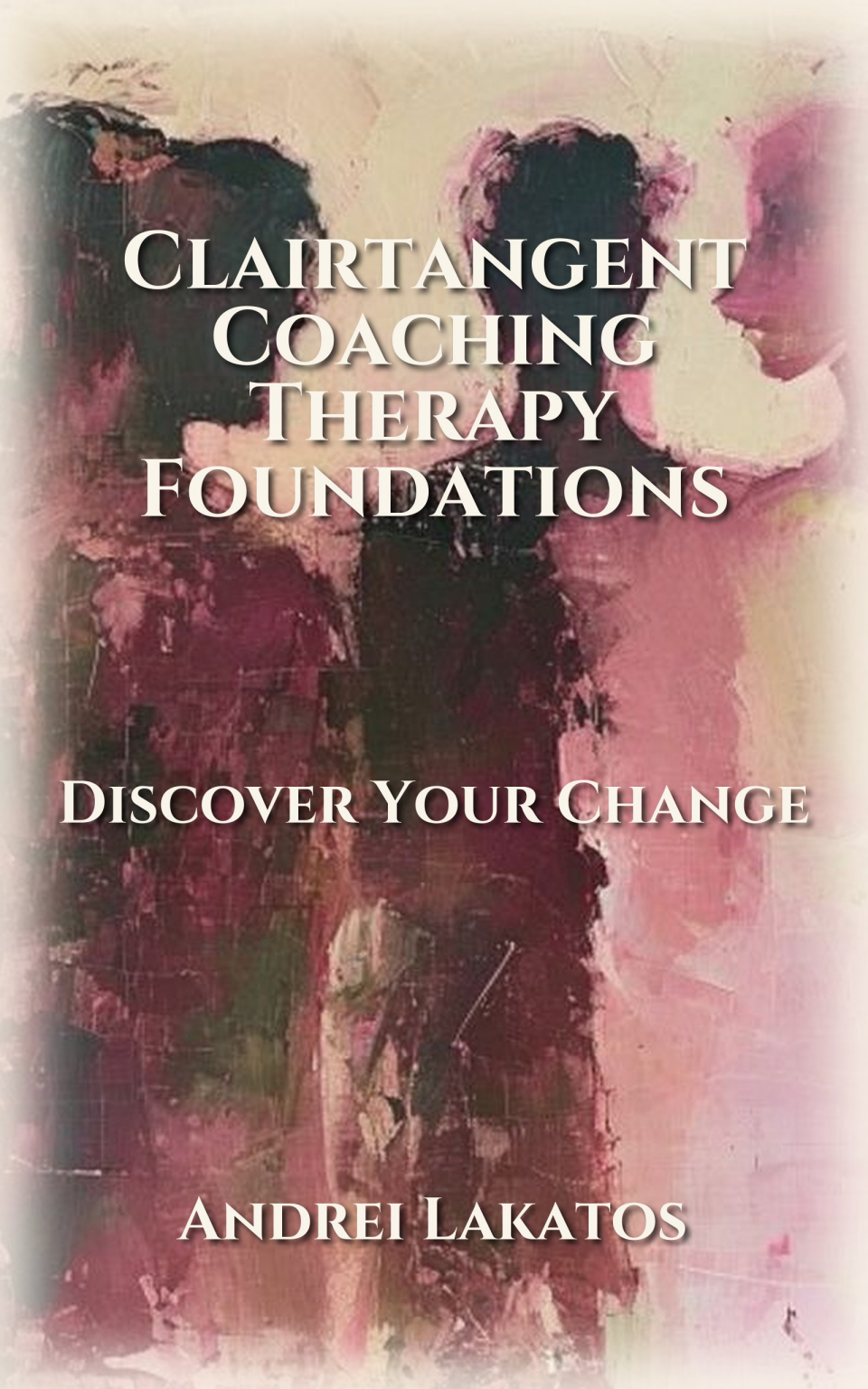


An abstract painting featuring three figures in profile, facing right. The figures are rendered in dark, textured brushstrokes, with the central figure being the most prominent. The background is a mix of warm, earthy tones like beige, pink, and purple, with visible brushwork and a sense of depth. The overall mood is contemplative and artistic.

CLAIRTANGENT COACHING THERAPY FOUNDATIONS

DISCOVER YOUR CHANGE

ANDREI LAKATOS

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CHAPTER 1

THE CLAIRTANGENT DISCERNMENT: IDENTIFYING YOUR GIFT

When the air in the room thickens, when the carefully constructed narrative of resistance begins to feel brittle, your natural inclination as a Clairtangent surfaces most visibly within Coaching Therapy. You might be deep into a discussion about career pivots or relationship boundaries, following the client's spoken words like smooth river stones tumbling over warm sand, until suddenly, you sense a snag. It's not in their vocabulary; it's lodged somewhere beneath the surface, a palpable hitch in the energy field between you two. You notice the way they keep drumming their fingers against the wooden armrest—a rhythm that changes pitch every few seconds, almost like tapping out an indecipherable code. Other coaches might press for verbal clarification, asking, "But what do you mean by that?" But your hands already know the answer is etched into the space around them.

Your fingertips twitch, craving the material reality of the moment—the chair cushion beneath their weight, the cool grain of the table where their palms rested moments ago. You feel it like a faint static charge building under your skin, demanding contact to ground the truth. Remembering that your need to touch things isn't intrusive; it's simply how you access information, you might gently guide them to place both hands flat on the table between you. As your fingertips make initial, non-demanding contact with the wood near theirs, it's like laying a warm, receptive palm over an exposed circuit board. You aren't reading their mind; you are reading the accumulated residue of their tension onto the immediate environment. The slight tremor in their knuckles becomes overwhelmingly clear through the density of that brief physical connection. This scenario forces your gift into sharp relief: while they speak of wanting change, the **texture** emanating from them feels like tightly wound, resistant wire, pulling against an unseen anchor. You must resist the urge to absorb too much—the sheer weight of unspoken 'no' clinging to the varnish—and instead focus on guiding their awareness back into your shared physical space, using gentle touch not as an interrogation, but as a kind of energetic scaffolding to allow them to feel the truth without you having to pull it

out.

The consistent pattern in your practice often revolves around those subtle nonverbal cues that slip through the cracks of polished self-reporting. Across multiple sessions with a participant grappling with imposter syndrome, for instance, the resistance isn't articulated in grand pronouncements; it's a whisper carried on the sleeve of their demeanor. You might observe them repeatedly adjusting a piece of jewelry, or tracing an invisible pattern on their thigh when you ask about their perceived accomplishments. These small physical habits act as persistent anchors to unresolved narratives. During one session focused on self-worth, they become intensely aware of your gaze, and instead of meeting it directly, they begin smoothing down the lapel of their jacket—a repetitive, almost frantic motion with their thumbs catching the weave of the fabric. This is where your Core Gift shines like a finely tuned instrument. You realize that simply asking, "What are you thinking right now?" will only result in another carefully curated verbal deflection. Instead, you allow yourself to lean slightly closer, maintaining an open posture, and instead of speaking immediately, you let your own fingers drift down toward the surface of the notepad before you. As

your skin makes contact with the cool, matte paper—a grounding sensation that requires immediate focus from your tactile system—you are subtly inviting them to meet you on a physical plane. You don't need to force deep psychometry; you just need enough connection to feel the residual energy clinging to their hands as they briefly rest near yours. What washes over you through that brief adjacency isn't a memory, but a **feeling** of being perpetually unprepared, like handling an object constantly coated in fine, irritating dust. Your Core Challenge whispers—**it's too much**, the accumulated weight of years of self-doubt clinging to their skin—but you manage it by keeping your touch light, almost observational, like tracing the outline of a fragile sketch rather than peeling back layers of paint. Recognizing this pattern allows you to gently pivot the conversation: "It feels like there's a constant need to smooth things over here," pointing lightly, not at them, but at the area where their hands rested on the table, allowing the physical reality of the tension to guide the dialogue away from abstract concepts and toward tangible, manageable sensations.

When the discussion veers into the deep currents of unresolved family dynamics—the kind that feel less like

conversation and more like excavating ancient bedrock—your sensory system reacts viscerally. The shift in the room's atmosphere is not subtle; it becomes almost physically dense, a palpable pressure against your skin. You are talking through boundaries established decades ago, and suddenly, the air feels thick, heavy, like breathing underwater or wading into cold molasses. This intense energy bleed represents unresolved grief or deep-seated guilt, emotions so potent they seem to alter the molecular structure of the immediate space. Your first instinct, the one that flares up when facing sensory overload, is a desperate need to physically map this density; you feel compelled to touch the walls, the chair legs, anything solid enough to measure the pressure against. You might unconsciously reach out and press your fingertips flat against the cool wood veneer of the side table, grounding yourself by reading its stable, predictable energy—the smooth, boring history of varnish and grain fighting against the volatile emotional charge hanging in the air. This is your Core Challenge manifesting: the overwhelming urge to touch *everything* to dissipate the ambient static build-up. If you try to absorb the entire family dynamic through mere proximity, you risk becoming saturated with negative imprints—the sharp tang of old resentment, the dull ache

of unsaid farewells clinging like damp cloth. You must actively filter this incoming data stream. Recognizing that your perception operates through physical connection, not distance, becomes a conscious act of triage. Instead of touching everything, you learn to focus on one anchor point: perhaps the client's own hands resting in their lap. You allow your fingertips to hover just millimeters above their skin—a feather-light curtain of energy separation. Then, slowly, deliberately, you let your index finger brush the back of their hand, a contact so minimal it might be missed by anyone else in the room. Through that tiny point of connection, you are not absorbing the history; you are gently redirecting the focus to the *present* sensation—the warmth of skin against fingertip, the slight pulse beneath the surface tension. This controlled, focused touch acts like a physical circuit breaker, interrupting the flow of overwhelming emotional residue and allowing the client's own system a moment to breathe and re-calibrate within the safety of your grounded presence.

The moments when your gift doesn't just read energy, but actually shifts the geometry of understanding, are those times you truly excel in Coaching Therapy. Consider a scenario where two participants—a mentor

figure and a mentee—are ostensibly discussing professional trajectory, all words flowing smoothly across the table like polished marble, yet an undeniable, invisible tension hums beneath the surface, vibrating just below audible range. Every time the mentor speaks of 'mutual respect,' you sense a resistance in the mentee's posture, a subtle tightening around the jawline that no amount of positive affirmation can smooth out. You watch them exchange polite nods, their hands resting near each other on the conference table—a proximity that should feel safe but instead feels charged, like two magnets held just shy of snapping together. Your instinct screams to touch the area between them, to read the energy trapped in the space separating their forearms. This is where your Core Gift triumphs: you don't need to pick apart every past slight or unresolved expectation; you only need to map the immediate relational texture. You allow yourself a moment of deep stillness, letting your awareness settle into the ambient field between them. Then, slowly, deliberately, you rest both palms flat on the table, palms down, allowing the sheer physical presence of your hands to claim that shared space. This act is grounding; it forces the energy in the room to acknowledge a new, stable anchor point—your focused, receptive awareness. As you maintain contact with the cool, solid wood, you are not

reading their individual histories; you are mapping the *connection* between them. What washes over your senses through this shared physical plane isn't conflict, but a profound sense of misalignment—a palpable gap in trust that feels physically wide, like trying to bridge two separate islands with nothing but warm air. You don't need to point it out verbally; you simply shift your gaze from the mentor to the mentee and then back again, letting the weight of your focused attention rest on the space *between* them. By acknowledging the physical reality of that tension through your own grounded contact, you provide a silent, undeniable confirmation: *I see this gap*. This intuitive understanding, accessed purely through reading the subtle static charge clinging to the wood and the energy occupying the air between two people, is often the precise catalyst needed for both parties to finally acknowledge the unspoken truth hanging in that charged silence.

YOU'VE READ CHAPTER 1.

YOU ALREADY KNOW THIS ISN'T GENERIC
ADVICE. THIS IS YOUR MAP — BUILT
SPECIFICALLY FOR CLAIRTANGENT ENERGY.
THE PATTERNS YOU JUST READ? THEY'RE
YOURS. NOT ANYONE ELSE'S. YOURS.

THE OTHER FIVE CHAPTERS ARE WHERE IT
GETS PRECISE.

CHAPTER 2 GIVES YOU PERMISSION TO STOP
FIGHTING YOUR OWN NATURE. CHAPTER 3
SHOWS YOU EXACTLY WHERE CLAIRTANGENT
ENERGY CONSISTENTLY WINS IN COACHING
THERAPY. CHAPTER 4 NAMES THE STAKES —
WHAT YOU LOSE WHEN YOU IGNORE THIS.

CHAPTER 5 IS YOUR FULL COACHING
THERAPY PLAN, BROKEN INTO THE CYCLES
THAT ACTUALLY WORK FOR YOU. CHAPTER 6
IS YOUR INTEGRATION — WHERE THIS
BECOMES IDENTITY, NOT STRATEGY.

MOST PEOPLE READ CHAPTER 1 AND THINK
THEY UNDERSTAND. THEY DON'T. THE
ARCHITECTURE ONLY REVEALS ITSELF IN
FULL.

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