

Edgewalkers Café - 30 January 2025

Navigating our Edges with Confidence and Compassion

Monica M Ross

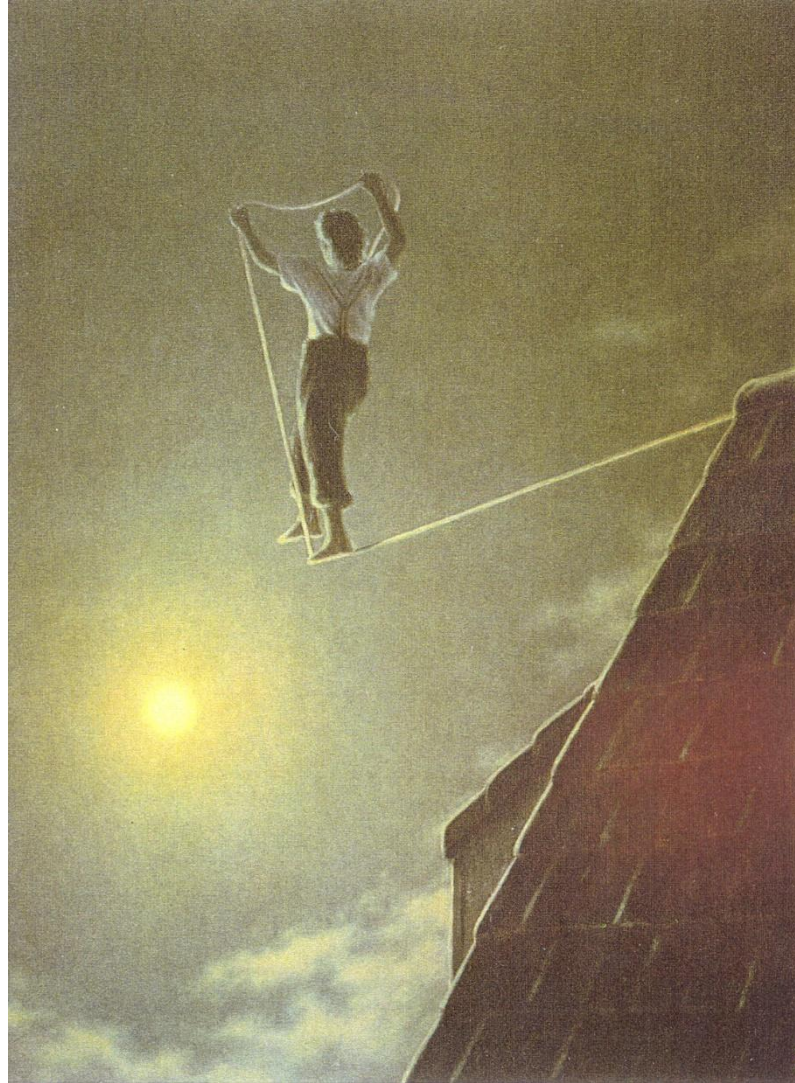
Alchemy Coaching and Training



CONNECTING TO AND ENLIVENING OUR FIELD



Navigating our Edges with Confidence + Compassion



Navigating our Edges – What is your “real” Edge?



As Edgewalkers, we walk between the worlds, we build bridges, we see and sense the future that is seeking to emerge amid the chaos

What if there were an internal Edge that supports us in navigating those bigger Edges?

What is your “real” Edge?



Navigating our Edges - Where to start?

*Start close in,
don't take the second step
or the third,
start with the first thing
close in,
the step you don't want to
take
start with the ground you
know,*

David Whyte



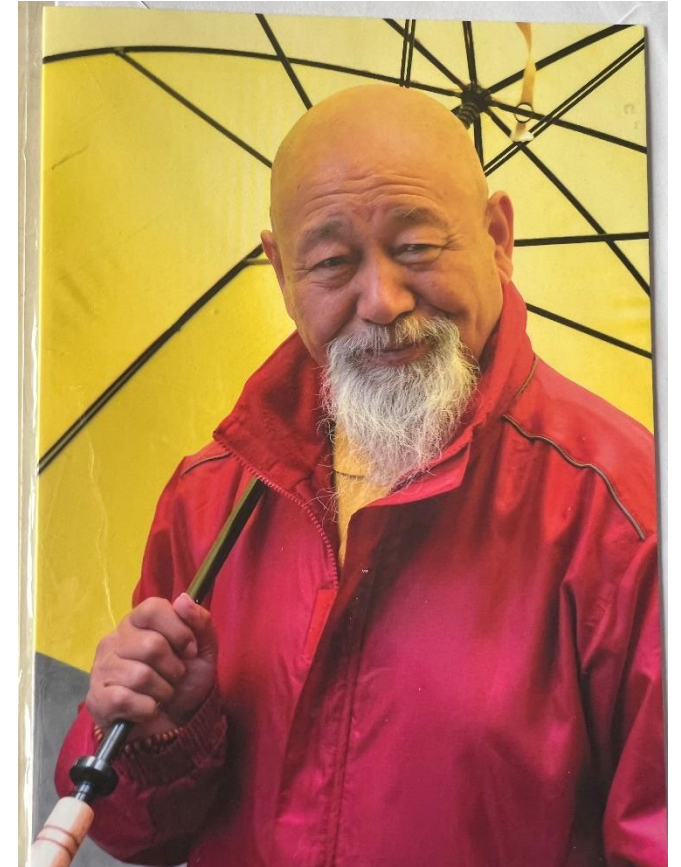
Navigating our Edges – What Supports You?

- **What supports you?**
- We are in this together –all humans doing our best
- Compassion for self/other
- Daily practices and rituals
- Which wolf do you feed?
Fear or inspiration



Navigating our Edges with Confidence and Compassion

Building Your Posse of Support



Inspiration and Resourcing

Daily practices

Peak Moments

Places of inspiration

Handcrafts – engaging your
creativity

Touchstones – crystals, art, gifts



Navigating our Edges – The DNA of an Edgewalker

Edgewalker Qualities of Being

Self-awareness

Passion

Integrity

Vision

Playfulness

Edgewalker Skills

Knowing the Future

Risk-Taking

Manifesting

Focusing

Connecting



Centering and Including

I invite you now
to stand up
and join me in
circulating all the qualities
you wish to share into
our collective field

*“You feel calm in your body
Your mind is generous
Your heart is open and warm
Then, from your torso, like friendly
wings or arms, you extend and
radiate your energy to encircle
and safely hold the space for
anyone in it.”*

William Bloom, The Art of Holding



Navigating our Edges with Confidence and Compassion

Harvesting



What is the inner Edge you are willing to step into?

What will nourish you?

What Edgewalker Resources can you draw on?



Navigating our Edges with Confidence and Compassion

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UPCOMING OFFERINGS

International Coaching Supervision Group - Online

Taster session on 27 February, 2025 – Booking now

Flow Game - Online

I will be hosting 4 Flow Games online this year

Embodied Workshops – In Person – May and November

Retreats – In Person

Embodied Coach Retreat (**Full** – waiting list in place for next year)

Edgewalker Retreat – July 18-20 - (now taking bookings)

The Sacred Path of the Sacred Spiral Sent 26- 28 (bookings)

