

THE COACH'S FIELD GUIDE

A Companion Guide for Coaches
Supporting Clients Through Awakening

Helping You Recognize What
the Moment Is *Really* Revealing—
So You Can *Lead* with Greater Clarity.



RECOGNIZE
the Moment



READ
the Invitation



RESPOND
with Clarity



LEAD
from Your Depth



WITNESS
Emergence

*~ Your trusted companion for the coaching
moments that matter most. ~*

CRYSTAL A. DAVIS

CRYSTAL CLEAR YOU™ | Awakening is Life™



A GUIDE
YOU'LL RETURN TO.

When the Moment
Matters Most.

This guide is not designed to teach you everything about awakening.
It is designed to help you recognize the coaching moments that shape your leadership of those in each stage of awakening.

Return to it whenever you notice:

- client resistance
- emotional intensity
 - self-doubt
 - projection
 - confusion
 - feeling stuck
- uncertainty about what happened
 - the dark night of the soul.

So you can:

- Read the moment.
- Recognize what it is revealing.
- Return to coaching with greater clarity.

Copyright

The Coach's Field Guide™
Crystal Clear Coaching Foundations™

© 2026 Crystal Davis. All rights reserved.

How to Use This Guide

This Guide Is Not Meant to Be Read Once.

It is meant to be returned to.

Again and again.

Each coaching conversation...

each difficult client...

each emotional reaction...

becomes another doorway into deeper awareness.

Sometimes you'll begin with a question.

Sometimes with an emotion.

Sometimes with a coaching moment you can't quite explain.

Start wherever your awareness begins.

The guide is designed so each doorway eventually leads to the same place:

- greater relationship with yourself,
- greater trust in Source,
- and greater capacity to remain present under pressure.

You do not need to read every chapter in one sitting.

You only need to begin with the doorway life is opening today.

Three Ways to Use This Guide

1. Begin with the Question

When you notice yourself wondering...

"Why did that affect me so much?"

"Why am I exhausted?"

"Why do I feel misunderstood?"

Go directly to the question that most resonates with where you are in the moment.

2. Begin with the Coaching Moment

Sometimes you don't have a question.

- You simply know something happened.
- Your client resisted.
- You became defensive.
- You couldn't stop thinking about the session.
- You lost connection with your authority.

Find the coaching moment that most closely matches your experience.

3. Begin with the Pattern

Over time, you'll begin recognizing the seven unconscious patterns themselves (the 7 Axes of Self-Mastery as represented in the graphic on the next page).

When that happens... the 7 Axes become a map.

Instead of asking,

"What's wrong with me?"

you begin asking,

"Which hidden aspect of identity is asking for relationship?"

IMPORTANT PROFESSIONAL AND MEDICAL DISCLAIMER

This guide is intended for educational and personal-development purposes only. It is not medical or mental-health advice and is not a substitute for diagnosis, treatment, psychotherapy, or care from a licensed physician, mental-health professional, or other qualified healthcare provider.

Use this material within the boundaries of your professional training and scope of practice. When physical, psychological, or emotional concerns require clinical support, consult—or refer your client to—an appropriately licensed professional. Never disregard professional medical advice or delay seeking care because of information contained in this guide.

If you or your client may be experiencing a medical or mental-health emergency, seek immediate professional or emergency assistance.

Table of Contents

TABLE OF CONTENTS

THE 7 AXES OF SELF-MASTERY™ Graphic

..... 8

HIDDEN FROM BIRTH™

The Bridge Between Protection and Emergence 10

AXIS #1 — LIFE PURPOSE

The Significance Seeker

A Case Study Through the Awakening Spiral™ 14

The Coaching Moment

Why Does It Affect Me So Deeply When My Client Doesn't Value the Work I've Given Them?..... 18

CASE STUDY - PART TWO

When the Coaching Session Ends... But the Feeling Doesn't Go Away..... 23

CASE STUDY - PART THREE

When the Feeling Doesn't Settle 27

CASE STUDY - PART FOUR

When You Lose a Client... and It Feels Like Something in You Failed..... 35

CASE STUDY - PART FIVE

When You Stop Trying to Change What You Feel 50

RETURNING TO THE SIGNIFICANCE SEEKER 57

FROM ONE DOORWAY TO
SEVEN 61

**THE ADDITIONAL 6 AXES OF SELF-
MASTERY™**

AXIS #2 — LEADERSHIP

The Distinct Outsider

Hidden Gift: Visionary Leadership 64

Why Do I Feel So Alone When My Client Doesn't See What I See?

AXIS #3 — RELATIONSHIP

The People Pleaser

Hidden Gift: Relational Leadership 72

Why Do I Start Questioning Myself When My Client Becomes Uncomfortable?

AXIS #4 — BALANCE OF BEING & DOING

The Productive Avoider

Hidden Gift: Emotional Clarity 79

Why Do I Immediately Find Something to Do When a Coaching Session Leaves Me Feeling Emotional?

AXIS #5 — DAILY SERVICE

The Mental Authority

Hidden Gift: Intuitive Clarity 93

Why Do I Feel Like I Need an Immediate Answer When I'm Not Sure What My Client Needs Next?

AXIS #6 — TRANSFORMATION

The Scarcity Strategist

Hidden Gift: Wholeness 106

Why Does My Client Keep Resisting the Change They Say They Want?

AXIS #7 — COMMUNICATION

The Withheld Messenger

Hidden Gift: Your Divine Message 121

Why Isn't My Client Hearing What I'm Really Trying to Show Them?

BRINGING THE JOURNEY TOGETHER

AN OVERVIEW OF AWAKENING

The Awakening Spiral™ — Graphic 136

BECOMING A STEWARD OF AWAKENING 137

AWAKENING IS LIFE™ 140

WHERE RECOGNITION TAKES YOU NEXT 141

The Doorways of Awakening



Protection expresses itself through recognizable patterns.

Every pattern is a doorway—not an obstacle.

*Pressure reveals where life is inviting
consciousness to expand.*

PROTECTION PATTERNS

(WHAT WE SEE)



BUSYNESS

that avoids
the void.



PERFECTION

that avoids
uncertainty.



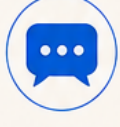
PLEASING

that avoids
rejection.



DISTANCE

that avoids
vulnerability.



OVEREXPLAINING

that avoids being
misunderstood.



SILENCE

that avoids
exposure.



CERTAINTY

that avoids
the unknown.

EXPANDING CONSCIOUSNESS

(WHAT LIFE INVITES US TO DISCOVER)



IDENTITY

Remember who
you truly are.



TRUST

Allow yourself to be
supported by life.



AUTHENTIC EXPRESSION

Live from your
deepest truth.



INTIMACY

Be deeply known
and deeply connected.



CLARITY

Know yourself and
speak what is true.



VISIBILITY

Remain fully yourself
while being seen.



EMERGENCE

Allow life to unfold
through you.

→ Recognition is the doorway. ←

THE SEVEN AXES

Seven doorways. One awakening.

→ The root system beneath every awakening. ←



PURPOSE



LEADERSHIP



RELATIONSHIP



BALANCE OF
BEING & DOING



DAILY
SERVICE



TRANSFORMATION



COMMUNICATION

One Coaching Moment May Open More Than One Doorway

A coaching question isn't designed to diagnose one specific axis.

It helps you slow down and recognize what the moment may be revealing.

For example, when a client begins resisting, the same moment might invite awareness through more than one doorway.

Leadership

Did I remain connected to what I clearly recognized, or did I begin orienting toward my client's reaction?

Relationship

What emotion or discomfort arose within me, and was I able to remain in relationship with it... during and after the client session?

Communication

When did I begin explaining instead of expressing my inner truth, and what was I hoping my explanation would change?

There may not be only one doorway.

Begin with the question that feels most triggering, then notice which of the other axes begin revealing themselves as your awareness deepens.

Over time, you'll discover that awakening rarely unfolds through a single doorway.

It expands through relationship.

Each insight naturally reveals the next invitation.

The 7 Axes are not separate journeys.

They are seven ways consciousness invites you into relationship with yourself, with Source, and ultimately with others. One coaching moment may illuminate several doorways at once, because awakening is never linear—it unfolds as an ever-expanding spiral of awareness.

Hidden From Birth™

The Bridge Between Protection and Emergence

Introduction

Every awakening begins in a moment.

A client questions your work.
Your message doesn't land.
Someone misunderstands you.

A relationship becomes strained...

You simply notice something tighten within you.
Your thoughts begin racing.

- So you explain more.
- Pull back.
- Work harder.
- Overthink.
- Adapt.

Most people assume the reaction is the problem.

I used to think that too.

For years, I believed I was trying to heal my reactions.

I thought I needed more confidence.
More certainty.
More emotional stability.

I thought something within me needed to be fixed.
But eventually something deeper became clear.

I wasn't standing in a problem.
I was standing at a doorway.

Because every reaction was revealing something that had been hidden long before that moment ever occurred.

The Reaction Is Never the Beginning

Our reactions are rarely random.

Nor are they evidence that something is wrong with us.

They are precise.

Each reaction reveals a protection that formed when some aspect of ourselves did not yet feel safe to express fully.

So protection develops intelligently... as our minds work to keep us safe.

Not because we are broken—
but because something within us is trying to preserve what it cannot yet consciously hold.

Over time these protections become familiar.

We begin identifying with them.
And, we mistake adaptation for identity.

Yet beneath every protection lives something much older.

Something that was present long before the protection was ever needed.

What Hidden From Birth™ Reveals

I believe we are born carrying seeds already within us.

- Seeds of purpose.
- Leadership.
- Relationship.
- Being and Doing.
- Service.
- Transformation.
- Communication.

These seeds contain the unique gifts we came here to express.

But awareness of these gifts develop over time.

As children we don't yet understand those hidden aspects of ourselves.
We don't know how to protect them consciously.

So protection forms around them instead.

Not to imprison them.

To preserve them.

- The proving.
- The pleasing.
- The withdrawing.
- The controlling.
- The overthinking.
- The overworking.

None of these are mistakes.

They are intelligent adaptations that helped us navigate experiences we did not yet know how to consciously understand.

And as awareness expands, we can begin recognizing what those protections have been faithfully trying to preserve.

The Bridge

This is where Hidden From Birth™ becomes more than an idea.

- Your reaction reveals the doorway.
- The doorway reveals the protection that kept you safe.
- The protection reveals the hidden aspect of identity holding your divine gifts.
- And relationship becomes the bridge between the part of you that learned to keep you safe... and the part of you who has been waiting to emerge all along.

This is not a journey of fixing yourself.

It is not about defeating your protection.

It begins by recognizing what your protection has been faithfully trying to protect.

That recognition opens the doorway to relationship.

And relationship becomes the bridge between protection and emergence.

Why the 7 Axes Exist

Not every hidden aspect reacts in the same way.

- Some begin proving.
- Others withdraw.
- Some soften their truth.
- Others tighten into certainty.
- Some overwork.
- Others hesitate to fully express what they know.

The reaction may look different.

But the awakening process remains the same.

Each pattern reveals a different doorway.

Each doorway reveals a different protection.

Each protection points toward a hidden aspect of identity seeking emergence.

The 7 Axes of Self-Mastery simply provide seven different ways of recognizing where awakening may be inviting relationship.

They are not labels.

They are not personality types.

They are invitations into deeper awareness.

Before You Continue

As you explore the pages that follow, remember:

You are not looking for what is wrong with you.

You are learning to recognize what has faithfully protected you.

Because what has protected you is often standing at the threshold of what is now ready to emerge.

The journey begins the moment you stop asking,

"How do I fix this?"

and begin asking,

"What is this reaction inviting me to understand?"

THE COACH'S FIELD GUIDE™

Seven archetypes. Seven axes. Seven doorways into deeper recognition.

[GET IMMEDIATE ACCESS TO THE COMPLETE GUIDE — \$197]

<https://crystalclearyou.com/crystal-clear-coaching-field-guide/>

You have seen how a coaching reaction may be more than a problem to solve.

It may be a doorway.

The complete 143-page Coach's Field Guide™ takes you inside the coaching moments that make these patterns visible.

You'll follow one moment through the Awakening Spiral™—from the client's response and the coach's reaction to the unconscious need, protection and deeper invitation emerging beneath them.

Then you'll explore all seven Axes of Self-Mastery™:

Purpose
Leadership
Relationship
Balance of Being and Doing
Daily Service
Transformation
Communication

Each Axis offers another place to look when a coaching moment stays with you—and something within you is asking to be recognized.

Recognition does not complete the journey.
But it gives you a precise place to begin.

THE COACH'S FIELD GUIDE™

Seven archetypes. Seven axes. Seven doorways into deeper recognition.

[GET IMMEDIATE ACCESS TO THE COMPLETE GUIDE — \$197]

<https://crystalclearyou.com/crystal-clear-coaching-field-guide/>