

# MENTORS SESSION GUIDE

## DAY 39

### INTENTION

- Inner Circle Check-out

### CHECK-IN

Please check-in using PEMS and Mission and Parts Language.

*[mentee and mentor check in]*

### INTRODUCTION

Today we will start moving towards closure on this 40 day program.

We will go to your Inner Circle and do an extended check-in with your parts.

Any questions?

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly.

Relaxing even further. Fully moving your consciousness into your body.

Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up.

As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here.

Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

## **INNER CIRCLE BLESSING**

Ask your Higher Self if it would be OK, if today we do a few rounds of check-ins with your Inner Circle.

Tell everyone that this is one of our final days in this program and from now on you'll be visiting them on your own.

To start off, we will do a check-in round which will be a type of Golden Hot Seat for you (Mentee).

Each part can check-in with three things:

- What they see as your Poison, things you still need to work on.
- What they see as your Medicine, what you are especially gifted at, or what they especially like about you. And then,
- What their graduation gift to you is.

So please conduct this check-in and I'll help remind you where you're at and what to say.

I'll also be taking notes for you.

## **SACRED NAME**

Our next item is for your Inner Circle and everyone gathered here to give you (Mentee) your Sacred Space name.

If they like they can simply present you with a name, an image of the name, or they can invite in a part that embodies your Sacred Space name.

So invite them to take some time and let you know when they are ready.

If they need more time to do this, they can present it to you on another day.

## **BLESSINGS FOR MENTOR**

For the next round, each part can share something directed to me, your Mentor.

This can be anything they like, a blessing, suggestion for improvement, the name you will use in the future when you might refer to me etc.

So please conduct this check-in and I'll help remind you where you're at and what to say.

## **PARTING GIFT FROM MENTOR**

I would now like to offer all of you a parting gift.

I'd like to offer you an expansion on your Sacred Space which might look like creating a number of buildings around your space that you all might enjoy.

We could create:

- a University building for teaching and learning,
- a health center for rehab and healing,
- a Library for research,
- an athletic center and spa and play area for the children,
- and anything else you might want.

Does anybody have any requests?

(Fulfill any requests by asking Mentee to go ahead and direct the creation of what was requested.)

When complete ask the Higher Self if they could create a large banner with your (Mentee's) Mission Statement written on it and install it somewhere in the Sacred Space.

## **PARTING GIFT FROM INNER CIRCLE TO MENTEE**

Now ask your Higher Self if there might be a graduation Gift from all of those present here today for you (Mentee) and if they would like to convey that gift to you now?

When complete, ask your Ruler to make a closing statement and convey a blessing from Spirit to you and all your parts.

## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and what did you find challenging?

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**