your throat now **when there is a** liberating, flying in your heart? Eighth What kind of/Anything else question in a row.
- 62 C My throat is hurting because it has got a strain – the tree which is bigger than this thing that is containing it. It is like "let me out of here". 10:53 A Problem surfaces.

- 63 F **And when that** throat is constrained **and that** tree is “let me out of here” **what would that** throat **like to have happen?** Revert to PRO.
- 64 C It wants to feel safe. “Throat” has a desired Outcome.
- 65 F And it wants to feel safe.
- 66 C It wants to be heard. Second part of desired Outcome for “Throat”.
- 67 F And it wants to be heard.
- 68 C And there is something else. I can’t put my finger on it. The tree doesn’t want the throat to get in the way. The throat wants to be heard and wants to be safe. Ah, as long as the throat is connected and grounded as well, I don’t know connected to what but I think feels grounded . . . “connected and grounded” are Necessary Conditions for desired Outcome of “Throat” and “Tree” to be satisfied.
- 69 F And the throat feels grounded.
- 70 C If the throat feels grounded.
- 71 F *If* the throat. . . Okay. As long as the throat is connected and grounded. (Yes.) **And then what happens?** 12:42 **Phase 4 - Exploring Effect of Desired Outcome Landscape.**
- 72 C It doesn’t constrain the tree.
- 73 F It doesn’t constrain the tree. Aha. **So then what happens to that** tree **when** it is not constrained?
- 74 C It doesn’t even grow. It just naturally is just being what it is. Right now it is contained, it is more than what it naturally is.
- 75 F It is contained.
- 76 C It just takes on its natural size.
- 77 F Ah. So the tree will take on its natural size.
- 78 C And then it can keep growing.
- 79 F As long as the throat is connected and grounded. (Yes.) **And when that** throat is connected, **what kind of** connected **is that?** Develops metaphor announced at line 68 as a necessary condition.
- 80 C It is here [indicating throat] – it is connected to the roots.
- 81 F Connected to the roots. (Yes.) Aha. **And what kind of** connected to the roots?
- 82 C It’s like it’s part of it.
- 83 F It’s part of it.
- 84 C It’s part of the trunk. It’s like, you know, I don’t know what the right word is – I guess like a capillary or something - other than a technical term in botany, like a tube where the water flows to the roots of the tree and upwards, that’s all.
- 85 F Aha. So the tube, a capillary where the water can flow to the roots and up. (Up, yes. Yes.) Aha. **Anything else about that** tube?

- 86 C The water, I think - short of making it up [inaudible] where the water goes through the trunk and up to the leaves and that is where you see the dew coming out of the leaves but then the water freely travels through to into the throat.
- 87 F So the water travels freely through to the throat and . . .
- 88 C And yes, branches all the way to the dew of the leaves.
- 89 F Of the leaves. Aha. **And so when that** water freely flows through that capillary tube **what happens to** the grounded **of that** throat?
- 90 C It's as if it is not an issue. It is like it is there but it doesn't constrain anything. The previous Problems no longer have the same effect.
- 91 F So as long as the throat is connected with that capillary tube and the water can flow . . . (Yes.) Then the ground is not an issue.
- 92 C Yes. Yes. The throat constraining is no longer there. It is not an issue and I can actually feel the solidness of the trunk here [indicating chest]. "I can actually feel [nonverbal]" indicates that something is changing in the moment. First indication to move into
- 93 F Aha. So you can feel the solidness. (Yes.) **What kind of feel is the feel of that** solid trunk? 16:05 **Phase 5 - Maturing the Change**
- 94 C It's like a square – very stable and strong.
- 95 F Square, stable and strong solid. **Anything else about that** square, stable and strong?
- 96 C It's old. Like when you have got a tree and you don't want to cut it but when you cut in it has got rings around it and you know that it has been around for a while. So it has accumulated, kind of like the earth, multiple layers.
- 97 F Okay. So it has got the multiple layers (Yes.) Aha. It's been around for a while. And that is a solid, stable trunk.
- 98 C Yes. It's kind of like, you know, when you know the age of the trees but these big ones, when you cut it, each ring represents how many years it's been around. It's like wisdom. 17:00 The resource "wisdom" makes an appearance.
- 99 F So it is like wisdom. Aha. **So anything else about that** wisdom from those years **of that** solid trunk? Developing the Resource (lines 99-110)
- 100 C You don't notice it at first, the bark, but you know [inaudible] God forbid, you don't want to cut it [inaudible] but you know . . .
- 101 F You don't notice it, the rings . . .
- 102 C I know it. It is just that it is not noticeable on the outside.
- 103 F Okay. From the outside it is not noticeable but you know it, those rings, and that is the wisdom of those years. (Yes.) And when you . . .
- 104 C Beyond my own years. In my own lifetime.

- 105 F Your own lifetime. And when you know about that wisdom that comes from those years of your own lifetime, whereabouts is that know, that wisdom? **Where do you know that?**
- 106 C It is like it is broad, it has no edge but it is concentrated here. [gesturing to midline of body]
- 107 F So it is a concentrated but broad with no edge know. (Yes) Aha. **Anything else about that** edge?
- 108 C It's almost like you could catch it.
- 109 F It's like you could catch it.
- 110 C Yes, like it is just there but I know it is there.
- 111 F You just know it is there. (Yes, just . . .) Aha. **And so when** it is just there **and** you know it **and** you just – **then what happens?** 18:45 Maturing the change by relating over time, i.e. evolving time forward.
- 112 C I don't have to worry about anything.
- 113 F Aha. And you don't have to worry about anything. **And so when** you don't have to worry **then what happens?** And again.
- 114 C Regardless of the decision I make I will be on the right path. This suggests client is discovering a different way than having to "get a clear picture of the outcome" (line 2),
- 115 F Aha. So you will be on the right path regardless of the decision.
- 116 C Should be. My roots are . . . I can't say. Yeah. It is almost like I can't go wrong because the roots are too deep. I don't have to know. "I don't have to know" furthers suggests client is discovering a different way.
- 117 F Oh, so you don't have to know when the roots are deep?
- 118 C No. Like, I don't have to know too much whether I am going to decide. I may get a bit worried but I don't have to analyse too much whether it is right or wrong because my roots are too deep and the trunk is, you know, big and has got lots of wisdom. That if I go with what I feel is right I can't go wrong. More evidence.
- 119 F So if you go by what you feel, **where is that**, the feel that you go by?
- 120 C Here.
- 121 F **Whereabouts is that?**
- 122 C My heart.
- 123 F That's your heart. **What kind of feel is the** feel in the heart that you can go by and you can't go wrong?
- 124 C Go by what I know even if it is not clear. Even if – as long as I sense it is the right direction, just go for it.
- 125 F As long as you sense that's the right direction, just go for it. **And so when** you feel **that** in your heart **what happens to** speaking your truth? Maturing the change by relating across space. In this case to the clients desired Outcome (line 40).
- 126 C It's unwavering and it's solid.

- 127 F Unwavering and solid.
- 128 C And I feel here, yes, [gesturing to midline of body] very grounded.
- 129 F Feel very grounded. **And when** you speak your truth, unwavering and solid, **and** you feel grounded, **and** you know, **and** you sense in your heart on this direction, this path, **then what happens?** Maturing the change by relating over time (i.e. evolving time forward).
- 130 C If I . . .
- 131 F **When** you know, the wisdom, those years, and you sense in that heart, and you can speak your truth with that unwavering and solid, **then what happens?**
- 132 C So, regardless of what direction, it is like the direction of the wind. The tree will still be there. It will still keep growing because the roots are too deep.
- 133 F Because the roots are too deep . . .
- 134 C And even if a branch falls over or, God forbid, gets cut off because the roots are so deep it will still grow.
- 135 F It will still grow. Like the wind. Aha. And so when that tree will still grow and those roots are that deep and even if a branch is cut off it will still grow . . .
- 136 C Yes. And also because the roots are broad.
- 137 F Broad. (Yes.) Broad
- 138 C You know. I don't know what kind of plant that is but there are those kinds of trees where it will still have those – it will still grow.
- 139 F Okay. It will still grow. **And what happens about** want to be decisive and be assertive about that decision? Maturing the changes by relating across space - to her original desired Outcome (line 2).
- 140 C I don't have to try too hard. [Laughter]
- 141 F **And what happens to** not getting a clear picture of that outcome? Maturing the change by both relating across space - to the original Problem (line 2).
- 142 C I already have the picture.
- 143 F **And then what happens to** a fog? Maturing the change by both relating over time and across space - to the original Problem (line 8).
- 144 C Oh, it will go away. It will come and go but the tree is still there. It is nice to have it once in a while. It doesn't matter.
- 145 F **And is there anything else that you need now?** 24:10 **Phase 6 - Set Down**
- 146 C I think it is fantastic. Thank you.