

QUESTIONS MASTERY QUESTIONS & ANSWERS 4TH AUGUST 2025

MAIN TOPICS COVERED:

1. What is the main purpose of a programme focused on mastering questions?

The primary purpose of such a programme is to equip practitioners with the skills to facilitate deep, meaningful breakthroughs for their clients. It emphasises asking questions that guide clients from surface-level symptoms to the root causes of their challenges. By building curiosity, compassion, and a safe space, the programme teaches how to create lasting change through intuitive, heart-connected questioning rather than relying solely on analytical or mind-driven approaches. It's about holding space for clients to explore their inner truth in a way that feels safe and transformative.

2. How can practitioners create a safe and supportive environment during sessions?

Creating a safe environment begins with establishing trust and rapport. Practitioners should embody presence, listening deeply without judgement, and allowing clients to feel heard and understood. This involves maintaining professional boundaries, such as treating sessions with the same respect as an in-person interaction, avoiding distractions like phone use, and adhering to a code of conduct that prioritises ethical

practice. Qualities like empathy, non-judgmental listening, and meeting clients where they are emotionally are essential. Practitioners should also be mindful of their own emotional state, ensuring they are grounded and present to support the client's process without imposing their own agenda.

3. Why is presence so important in the context of transformative inquiry?

Presence is the foundation of transformative inquiry because it allows practitioners to connect with the moment and the client's energy without being clouded by past experiences or future expectations. By grounding themselves in the present—through practices like feeling their feet on the ground, placing a hand on their heart, or taking slow breaths—practitioners can let go of mental noise and control. This state of presence fosters a space where intuitive questions can arise naturally, helping clients access deeper truths. Presence also signals to clients that they are fully seen and heard, creating a sense of safety and openness.

4. What role does silence play in facilitating meaningful sessions?

Silence is a powerful tool that is often underutilised. It allows the client's nervous system to settle and their subconscious to process and reveal what needs to surface. When a practitioner asks a powerful question and then pauses, the silence gives the client space to reflect and connect with their emotions without being rushed or interrupted. Silence is not empty; it's a sacred space where intuition can guide the session, and the practitioner can sense what's needed next. By resisting the urge to fill

silence with more questions or advice, practitioners demonstrate trust in the client's process, which can lead to profound insights.

5. How can practitioners distinguish between intuitive and mind-led questions?

Intuitive questions arise from a place of stillness, presence, and connection to the client's energy. They feel spacious, heart-connected, and often emerge as a gentle nudge from within, sometimes accompanied by a sense of lightness or even slight disorientation. These questions are curious, open-ended, and honour the client's pace. In contrast, mind-led questions are driven by mental noise, a desire to solve problems, or a need for control. They can feel urgent, analytical, or tight, often reflecting the practitioner's discomfort or agenda. To discern the difference, practitioners should check if they are grounded, ask whether the question stems from curiosity or pressure, and tune into the client's emotional and energetic state.

6. What is the 'Infinity Detachment Exercise,' and how can it support practitioners during sessions?

The Infinity Detachment Exercise is a visualisation technique to help practitioners maintain emotional boundaries during sessions.

Practitioners imagine an infinity symbol (the number 8), placing themselves in one loop and the client in the other. They visualise a bright light moving clockwise around themselves and anticlockwise around the client, creating a sense of separation while remaining

present. This helps practitioners detach from any triggers or emotional entanglement, allowing them to stay grounded and open to the client's process. By surrendering the need to control the outcome, practitioners can let the session unfold naturally, guided by intuition rather than reaction.

7. How can practitioners manage their own triggers or discomfort during a session?

Managing triggers begins with self-awareness. Practitioners should acknowledge any discomfort, fear, or urge to react by pausing and returning to their body through grounding techniques, such as deep breathing or noticing physical sensations. The Infinity Detachment Exercise can help create emotional distance, allowing practitioners to observe their feelings without acting on them. It's also important to surrender the need to "fix" or control the session, trusting that the right question or action will arise from stillness. By owning their triggers and staying present, practitioners can remain fully available to support the client without their personal emotions interfering.

8. What is the 'Silent Witness Exercise,' and what does it teach practitioners?

The Silent Witness Exercise involves one person sharing a real-life challenge or emotion for three minutes while the listener remains silent, maintaining soft eye contact without nodding, smiling, or interrupting. After three minutes, the listener simply asks, "How did that feel?" and

then switches roles. This exercise teaches practitioners the power of holding space without the need to offer advice, solve problems, or fill silence. It helps them notice their internal urges to react and practice staying present, fostering trust in the client's ability to process their own emotions. For the speaker, it creates a safe, liberating space to be fully heard, often leading to personal insights.

9. How can intuition be cultivated and trusted in sessions?

Cultivating intuition requires slowing down, grounding oneself, and creating space for inner knowing to emerge. Practitioners can practice by pausing before asking questions, tuning into their body's sensations, and checking whether their question comes from love, curiosity, or control. The Intuition Drop-In Exercise is a helpful tool: practitioners close their eyes, take slow breaths, and invite an image of a client or issue, asking, "What wants to be asked?" without forcing an answer. Trusting intuition involves letting go of the need to "get it right" and honouring whatever question arises, even if it feels unexpected or simple. Regular practice, such as daily self-check-ins, helps build confidence in this inner compass.

10. What are some practical steps practitioners can take to integrate these teachings into their daily practice?

Practitioners can integrate these teachings by committing to daily practices that enhance presence and intuition. This includes completing a personal development log to reflect on their experiences, reading and

adhering to a code of conduct to ensure ethical practice, and practicing silence in both personal and professional settings to deepen their ability to hold space. A simple intuition self-check-in ritual—closing eyes, taking three slow breaths, and asking, “Am I present right now? Does this moment need a question or silence?”—can be done before sessions or throughout the day. Practitioners should also engage with support groups for sharing insights and avoid distractions during sessions to maintain a professional, focused environment.

11. Why is vulnerability important for practitioners in this work?

Vulnerability allows practitioners to show up authentically, creating a genuine connection with clients. By acknowledging their own imperfections and ongoing personal growth, practitioners model humility and openness, which fosters trust. Vulnerability also means being comfortable with not knowing the outcome of a session and surrendering to the process. This openness enables practitioners to act from a place of intuition and presence, rather than ego or control, allowing for deeper, more meaningful interactions. Embracing vulnerability helps practitioners meet clients where they are, creating a safe space for transformative work.

12. How can practitioners ensure they honour the client’s pace during sessions?

Honouring the client’s pace involves tuning into their emotional and energetic state rather than pushing for quick results. Practitioners

should observe the client's body language, tone, and readiness, asking questions that feel like invitations rather than demands. Using silence allows clients to process at their own speed, while intuitive questions should arise from attunement to the client's current state, not from preconceived ideas about where they "should" be. Checking in with their own groundedness helps practitioners avoid rushing or projecting their own discomfort, ensuring the session unfolds naturally in alignment with the client's needs.

13. What are some common pitfalls to avoid when asking questions in sessions?

Common pitfalls include asking questions from a place of fear, ego, or a need to control the session's outcome. Practitioners should avoid filling silence with unnecessary follow-up questions or advice, as this can disrupt the client's process. Projecting personal assumptions or biases, masked as intuition, is another risk, as is rushing to ask deep questions before the client is ready. Questions driven by a desire to "solve" or prove competence can feel interrogative rather than supportive. Practitioners should stay present, trust the client's unfolding, and ensure questions arise from curiosity and attunement rather than mental pressure.

14. How can the practice of staying present and unattached be integrated into daily life?

Practitioners can integrate staying present and unattached by adopting daily grounding rituals, such as taking three slow breaths, placing a hand on the heart or belly, and asking, “Am I present right now?” The Infinity Detachment Exercise can be used outside sessions to manage emotional triggers in personal interactions, visualising the infinity symbol to create energetic separation. Keeping a personal development log helps reflect on moments of presence or attachment, while practicing silence in conversations strengthens the ability to hold space. These habits build emotional resilience and enhance intuitive facilitation in both professional and personal contexts.

15. How does the programme support practitioners in their personal growth?

The programme encourages personal growth by inviting practitioners to engage in reflective practices, such as maintaining a personal development log to process their experiences and insights. It provides a supportive community through groups where practitioners can share learnings and ask questions without promotional distractions. The emphasis on presence, silence, and intuition helps practitioners deepen their self-awareness and emotional resilience. By practicing techniques like the Infinity Detachment Exercise and the Silent Witness Exercise, practitioners learn to manage their triggers and stay grounded, fostering both personal and professional transformation.

16. What is the long-term vision for practitioners participating in this programme?

The long-term vision is to empower practitioners to become skilled facilitators of emotional well-being, personal development, and spiritual growth, with the potential to have a practitioner or coach in every educated household. The programme aims to equip practitioners with the tools to create lasting change for their clients through ethical, intuitive, and heart-connected practices. By mastering transformative inquiry, practitioners can contribute to a world where emotional well-being is prioritised, helping individuals move from symptoms to root causes and live more fulfilled lives.