



The Omega Point Program

GUIDEBOOK

PHASE TWO

Parts Work & Inner Circle

presented by



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OPP PHASE TWO (P2)

Going Inside: Parts Work and Your Inner World

In Phase One you had the opportunity to learn basic communication and healing skills. With the guidance of a Mentor, you were able to work on yourself and experience how these essential skills support your efforts to make a better life for yourself. You were also introduced to the concept of working with parts and you developed a Mission Statement.

In Phase Two you will "Go Inside". You will build a home base in your Inner World where you will gather your parts in your Sacred Space. You will use the basic skills taught in Phase One to develop a positive relationship with your parts and help them heal from past traumas. You will also establish a working relationship with your Higher Self and form an Inner Circle of your parts and gain their support in fully living your Mission.

You will also learn how the basic skills learned in Phase One can be made much more powerful when they are applied to working directly with parts and when working in an altered state of consciousness. Including your Sacred Space and Inner Circle in these processes makes it possible for a complete and permanent healing of past traumas.

Phase Two (P2) is a 20 day program designed to transform your life from the inside out. It is free and available on the OPA website: www.OmegaPointAcademy.com.

P2 protocols are written for one Mentor to facilitate one Mentee for the entire time, same as the Phase One (standard) protocols.

There are a number of options available for two partners to continue on to P2 after completing P1 (Phase One standard) or P1-R (Phase One - Reciprocal).

Following P1 (standard), Phase Two can be treated as a simple extension of the Phase One program and Mentor and Mentee can continue in their current roles.

Following P1-R, there are a number of options available for the two P1-R partners to continue on to Phase 2. While there are no Phase Two - Reciprocal protocols, there are different ways to experience P2 (and all other phases) in a reciprocal way. These include:

One partner can be Mentor for 20 days and then switch roles and repeat the 20 days.

One partner can mentor the other for a session and then switch roles and repeat the session on the same day or on the next day.

If the partners want to continue separately: Each partner could find a qualified Mentor and be a Phase 2 Mentee for 20 days.

For more information and the latest protocols, please visit the [OPA Website](http://www.OmegaPointAcademy.com).



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DAILY READING

DAY 1

Welcome to Phase Two

Most sessions in Phase 2 are done with the Mentee in an altered, trance like state of consciousness with their eyes closed. It is important that the Mentee be in a quiet space where they will not be interrupted. Other considerations are as follows:

Recording Sessions

Since the Mentee will not be able to take notes and may often not recall what was said while they were in a trance state, it is important for the Mentor to take notes or record the session.

If the Mentor chooses to take notes, it is most helpful if they email the notes to the mentee within a day of the session.

Recording the sessions is a preferable option for most. Instructions for recording sessions can be found in Addendum A (available at <https://omegapointacademy.com>).

Music

Music may also be a nice addition to many of the Phase 2 sessions. If the Mentor can have some meditative type music available, especially during the inductions, this might make the inductions more effective and relaxing. Please work with your Mentee to choose the type of music which is most beneficial for them.

Check-ins

For Phase Two, we will incorporate many of the lessons from Phase One into our check-ins. Please use the PEMS format and don't forget to use I-statements and the 5 feelings as appropriate. Please start with your Mission Statement today.


MENTORS SESSION GUIDE

DAY 1

INTENTION

- To use the ECHO Process on Part that most supports Mission.
- To establish a safe and sacred space in Mentee's internal world.
- To invite into Sacred Space, the Part that most supports mission.

CHECK-IN

Today's work can take longer than usual, so I'd like to be brief with our check-ins. Is that OK with you? 

So please state your Mission and do a brief PEMS check-in.

[mentee and mentor check in]

ECHO PROCESS

Our process for today is to talk to a voice in your head using the ECHO Process and then, when you are in a core state (i.e. Peace) I will guide you to establish a Sacred Space in your Inner World.

I invite you to relax now and breathe with me for a few moments.

As you take a few deep breaths, allow yourself to relax and feel your consciousness moving into your body.

As you get a sense of your body and move deeper into relaxation, I want you to invite a certain part of you to come forward to speak with you.

Ask if there is a part of you that most supports your mission and would be willing to come forward and talk with you now.

Listen for this voice and share what it is saying to you. *[mentee shares]*

Now Echo back to the voice and continue to do that a few more times.

[mentee shares]

Now, ask the voice what it wants. Say the response out loud and then I will speak to the voice. You may simply answer for the voice now.

[mentee answers]

POSITIVE INTENT PROCESS

[mentor speaks to voice]

I hear you say *[answer]* .


Imagine having *[answer]* fully and completely. Breathe it in. Be with it.

(pause)... Allow yourself to feel this *[answer]* in every part of your body...

Now, having *[answer]* fully and completely, what do you get from that?

[mentee answers]

(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)

Imagine having *[core state, i.e. peace]* fully and completely. Breathe it in. Be with it. (pause)... Now from this place of *[core state]*, I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 

(Allow Mentee some time to enjoy this Core State and then continue.)

SACRED SPACE

As you embrace this feeling, I invite you to take a few deep breaths and allow your body to fully relax into this deeper state of being.

As your body fully takes on this feeling of relaxation, you may feel your body becoming lighter and lighter and you may now find yourself starting to slowly rise up. You may now be traveling through time and space.


As you look around, you may start to become aware of a place below you coming into focus.


You may start to see an image of the most safe and sacred place you can imagine.


It may be a place in Nature, a fantasy place, a place from a book or from your childhood.

It may be a completely new kind of place that is different from anything you've ever seen or imagined before.


This may be your sacred place – there may be trees, flowers, grass and even some form of water, like a river or lake.

What do you see? 

What do you sense? 

What can you hear? 

What smells are there? 

How does the ground feel in your sacred space? 

What's the weather like? 


Take a moment to enjoy this place.


Now, in this safe and sacred place, you can invite in parts of you.

PART THAT MOST SUPPORTS MISSION

You may want to invite in the part of you that you just talked to.

You may see that part coming in now. That part of you that most supports your mission, coming now to be with you in this space.

What do you see? 


Ask it if it is the part of you that you were just speaking with? 

Ask if it would be OK with the part for me to speak to it directly. 


[mentor begins speaking directly to the voice]

Welcome. Thank you for being here with me today.

Are you the part of [mentee] that MOST SUPPORTS his/her MISSION? 

Can you tell me what his/her mission means to you and how you support it? 


If you had total control, what would his/her life be like? 

How are you different from all his/her other parts? 

What do you think of [mentee]? 


Do you have any suggestions on the mission statement he/she is working on? 

Is there something else you'd like to say to [mentee] now? 

By what name do you like to be called? 

Thank you for being with me.

I'd like to speak to [mentee] now.

Is there any other part of you that you would like to invite in to be with you now? 


Have other parts come in as requested.


CLOSURE & RETURN

Thank your parts for coming and let them know that you will be visiting them and this space often.


For now, say goodbye and that you'll be back.

Come back to your current time and place and know that you'll be able to revisit your sacred place anytime you wish.

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

How was that for you? 

What worked for you? 

What did you find challenging? 

Thank you.

Ready to check out?

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the Daily Reading for tomorrow and write down your Identity Statement as described.

DAILY READING

DAY 2

Identity Statement

Before we continue with Phase 2, we'd like to offer you an opportunity to capture who you are in this moment. Prior to today's session, you will transform your Mission Statement into an Identity Statement and start all future check-ins with your Identity Statement.

Transforming a Mission Statement to an Identity Statement

Transform your Mission Statement into an Identity Statement as follows:

Write down your current Mission Statement:

To create an Identity Statement add "I Am The One Who Co-Creates" to the beginning of your Mission Statement as follows:

IDENTITY STATEMENT:

MY GIVEN NAME IS: _____

and

I AM THE ONE WHO CO-CREATES

THROUGH _____

I.e. My given name is William (Bill) Wich and I am The One who Co-Creates an Enlightened Culture through Healing, Teaching and Sharing the Secrets of the Universe.

Note: We change create to co-create to recognize that I don't do it alone - I need others, I need inner guidance, etc.

MENTORS SESSION GUIDE

DAY 2

INTENTION

- To do an induction and visit Sacred Space.
- To invite in the part that is in control most of the time.


CHECK-IN


Please check-in briefly using PEMS and remember to give your Identity Statement first.

[mentee and mentor check in]

ACTIVE LISTENING

Today I will be doing a short induction and guide you to your Sacred Space. We will do a brief check-in with your parts who are already there.

We will then invite in the part of you who is in control most of the time and you'll have a chance to speak to the part that appears. Sound OK? 

OK, please make yourself comfortable and when you are ready for me to take you into a fully relaxed state, let me know. 

INDUCTION (Slow)

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.

Note any sensations in your body, any images that may come up, any messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to emerge. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

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 CHECK-IN

Invite the parts that are there to do a brief check-in about how they are doing and if they have anything they want to share with you today.

When they are complete. Thank them and ask if it would be OK with them if you invite in another part of you.

PART IN CONTROL MOST OF THE TIME

Now, invite in "The Part of You Who is in Control Most of the Time".

Who or what do you see? 


I will now speak directly to this part.

You may simply speak their words.

Welcome.


Thank you for being here with me today.

Are you the part of [mentee] That Is In Control Most of the Time? 


What does that mean to you, to be in control most of the time? 



What do you think of [mentee] ?


What role do you play in [mentee's] life? 


If you had total control, what would [mentee's] life be like? 

By what name do you like to be called? 

May I Have Your Permission to Talk to Other Parts of [mentee] ? 

Thank you for being with me.

Is there anything you'd like to say to [mentee] before we finish? 


May I talk to [mentee] now? 


CLOSURE & RETURN

Please move back into being [mentee] . Move your body if that helps, and return to being [mentee] fully.

Now, see yourself back in your sacred space and thank all your parts for being with you today. Say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, 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? 

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

MENTORS SESSION GUIDE

DAY 3

INTENTION

- To do an Induction, visit Sacred Space, and form Inner Circle.
- To call in Higher Self and create a Dome around Sacred Space.
- To create a Symbol for Mission and do a Mission Check-in.

CHECK-IN

Please say your Identity Statement and check-in using PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will create a symbol for your Mission, and do a Mission Check-in, having each part check-in on your Mission Statement.

We'll then call on your Higher Self to Create Dome of light around your Sacred Space. 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. Note any sensations in your body, any images that may come up, any messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to emerge. 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 CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Please share what each part says after they are complete. 

[mentee speaks]

HIGHER SELF

Ask your parts if it would be OK for you to invite in another part today? 

If OK, you may ask that a very special part of you come forward. The part of you that may be the most wise and loving part.

The part of you that comes from your core, your essence.

A higher part of you, your higher self.


Ask your higher self to come forward now and be with you in this time and place.

You may see something coming towards you.


When they arrive, ask if they are your Higher Self. 


(if not, can it access your higher self for you).


Ask it if it is there for your highest good. If affirmative, ask if it would be OK for you to ask it a few questions about your life. You may ask:


Why am I here in this life? 

What lessons am I here to learn? 


What is my mission? 

Ask for insights into any struggles you are having - with a relationship, your job, etc. 

Ask about any illnesses you may be suffering - its cause and cure. 

Ask about your dreams, or your major goal in life? 

Now, look at your Higher Self, feel their energy before you.

Ask if it's OK for you to temporarily merge with them.  If OK, step forward into your higher self. Become your higher self now.


Take your time now and experience this energy. (pause)

This is energy that is a part of you. You can experience it at any time. Anchor this feeling in any way you wish.

Now step out of your Higher Self – remember you can return to this feeling at any time.

Ask your Higher Self to Shine light on all your parts.

Ask it to create a Dome of Light around your Sacred Space, to protect this space from any outside interference.


Ask if it would like to invite in any other parts to be with you today? 

Welcome part(s) in.

INNER CIRCLE MISSION CHECK-IN


Ask all parts to form a circle. Invite them to do it standing up, or to circle around a table or a camp fire or any other way that they like.

This can be your Inner Circle, a place where your parts can meet together, discuss issues, see each other and work together to help support you in your mission. Your Mission can be the one common focus for every part.

To that end, allow a symbol for your Mission to emerge in the center of the circle. You may ask the symbol if it has a voice and if it wants to share anything with you and your Inner Circle of parts. 

Share your Mission Statement with your Circle and Conduct a Mission related Check-In; have each part check-in with input on your Mission and Mission Statement and whether they support your mission or have resistance to it.


Share out loud what each part says after each part is complete. 


Ask if there is something else that needs to be done today. 

CLOSURE & RETURN


When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your legs 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? 

What did you find challenging? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please write in your journal, list and describe the parts of yourself you met in your Sacred Space today. You may want to draw your Sacred Space and Inner Circle.

Please review the Inner Circle Guidelines from tomorrow's Daily Reading.

DAILY READING

DAY 4 Inner Circle Guidelines

The Inner circle is not some place a person has to go to. It is simply your own inner world, completely accessible through the active use of imagination. Once this realization is acquired, the Inner Circle becomes an increasingly powerful tool for clarity, insight, decision making and self-empowerment.

Doing an Inner Circle check-in gives a person direct access to their inner parts, their feelings and motives. You can go right to the source of what is going on in your life.

What to Do:

Do an Inner Circle check-in daily as a centering practice to start or end your day.

Observe the evolution of your Sacred Space and Inner Circle. See parts come and go and transform right before your eyes. Watch your Mission Symbol change as you step more powerfully into living your mission.

Identify any issues that have come up and what parts are involved. Ask if there is someone else in the circle that would be willing to facilitate these parts in the resolution of this issue. Now ask everyone involved to work together to resolve this issue for the greater good of all. Tell them you'll be back tomorrow to check-in again and to see what solution they have come up with.

Always treat your parts with Respect and Love. Empower your parts to make their own decisions, resolve their issues and to work together as a team in support of your mission. Be a Good Boss.

Be aware of new parts which may need your help and mentoring. Use the skills you've learned to help them discover and live from their Positive Intent.

In summary:

Facilitate change, empower the parts to choose their movements.

Get agreement from Circle on major changes. Rely on input from Higher Self.

Use it as direct connection to your sub-conscious mind and a tool for healing.

For those energies, that are not a part of you, release them to a better place with love and respect. Learn from them.

Standard Guidelines: Releasing Energies from Sacred Space

When working in Sacred Space, we may run into energies or entities that are not a part of us. An energy or image that is not a part, it is often an intrusive energy that can be released.

These energies can be identified in two ways while doing this program:

1. They will not have a Positive Intent.

When following the Positive Intent Process and the “voice” or “part” continues to be negative after many rounds, it is probably an intrusive energy. To verify this, you may simply ask it, “Are you a part of [mentee]?” You may then respond to their answer as explained below.

2. When asked in Sacred Space if they are a part, in almost all cases, these energies will tell you the truth.

When in Sacred Space with a current part or when greeting a new part, you may ask them directly, “Are you a part of [mentee]?”

Often times it is best to ask a few preliminary questions before asking this direct questions. These questions include, “What role do you play in my life?” “How would I recognize when you are active?” “What do you want?”

Once you do ask if they are a part of you or Mentee, respond to their answer as follows:

“Are you a part of me (or Mentee)?”

If Yes: Continue with the Positive Intent Process or whatever you are doing with them in Sacred Space.

If No: Ask the forces of light to surround this energy in a capsule of white light and take it to a better place.

If Maybe or anything but a clear yes or no:

You have three options which all work and you can choose any one of the following three options:

Options for Dealing with Intrusive Energies:

1. Ask the forces of light to surround the image, in a capsule of white light and take what is not a part of you, to the light, leaving anything that is a part of you behind. (Check on what's left behind)
2. Ask the forces of light to surround the image, in a capsule of white light and ask whatever is a part of you to step out of the capsule. Ask the light to take away what is left inside the capsule. Encourage the part of you to focus on letting it go.
3. Ask the image to split into two images:
 - One that is a part of you, and one that is not.
 - Ask the forces of light to surround the image, that is not a part of you, in a capsule of white light and take it to a better place.
 - Encourage the image that's a part of you to focus on letting it go.

Often a child part has invited these energies in for protection. Having the child let it go is sometimes an important aspect of Release.

If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come and get it and take it home.

These approaches are sufficiently effective for working this program. Additional information on these energies and more advanced techniques of working with them are covered in Phase Three of the OPP.

MENTORS SESSION GUIDE

DAY 4

INTENTION

- To do an induction and visit Sacred Space.
- To invite in a Caregiver and Innocent Child.

CHECK-IN

Please share your Identity Statement and check-in using PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific 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. Note any sensations in your body, any images that may come up, any messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

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 CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.


Please share what each part says after each is complete. *[mentee speaks]*

CAREGIVER


Ask your Higher Self if it would be willing to invite in a part of you that could be a caregiver and healer for younger parts of you or for wounded parts.

If your Higher Self says OK, you may soon see something coming towards you.


(if not OK, go to next section)


What do you see? 


Ask these questions:

Are you a part of me?  If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)

What role do you play in my life? 

Is there anything you would like to share with me right now? 

Would you be willing to help with the young parts of me and maybe help heal the wounded parts? 

Thank you for coming forward today and please make yourself at home.


INNOCENT CHILD


Ask your Higher Self if it would now be willing to invite in a very special part of you.

Ask if you have a childlike part of you that holds your innocence and connection to Spirit. It might be your golden child or a child that represents your most loving and lovable pure potential.

If your higher self says OK, you may soon see something coming towards you.

(if not ok or if child is already present, go to CLOSURE below)


What do you see? 


Allow the part (child) to be with whoever it wants. Offer to the part it sits with to ask for anything the child may want. In this magical place, see whatever it wants quickly appear for the child. 

When this feels complete, ask your higher Self if there is anything else that needs to be done today. 

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here. Allow yourself to slowly come back to this time and place. 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? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 5

INTENTION

- To do an induction and visit Sacred Space.
- To invite in a Power Animal and its Tender.

CHECK-IN

Please give your Identity Statement and check-in using PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific 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. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my

voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

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 CHECK-IN


Do a brief check-in now with these current parts. You may want to check-in first.


Please share what each part says after they are complete.

[mentee speaks]

POWER ANIMAL / TENDER

Ask your Higher Self to share what a Power Animal is and what its role in your life may be. 

Ask your Higher Self if they want to invite in a part of you that may be able to help you find your Power Animal. This may be the animal's tender. 

If a part is invited in, what do you see? 


Ask this new part if it is a part of you and what role it plays in your life? 

Ask if it can help you find your Power Animal. 

Follow the directions from your Higher Self or from your "tender" part on how to find your Power Animal.

(If there is any confusion about how to proceed, simply have Mentee ask for their Power Animal to present itself in their Sacred Space)

You may be able to take a child with you or have it wait until you return with your Power Animal.

When you bring the Power Animal to your Sacred Space, give it time and space to interact with your parts. 


When this feels complete, ask your higher Self if there is anything else that needs to be done today. 


CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place.

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? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please write or draw in your journal, list and describe the parts of yourself you met in your Sacred Space today.

MENTORS SESSION GUIDE

DAY 6

INTENTION

- To do an induction and visit Sacred Space.
- To develop and conduct a welcome ritual for new parts.
- To invite in parts from previous work.

CHECK-IN

Please check-in using Identity and PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific 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.

Note any sensations in your body, any images, insights or messages that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

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 CHECK-IN


Do a brief check-in now with these current parts. You may want to check-in first.


Please share what each part says after they are complete.

[mentee speaks]

WELCOME CENTER


Ask your Higher Self if they would be willing to help develop a separate Welcome Center and a Greeting Ritual for welcoming in new parts to your Sacred Space. 


Ask your Higher Self, if they would like any other parts of you to also take part in this Greeting Ritual. 

Ask your Higher Self and the other participating parts to go to this Welcome Center now and set up for this Greeting Ritual. 

This may involve “smudging” by a shamanic part, cleansing the space with light, protecting the space with a dome of light, etc.


GREETING RITUAL FOR PREVIOUS PART

When the Welcome Center is ready, ask if you or your Higher Self could invite in a part that you have met in some previous work and take them through this Greeting Ritual as you develop it? 

Ask your Higher Self if it has a part in mind to invite in now. 

If OK, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see? 

GREETING RITUAL


Now allow some space and time for this Greeting Ritual to unfold. You may share what you see your Higher Self and your parts doing to initiate this greeting of a new part.

(This may include, inviting the new part to step to the center of the circle.)

Ask your Higher Self, if they would like to ask the initial questions to the new part or maybe another part of you might want to.


Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee]? 


(If yes, welcome them to your Sacred Space.)


(If no or maybe, see instructions in Standard Guidelines, Day 11)


What role do you play in [mentee's] life? 

Do you feel safe with us? 

Are you willing to serve in this Realm? 


Are you willing to abide by the rules of this space or stay outside until you are ready? 

What do you need right now? 

Do you have anything you'd like to share with [mentee] right now? 

Thank you for coming forward today; Please make yourself at home.


ANOTHER PART *(if time allows)*

Ask your Higher Self if it is OK to invite in another part today. 

If OK, ask your Higher Self if they have a part in mind to invite in now. 

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see? 

Ask which part would like to conduct the greeting ritual this time. 

GREETING RITUAL

Now allow some space and time for this Greeting Ritual to unfold.

You may share what you see your Higher Self and your parts doing to initiate this greeting of a new part.

(This may include, inviting the new part to step to the center of the circle.)


Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee]? 


(If yes, welcome them to your Sacred Space.)


(If no or maybe, see instructions in Standard Guidelines, Day 11)


What role do you play in [mentee's] life? 

Do you feel safe with us? 

Are you willing to serve in this Realm? 

Are you willing to abide by the rules of this space or stay outside until you are ready? 


What do you need right now? 

Do you have anything you'd like to share with [mentee] right now? 

Thank you for coming forward today; Please make yourself at home.

CLOSURE & RETURN


When complete, ask your Higher Self to take all of you back to your Sacred Space.


You may want to introduce the new parts and notice how they are received by the other parts. 


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 here.

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? 

What did you find challenging? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 7

INTENTION

- To Invite Mentee to begin visiting Sacred Space on their own.
- To visit Sacred Space and Invite in a Guardian.

CHECK-IN

Please check-in using Identity and PEMS.

[mentee and mentor check in]

SACRED SPACE AS A DAILY PRACTICE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific parts. One part that we will be inviting in is a Guardian for your Sacred Space.

An important part of this program is to help you develop the ability to visit your Sacred Space on your own. For many, this becomes a valuable daily practice and we'll be offering you suggestions on how to do this in later sessions.

You may want to begin this practice on our off days and see how it goes for you.

An important caution, is that you don't visit your Sacred Space when you are high or have been drinking.

Working with parts in this space is a very powerful tool for transformation and healing, because you are working directly with your sub-conscious mind.

If this tool is used improperly, it can cause danger to your parts and ultimately to you.

For your own safety, we ask that you always treat this Space with reverence and treat all your parts with love and respect.

To help guard against you coming to your Sacred Space when you could be a danger to your parts, we want to ask a part of you to take on the role of Guardian.

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. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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.


Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.


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 CHECK-IN


Do a brief check-in now with these current parts. You may want to check-in first.

You may want to ask them if they have any comments on the intention to invite in a Guardian today. 

Please share what each part says after they are complete. 

[mentee speaks]

GREETING RITUAL

Ask your Higher Self if it would be OK to invite in a few more parts today? 


If OK, ask your Higher Self and parts to go to the Welcome Center and set up for the Greeting Ritual. When the Greeting is ready, ask your Higher Self if it's OK to invite in a part now.


GUARDIAN

Ask your Higher Self to invite in a part to create additional safety for your Sacred Space and all your parts.

Specifically, ask if they could invite in a Guardian for the Sacred Space, a part of you, who would keep you out of the space when you are high, been drinking or are in some way a danger to your parts.


If OK, see the Guardian arrive in your Space.

What do you see? 

Ask which part would like to conduct the greeting ritual this time. Repeat the previous greeting process. 


Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee]? 

(If yes, welcome them to your Sacred Space.)

(If no or maybe, see instructions in Standard Guidelines)

What role do you play in [mentee's] life? 

Do you feel safe with us? 

Are you willing to serve in this Realm? 

Are you willing to abide by the rules of this space or stay outside until you are ready? 

Are you willing to guard the Sacred Space and even keep [mentee] out if they arrive high or drunk or somehow dangerous to the parts? 

Do you have any questions or requests around this act of service? 

Is there anything else you need right now? 

Do you have something you'd like to share with [mentee]? 


(when questions are complete, mentor speaks to mentee)

Ask Higher Self if they would like to address the new part. 

(mentee may also **ask the questions in bold** if not addressed during the welcome process and then talk to the part.)

Thank the part for coming forward today and ask them to make themselves at home.


ANOTHER PART *(if time allows)*

Ask your Higher Self if it is OK to invite in another part today. 

If OK, ask your Higher Self if they have a part in mind to invite in now. 

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see? 


Ask which part would like to conduct the greeting ritual this time. 


Repeat the previous **GREETING RITUAL**. (See above section)


CLOSURE & RETURN


When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your legs, arms and slowly open your eyes and come fully back.

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

How was that for you? 

What worked for you? 

What did you find challenging? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 8

INTENTION

- To visit Sacred Space.
- Take a journey up into the sky and find a new part.
- Invite Ruler.

CHECK-IN

Please check-in using PEMS and remember to include your Identity Statement.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to experience going on a journey from your Sacred Space and see what you may find.

We'll also be inviting in one more important part of you if we have time.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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 CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Please share what each part says after they are complete. 

JOURNEY

Ask your Higher Self if it is OK for you to go on a journey from your Sacred Space today. Say that you would like to take a journey straight up from your Sacred Space to see what adventures or parts can be found in the sky above. 

Follow any suggestions or directions from your Higher Self. 

When you are ready, you may want to start at the center of your Inner Circle.

Take a deep breath and you may soon find yourself rising up from the floor or ground and easily going through whatever ceiling or roof there may be to your Sacred Space.

Continue to rise slowly above your Space and allow yourself to observe your Sacred Space and the surrounding area from this higher perspective.

Make note or feel free to share whatever grabs your attention as you go.

As you continue to rise, allow yourself to be with this feeling of moving away from the landscape below and into whatever may lie ahead of you.

Notice whatever clouds might be present and anything else that you may notice as you continue on your upward journey.

As you move into and maybe past some local clouds, you may sense that there is something or somewhere that is pulling you toward it.


Allow yourself to float up or over to this attracting force and notice that you may be speeding up or slowing down as this attracting force continues to pull you toward it.

As you allow yourself to come closer to this unknown destination, notice what you begin to see ahead of you.

As you start to near this destination, allow yourself to slowly approach what appears to be a landing spot of some sort.

Look around and you may notice what has been pulling you towards this place. See what may be the reason you've been brought here.


Take a few moments to observe who is there and what is happening.


What do you see? 


If you see any structures or places, continue on your adventure until you meet someone or some being that you can interact with.

Greet them warmly and ask if they have something to say to you.

Get to know them and if appropriate ask the usual questions:

Are you a part of me?  (if not, ask if they have a message for you)


What role do you play in my life? 

Would you like to come with me to my Sacred Space? 

Bring to Sacred Space.

Welcome them in and introduce them to your parts.

Ask if any parts have a question for them.

Ask your Higher Self and Guardian if it is OK for this new part to stay. 

Have them make themselves at home.


INVITE IN SOVEREIGN (if time allows)

Ask your Higher Self if it would be OK to invite in a new part today? 

If OK, ask your Higher Self to invite in your King/Queen, the part of you that embodies the Archetype of the Sovereign or Ruler.

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see? 


Ask which part would like to conduct the greeting ritual this time. Repeat the previous Greeting Ritual.

Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)


Are you a part of [mentee]? If yes, welcome them to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)


What role do you play in [mentee's] life? 

Are you willing to serve in this Realm? 

Do you have any questions or requests of us? 

Do you have something you'd like to share with [mentee]? 

(when questions are complete, mentor says to mentee)

Ask Higher Self if they would like to address the new part. 


Thank your new part for coming forward today and have them make themselves at home.

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? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 9

Parts on the Floor Visualization

Use Zoom and record session if possible.

Today we will be diving deeper into this whole idea of Parts and the people that live inside us. We will be doing a Visualization that could take a while.

This Healing Approach is based mainly on working with parts or Sub-Personalities. While we don't want to label parts or put every part in a "box", we do want to show some of the roles they play in our lives and how they may interact with each other.

One way to see how different types of parts may relate to each other is by showing the relationship between the following 7 parts:

1. Divine core, pure soul, original spark from the divine
2. Innocent, golden child (the initial manifestation of soul/spirit)
3. Wounded Child
4. Protector for Wounded Child (may be protector for more than one child)
5. Part that "contains / limits" the protector from hurting others or self
6. Persona or mask that they present to the world while this inner conflict ensues.
7. Controller/Manager orchestrating the whole dynamic.

While we have a theoretical model for the following description, we can let this demonstration evolve organically during the visualization so that it can be confirmed or modified by Mentee's parts.

What we often see with the different roles that parts may play in our lives, is a pattern or dynamic of how these 7 parts relate to each other. In essence, we want to duplicate what may be the sequential development of these parts in our lives.

We start with possibly our original personal manifestation that may come prior to our physical birth. This would be our soul or original divine spark. When this spark or soul first manifests in the physical plane, it may take its first physical form as a fetus and then, when birthed into this world, as a golden child, an Innocent. When this golden child is inevitably traumatized by life, it may split off a wounded part that may get stuck at this age and in this pain and wound.

To protect this wounded part from further trauma, a protector part may split off to keep it safe. Many times this protector takes on the behavior of the perpetrator of the wound and may act out in violent or “unacceptable” ways when it feels the child is threatened. Almost any situation that seems similar to the original wounding situation could trigger this defensive part. Reframing works well with protectors to change their behavior. Regression is usually more helpful with wounded children.

To keep this protector part from hurting you or others, a “Contain” part may be split off. The role of this part is to contain the protector from acting out in unacceptable ways. It may also serve to contain the wounded part as in “Stop crying!”

Parents and other adults may encourage the development of these contain parts when they tell a child to, “Stop that! Quit squirming, Be quiet, Contain yourself! Don’t you ever do that again. Etc. etc. etc.” Unfortunately most contain parts are actually trained to be “Suppress” parts and tend to isolate us from our feelings as well as from these wounded parts that need our help.

Being able to contain, instead of suppress, our own impulses, ultimately becomes a positive development and leads to greater levels of maturity and to practicing “delayed gratification”. We can use these OPP skills to develop that contain part in a healthier more effective way and minimize our current strategies to hide, repress and deny them.

We also learn as we grow to put up a “front” to the outside world to hide all this inner turmoil. The role of this persona part is to look good and interact effectively with the outside world. Many of us have very competent, successful persona’s no matter how inauthentic they may feel to us and others.

And finally, at least for this demonstration, is the controlling Manager part that may be directing this whole dynamic to maximize a person’s safety and survival.

So the purpose of this visualization is to help this dynamic unfold in the Inner World and allow each of us to see if it resonates with us and our parts, so we can better understand how we can heal and transform our Inner World.

From this exercise, we can see how much energy we may be spending on protecting parts, containing parts, managing dis-functional or wounded parts, covering up and suppressing unacceptable part behavior.

By doing the comprehensive parts work in this healing program we can take a big step towards freeing up all this energy so we can use it to live a life in integrity with our mission and enjoy the peace and joy of being of service to others.

Our goal is to work directly with these parts to resolve conflicts, heal wounded parts, free the protectors, transform all to be in service to our mission. Ultimately, we hope to clear much of this chaotic situation and be able to fully access our Higher Self and come from love in all our dealings. We also hope to integrate and align all these parts so that we have greater access to our core Divine Wisdom.

MENTORS SESSION GUIDE

DAY 9

INTENTION

- To do a Parts on the Floor visualization with Inner Circle.

CHECK-IN

Today we will be doing a lengthy visualization so we want to keep our check-ins brief. What are your time constraints today in case this takes longer than usual? We can continue with this tomorrow if needed.

Please check-in using PEMS, and Identity.

[mentee and mentor check in]

INTRODUCTION

Today, we will go to your Sacred Space and experience a demonstration of how your parts may relate to each other.

This OPP Healing Approach is based mainly on working with Parts or Sub-Personalities.

While we don't want to label parts or put every part in a "box", we do want to show some of the relationships they may have with each other.

Any questions before I start the induction?

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 go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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 CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Ask your parts if they'd be willing to help you today with a demonstration of how they might relate to each other.

Please share what each part says after they are complete. 

[mentee speaks]

PARTS ON THE FLOOR DEMONSTRATION

Ask your parts to form a larger circle and clear the space in the center.

One by one, I'll ask seven parts to come forward and place themselves in this center space.


These parts may already be present in your Sacred Space or may come into this Sacred Space when called.


OK, the first part I'd like to call in is the part of you that holds the role of:

PART AND ROLE


(1) Your Divine core, pure soul, your original spark from the divine


Invite this part to please take their place in this center space and sit or stand in a way that fits their role.

Please share what you see. 

Please have this part share something about themselves and this role. 

Ask them how they show up in your life? 

Ask if it would be OK for you to merge with them now. 

If OK, go ahead and step into the part and fully experience their energy and awareness. Take as long as you need and when you are complete, simply step back out of the part. 

Is there anything you would like to share about the experience? 


Thank this part for being here today and ask them to stay where they are until all 7 parts are all in place.

I'd now like to invite in the part of you that holds the role of:


[mentor repeats the above for the following roles: 2 - 7]


Parts and Roles for Demonstration


1. Divine core, pure soul, original spark from the divine
2. Innocent, golden child (the initial manifestation of soul/spirit)
3. Wounded Child
4. Protector for Wounded Child (may be protector for more than one child)
5. Part that "contains / limits" the protector from hurting others or self
6. Persona or mask presented to the world while this inner conflict ensues.
7. Controller/Manager orchestrating the whole dynamic.


After all the parts are set, ask Higher Self if the Higher Self is different from this divine core part. How so? 

What is the difference between Spirit and Soul if any? 


Ask your Higher Self to share about how accurate or not accurate this portrayal of parts may be. 

Ask how it could be modified to more accurately represent what goes on in Mentee's Inner World. 

Ask if any other parts would like to add something to this discussion. 

Ask Mentee what is coming up for them as they watch this demonstration. 

Ask if they have any questions for any of the parts. 

Ask your Higher Self if the new parts that may have come in may stay and join with the other parts in your Sacred Space. 


Thank all the Parts for helping with this demonstration.


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? 

What did you find challenging? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the Daily Reading for today about how Parts may relate to each other and compare it to your experience of your parts today.

MENTORS SESSION GUIDE

DAY 10

INTENTION

- To Release External Characters from your Sacred Space.
- Draw Inner Circle.

CHECK-IN

Please check-in using PEMS and Identity.

[mentee and mentor check in]

INTRODUCTION

Today, we will be doing an extended visualization.

So please get comfortable and begin to relax.

We will be working inside your Sacred Space and with your Inner Circle, to help develop it as a safer home for all your parts to visit, to live, and to communicate with you and each other.

We also want to make it a space for just your parts, free of outside influences.

As always, every action we take in your Sacred Space, we take with reverence and care and with total respect for all the parts and entities.

We know that sloppiness, carelessness, or any purposeful manipulation of this Inner Circle tool is dangerous and can have powerful negative consequences.

We want your Sacred Space to be your Sacred Space and include only parts of yourself, along with some animals and possibly guides that may visit from time to time to be of service to you.

Today we will release energies that we call Externals.

These are people that are alive today and with which you may have certain attachments which may be clouding your relationships.

Any questions before I start with an induction?

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.


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

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Share that today you will be releasing what may be parts or fragments of other people.

Ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says after they are complete. 

[mentee speaks]

EXTERNAL CHARACTERS

Ask your parts to gather in a half circle or horse shoe shape with an opening on one side.

Tell them that we want to work with them to help make this Sacred Space a safe place for all your parts to live or to visit as they wish.

We also want to keep this space as theirs only and want to help any energies that are not a part of you to leave in a good way and go to a better place.

Ask your Higher Self if they would be willing to help you with this.

Today, we want to let go of any, what we call external characters, which are people alive in your life right now, they could be a parent, spouse, friend, etc.

While you may want these people to be in your life, we invite you to make your Inner Circle your own.

Working with your own parts will help you to choose which relationships you want to be in rather than being in a relationship because of an obsession, enmeshment, co-dependency, etc.

If you have any external characters in your Sacred Space, ask your Higher Self if it's OK to let them go today and if they have any comments or concerns they'd like to share before beginning this release process.

(If you currently have no external characters, you can ask your Higher Self to invite in any external characters with which you may have an unhealthy attachment and may be in your energy field.)

RELEASE PROCESS

When ready, invite the external character to come forward and stand at the circle opening.



You may notice that the external character may have a cord attached to them that leads out of your Sacred Space and another one that is attached to you, a part of you or to your Sacred Space somewhere.

Tell this person that this is your Sacred Space and you want this to be a safe and private space for your parts only.

Tell them that in a moment, you'll be asking them to return to the person they came from.

You can pull out the cord attached to your space and ask them to pull out the end attached to them.


Ask your Higher Self to wrap the cord in white light and send it away.


Now, ask if there is a part of you that wants them to stay?  Spend some time with that part and see what they need to feel safe without them there. 

Now, say your goodbyes to the external character and let them know that you'll be with them in other ways.

Ask them if there is anything they would like to say to you before they leave. 


When goodbyes are complete, ask them to follow the other cord back to their own bodies.

When complete, ask your Higher Self if they would like to invite any other external energies, which may be in your energy field, to come forward. 

Sometimes a group release of all these types of attachments is useful. If so, have your Higher Self invite them in and repeat the same RELEASE PROCESS you just completed. 

When the releases are complete, ask the healing light to come in and fill up all the empty spaces left from their leaving.


ANOTHER PART *(if time allows)*

Oftentimes, certain parts may not feel safe to enter your Sacred Safe while Externals are present. Now that they have left, ask your Higher Self if it is OK to invite in another part today that now feels safe to come forward. 

If OK, ask your Higher Self if they have a part in mind to invite in now. 

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see? 

Ask which part would like to conduct the greeting ritual this time.

GREETING RITUAL


Now allow some space and time for this Greeting Ritual to unfold. You may share what you see your Higher Self and your parts doing to initiate this greeting of a new part.

(This may include, inviting the new part to step to the center of the circle.)

Ask your Higher Self, if they would like to ask the initial questions to the new part or maybe another part of you might want to.


Allow space and time for the questions to be asked. 

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee]? 


(If yes, welcome them to your Sacred Space.)

(If no or maybe, see instructions in Standard Guidelines, Day 11)


What role do you play in [mentee's] life? 

Do you feel safe with us? 

Are you willing to serve in this Realm? 

Are you willing to abide by the rules of this space or stay outside until you are ready? 

What do you need right now? 

Do you have anything you'd like to share with [mentee] right now? 


Thank you for coming forward today; Please make yourself at home.


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? 

What did you find challenging? 

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Draw Inner Circle

MENTORS SESSION GUIDE

DAY 11

INTENTION

- To visit Sacred Space and do an Extended check-in with Parts.
- Discover the Primary emotion, wants and mission for each part.

CHECK-IN

Please check-in using PEMS and Identity.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to visit with your Parts in your Sacred Space and do an extended check-in.

We want to give you an opportunity to get to know your parts better and find out how you can best work with them. We'll also have each part share what their primary emotion is as well as what they most want and what their mission is as a part. Please begin to record this session if you can.

This check-in may take more than one day to complete so we may stop at some point and continue the check-in during our next session. What are your time limits for today?

Thank you, let me know when you are ready to start.

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally. As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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 EXTENDED CHECK-IN

Ask your Higher Self if it is OK for you to an extended check-in with all your parts so you can get to know them better and learn how best to work with them. We'll also ask them to share their primary emotion, what they want and perhaps their mission as a part of you.

Ask your Higher Self if they have any suggestions or concerns about this process. If OK to proceed, please ask all your parts to form a circle for this check-in.

When complete with this part, ask your Higher Self if they would like to check-in first.

HIGHER SELF

If OK, ask if they'd like to start their check-in with how they are feeling and anything they'd like to share with you right now. Please share what they say out loud if that's OK with you.

Ask them what they want most for themselves and for you.

Ask them if they have or would like a mission statement for themselves as a part of you.

Ask if there is something you could do to help them live their mission.

Ask what their primary emotion is.

Ask if there is something else they'd like to share with you.

Optional: Ask your Higher Self if you could merge with them and see your Sacred Space and all your parts through their eyes.

If OK, merge with your Higher Self and take as much time as you want experiencing this feeling and perspective. You may share your experience out loud or simply take it in for now.

Let me know when you feel complete with this. When complete, step back out and again share how that was for you.

When complete, say your thanks and add anything else you want to say.

RULER

Ask your Ruler (King/Queen) if they would like to check-in next. If OK, repeat the above check-in that you did for your Higher Self.

PARTS CHECK-IN


When your Ruler is complete, ask which part would like to check-in first.

For each part repeat the above check-in for your Higher Self.

When all the parts are complete, you may want to share with them your thoughts on what you heard them say and anything else you want to say to feel complete.

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?  Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Draw Inner Circle and note what each part shared today.

Share list between Mentor and Mentee prior to next session.

MENTORS SESSION GUIDE

DAY 12

INTENTION

- Continue the check-in started last session and/or
- De-brief the extended parts check-in.
- Review list of parts, wants (mission), emotions, requests.
- To talk with sad part.

CHECK-IN

Please check-in using PEMS and Identity.

[mentee and mentor check in]

INTRODUCTION

Today, we will continue the extended Check-in with your parts that we started last session. When finished we will de-brief this extended check-in.

We'd also like to record this session. What are your time limits for today?

Thank you, please let me know when you are ready for the induction.

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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.

Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time. 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 EXTENDED CHECK-IN


Ask your Higher Self if it is OK for you to continue the extended check-in with all your parts.

Ask your Higher Self if they have any suggestions or concerns about this process.


If OK to proceed, please ask all your parts to form a circle for this check-in.


When they are ready, ask if any part, who hasn't check-in yet, would like to go first.


PART CHECK-IN


Ask if they'd like to start their check-in with how they are feeling and anything they'd like to share with you right now. Please share what they say out loud if that's OK with you. 

Ask them what they want most for themselves and for you. 


Ask them if they have or would like a mission statement for themselves as a part of you. 

Ask if there is something you could do to help them live their mission. 

Ask what their primary emotion is. Ask if there is something else they'd like to share with you. 

Optional: Ask your part if you could merge with them and see your Sacred Space and all your parts through their eyes. 

If OK, merge with you're the part and take as much time as you want experiencing this feeling and perspective. You may share your experience out loud or simply take it in for now.

Let me know when you feel complete with this. When complete, step back out and again share how that was for you. 

When complete, say your thanks and add anything else you want to say.

Ask which part would like to go next. 

(For each part repeat the above check-in.)

When all the parts are complete, you may want to share with them your thoughts on what you heard them say and anything else you want to say to feel complete.

Ask your Higher Self if there is a part of you that is feeling sad or shameful and could use a little time with you.

This part may already be present in your Sacred Space and or may need to be invited in today.

Ask the part to come forward and sit near your Higher Self.

WALK WITH SAD PART

Ask the part if they would like to go for a walk with you. Offer that they could bring along your power animal or any pet they'd like to invite in to go with you.

Ask the part if they'd like to take the lead and maybe show some path outside that you haven't experienced yet.

Follow the parts lead (or lead if they prefer) and simply spend some time together.

Use Active Listening and follow your heart and caring instincts.

Take as much time as you want and you can share out loud or simply let me know when you are complete.

When complete, take the part (child?) back to your inner circle and invite the Caregiver and others to be with it now and make sure they have everything they need.

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.

DE-BRIEF (time permitting)


How was that for you? 

What stands out for you after hearing from all your parts? 

Did you notice any pattern in what they shared? 

What are the main messages you received? 

Which actions do you want to plan to honor their suggestions and requests? 

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Draw Inner Circle and note what each part shared today.

Make a note of your plans to follow-up on this check-in.

DAILY READING

DAY 13

Reframing

Reframing a Sensation with Positive Intent in Sacred Space

As reviewed earlier, the essence of Reframing is 3 Questions:

1. What do you want?
2. What are you doing to get it?
3. How's that working?

Reframing is an excellent way to mentor a person with ineffective behaviors without triggering emotional resistance. Reframing can be done in many ways.

The following is a reframing process for working on a physical sensation in a simple way using symbols. This process works well with children and avoids going into deep emotions or heavy processing. It could be done over lunch in a restaurant if you wanted.

Like all the processes in this program, it works on the knowledge that the person doing work has all the answers they need inside.

The following process reframes a sensation in its simplest form. A longer version, that adds in Positive Intent and does this work in Sacred Space can be found in the sessions guide and is what we will do in today's session.

Reframing a Sensation

Locate in Body: “Close your eyes. I’m wondering if there is a part of your body that is trying to get your attention right now?”

Feeling / Sensation: “I invite you to let your focus move to that particular part of your body... notice the feeling... notice the physical sensation.”

Shape, Size, Color: “If that sensation were an object, what shape would it be? What size is it? What color?”

Voice: “Now give it a voice. What words is it saying?”

Now ask it, “What do you want?”

Put your hands out in front of your palms together.

See a symbol – something that represents this positive intent

Now take that new symbol and hold it out to one side

See the old symbol in your other hand.

“Are you willing now to take on a new way of being to get what you truly want?”

Bring them together and now open your hands and see a new symbol.

What do you see? Feel and be with this new symbol.

When you are ready, bring this symbol into your body and anchor it.

For Reference:

Symbol Reframing Example - True Story

5 year old boy

Grandpa

“Mom! My ankle hurts”.....

Next to boy in car: "Show me where it hurts.....

If that pain was a bird, what bird would it be?" (Symbol)

“A little blue jay”

“What's the little blue jay want to do?" (Positive Intent)

“To fly away”

“Is that ok with you?" (new behavior)

"Sure".....silence

Waits.... "Did it fly away?"

Boy hesitates, "Yeah" (acts like it was a dumb question) ... How is your ankle now?

“What do you mean?" (acts like it was another dumb question, had forgot about pain)

MENTORS SESSION GUIDE

DAY 13

INTENTION

- To Reframe a Sensation with Inner Circle.

CHECK-IN

Please check-in using PEMS and Identity.

[mentee and mentor check in]

INTRODUCTION

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and then do a different type of re-framing to address any physical pains or sensations you may be experiencing.

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 go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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 CHECK-IN

Do a brief check-in now with these current parts.


You may want to check-in first.

Share that today you will be working on a sensation in your body, maybe even a chronic pain that you have suffered for years and ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says after they are complete. 

[mentee speaks]

REFRAMING A SENSATION

Ask your Higher Self if it is OK to proceed now with this reframing a sensation process. 

Look around your Sacred Space now and find a comfortable place to sit down and simply relax.

Close your eyes and take a deep breath and let it out slowly.

Allow your consciousness to move fully into your body.


Become aware of any sensations or feelings in your body.

See if there is a part of your body that is trying to get your attention. 

I invite you to let your focus move to that particular part of your body... notice the feeling... notice the physical sensation.

Allow yourself to fully be with that sensation.

If that sensation were an object, what shape would it be? 

What size is it? 

What color? 

Any texture or smell to it? 

So this sensation is like a [echo the shape, size, color]

Now give it a voice. What is it saying? 

[mentee speaks]

POSITIVE INTENT PROCESS

Echo back to the voice and then ask it what it wants. [mentee answers]

I will now speak directly to the voice.

I hear you say *[answer]*.


Imagine having *[answer]* fully and completely. Breathe it in. Be with it.

(pause)... Allow yourself to feel this *[answer]* in every part of your body...

Now, having *[answer]* fully and completely, what do you get from that?

[mentee answers]

(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)


Imagine having *[core state, i.e. peace]* fully and completely. Breathe it in. Be with it. (pause)... Now from this place of [core state], I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 

(Allow Mentee some time to enjoy this Core State and then continue.)

REFRAMING WITH SYMBOLS

I now invite you to put your hands out in front of you with your palms up.

Take a deep breath and as you let it out slowly, see a symbol for this [core state] form in the palms of hands.


What do you see? 

Now take this new symbol in one palm and hold it out to one side.

In your other hand, see the old symbol or object that represented the original physical sensation (i.e. previous shape, size, color).

When you are ready to take on a new way to get what you truly want, take a breath and slowly bring your palms together, merging both symbols inside your hands.

Take another breath and like opening a book, slowly open your hands and see a new symbol in the palms of your hands.

What do you see? 

Feel and be with this new symbol.

When you are ready, bring this symbol into your body and anchor it, possibly where you first felt the physical sensation.


Thank your parts for their support and ask if any part wants to comment on what they saw.


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 full of energy as you slowly return.

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

How do you feel? 

How was that for you? 

How is the pain or sensation you worked on? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

DAILY READING

DAY 14

Parts Work and The Transformation Process

Today we will do a quick review of the basics of doing "Parts Work" and then introduce a process for Reframing the behavior of a part. This process will combine most of the skills and processes you've already learned into one complete A to Z process. This Transformation Process is designed to gently and lovingly transform a so-called negative part into a part that supports and helps you live your mission fully.

Parts Work

Sub-Personalities

All shadows can be treated as sub-personalities (or parts) which are a very simple combination of emotion, behavior, beliefs, and personality

Most sub-personalities were formed at a very early age and are very immature

They have a positive intent yet their behavior was usually learned from abusive or dysfunctional parents.

Our goal is to *mentor* these parts so they may find a more effective behavior to get what they want. Our attitude is to empower them, never to fix or change them.

We want to quit fighting these energies and instead have their energy support our mission

Positive Intent

All Parts have positive intent no matter how bad the behavior.

Discovering the positive intent is key to transformation.

Reframing

We transform these immature sub-personalities through a process we call reframing (like changing the frame of a painting – how it interacts with its environment – the painting (the essence of the part) stays the same).

The essence of reframing is 3 questions:

1. What do you want?
2. What are you doing to get it?
3. How's that working?

When a part realizes that his behavior is no longer effective, it is a simple matter of having it (or another part) come up with an alternative behavior.

We never give suggestions or advice as the facilitator - It is imperative that the new choices come from inside the person –maybe from another part or Higher Self.

Reframing the Behavior of a Part

The goal of Reframing, is to transform a part’s ineffective behavior, into a more mature behavior that supports your mission, i.e., **TRANSFORM SHADOWS INTO ALLIES**

So far, in this program, we have covered the 4 basic skills that most of our facilitation work will use.

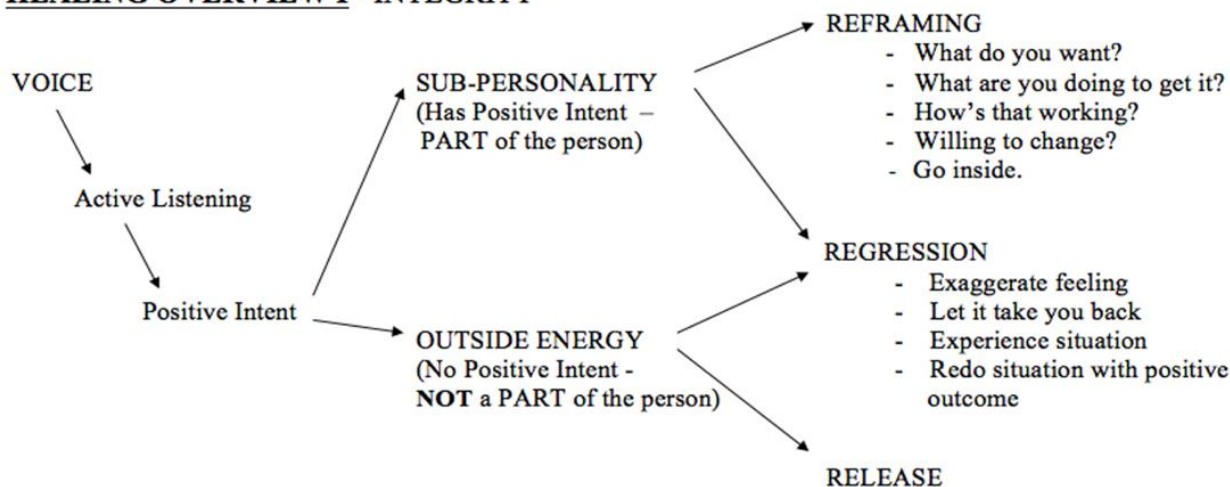
- Active Listening (Be Silent, Echo & What do you mean by....)
- Positive Intent (What do you want?, Imagine having that...what get?)
- Reframing (What want?, What doing to get it?, How's that working?)
- Regression (Down into Pain)

We’ve also shown how we can work with Parts of ourselves as a way to quickly move into deeper states of consciousness and do more effective work that can often lead to a deep healing of some of our wounds.

We now want to combine all of these into one complete healing and transformation process called The Transformation Process. This process is an A to Z, step by step process to reframe the behavior of a part. The intention is to transform shadows into allies in support of your mission or to put it another way, transforming what could be a major obstacle or resister to you living your mission to a powerful supporter of you fully living your mission is service to others.

It uses all of the elements we have learned by combining them into a sequence which makes each element even more powerful. This sequence is shown in the following chart:

HEALING OVERVIEW I - INTEGRITY



THE TRANSFORMATION PROCESS
Reframing the Behavior of a Part

Facilitator's Words

What issue would you like to work on? (may use active listening)

I'm wondering if there is a part of you that ... (describe a role related to issue).

Access Part (Voice)

I invite you to move your chair and your body and become that part. - **or** -

I invite you to have an image of that part come up for you.

Now allow yourself to become that part and speak as that part.

Active Listening

Welcome. Thank you for being here with me today.

Are you the part of "Mentee" that does not support Mentee's mission?

What role do you play in X's life? (X is name of person doing work)

If you had total control, what would X's life be like?

What do you think of X? What do you think of X's mission statement?

By what name would you like to be called?

Positive Intent

WHAT DO YOU WANT ?

1. Their Answer is **Y** (i.e. Freedom, Use their answer where you see a **Y** below.)

2. Now imagine yourself having **Y** fully and completely. Breathe that in. (pause)

Now having this **Y** fully & completely, what do you get from that?

Repeat above (1 and 2) until person gets to Core State: **Z** (i.e. Peace, Love, etc.)

Allow part to spend some time enjoying this Core State.

Reframing

WHAT HAD YOU BEEN DOING TO GET THIS Z? (Z = Core State)

How has this shown up in X's life? (X is Mentee's name)

How has this behavior helped X in the past?

I can see where you've been a real asset to X.

Thank you for helping keep X alive so they could be here today. I honor you for that.

HOW IS HOW IS THAT WORKING NOW?

Does this behavior still get you what you really want?

Does it bring you the Z (Core State) that you want?

- If resistance, emotional or stuck, do a Regression (Child Rescue)

ARE YOU WILLING TO CHANGE YOUR BEHAVIOR

to a new, more effective behavior that will get you what you want?

Inner Circle

I invite you to go inside - to your Inner Circle.

Ask if any part there has another behavior choice that might be more effective?

Call forward a creative part, a fun part, or the Higher Self if necessary. (pause)

Do any of these ideas resonate with you?

WHAT CHANGE DO YOU CHOOSE?

Are you willing to take on this new behavior to help you get what you truly want?

How does that feel?

What name would you like to be called now?

Now, I invite you to go to your Inner Circle.

Where do you sit?

What is the reaction in the circle?

Does any part have objections to this new behavior?

Is there a part there that could coach you on practicing this new behavior?

Mission

Do you know what X's mission is?

Are you willing to support it? Thank you for being here today.

Please move your chair back now to your base position.

When Mentee is back in "whole" person:

How do you feel? How was that for you?

Is there something else you need to feel complete with this process?

For Reference: Example of The Transformation Process

- "I'd like to speak to the part of Dave/Mary that _____.
- "Take a breath, check in with your body and move to a place in the room and physical posture you are drawn to right now." (Make sure the person shifts their position)
- "Let that energy come up, accepting it as it is."
- "So.... are you the part of Dave/Mary that thinks, feels, etc. _____?"
- "How are you doing today? How are things going?"
- "What role do you play in Dave's/Mary's life? What's your job?"
(Acknowledge: So, you really have something important to offer Dave, don't you?)
- "How do you go about doing your job? What usually happens?"
- "What would be an example?" (Now I understand better. Thank you.)
- "In doing this job, what is it that you are trying to get, what do you want?"
 - *I want Dave/Mary to work harder, I want him/her to get everything done.*
- So, for a moment, imagine Dave/Mary working as hard as they possibly could, working so hard that they get absolutely everything done. Breathe that in, everything is done. Can you feel that? Good. Now what do you get from that. What do you want now that is even more important?
 - *I get satisfaction. Yeah, satisfaction.*
- Good. Breathe that satisfaction in. Feel it throughout your body. Everything is done and you're completely satisfied. Pause. Now, what do you get from this satisfaction. What do you want now that is even more important?
 - *I feel complete.*
- Great. Breathe that feeling of completion in. And in being totally complete, what do you get from that?
 - *Peace. I feel very peaceful.*
- Good. Keep breathing in that feeling. Be with that peace for a moment – you deserve it - -- you've wanted this for a long time, haven't you?
 - *Yes it feels good, I didn't even know that this is what I wanted. It's nice.*
- "So once again, what do you do to get this peace that you want?"
 - *I push really hard.*

- “And all this pushing, this pushing really hard, Is this getting you the peace that you want?
No, no, it doesn't seem to at all. It seems like we are at war most of the time.
- "I'm curious, how old do you feel? When in Dave's/Mary's life did you come on the scene? What were the circumstances?" That makes sense to me that you would have made those choices. And I imagine at some time, this behavior did work for you. Can you tell me a time when your pushing really did work? ---- thank you, I honor you for doing such a good job and working so hard for Dave/Mary. I get that if it wasn't for you he/she might not be here today.
- “Is the strategy you adopted back then still working OK for you? Are there any drawbacks to the way it's working these days?”
- “Are you open to a change in behavior. Are you open to the idea that there might be something you could do differently that would be more effective in getting you the peace you want.”
- Good. I invite you to go to your Inner Circle. Ask the parts there if any of them have a suggestion for a new behavior that you could take on that would help get you the peace that you want. You might want to ask a creative part that not in the circle or even your Higher Self to come forward with a suggestion. --- pause –
- “Do you hear any suggestions that you like, that resonate with you.”
- “Are you willing to take on that new behavior so that you can get what you want?”
- “Great, I invite you to go back to your Inner Circle with this new behavior – and what is the reaction of the circle to you.” “Does any part have objections to this new behavior?”

“Thanks for talking so honestly with me. I appreciate getting to know you. By the way, if you were to give yourself a name, as the part of Dave/Mary that you are, what would it be?” ---

“And when you sit in the Inner Circle, what do you look like, what would Dave/Mary see? Do you have any comments on Dave/Mary's mission?”

"Now I'd like to just speak to Dave/Mary for a minute." (Change seats back to base.)

Then ask the adult personality if there is anything they need to say to the sub-personality. Is there anything that needs to change on the adult's part to improve the relationship between him/her and this sub-personality.

Reference: Core Transformation: <http://coretransformation.org>

MENTORS SESSION GUIDE

DAY 14

INTENTION

- To introduce the Transformation Process.
- Reframe the behavior of a part.

CHECK-IN

Please check-in using PEMS and Identity Statement.

[mentee and mentor check in]

INTRODUCTION

Today, we will be taking one of your parts through a process we call The Transformation Process.

This is a reframing process to help a part look at its current behavior and see if there might be a better way for it to help you live your mission.

We want to help the part become a more active and supportive part of your life.

We will be going to your Sacred Space and ask your Higher Self if it would be useful to work with a part already present there or to invite in another part that could use some help right now.

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 go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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 CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Share that today you will be working with a part to help it optimize its behavior to be more supportive of your mission.

Ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says after they are complete. 


[mentee speaks]

THE TRANSFORMATION PROCESS

Now ask your Higher Self if they want us to work with a part that is already present or to invite in a new part that could use some help right now.

(If part is to be invited in, go to welcome center, invite the part in and conduct the transformation process there.)


Ask part to step to the center of the circle.

Now I will speak to the part directly, you can simply speak for the part. 


(if no or maybe, see Standard Guidelines, Day 21 Reading)

ACTIVE LISTENING


Welcome. Thank you for being here with me today.

What role do you play in [mentee's] life? 

If you had total control, what would [mentee's] life be like? 

What do you think of [mentee]? 

What do you think of [mentee's] mission? 

By what name would you like to be called? 

POSITIVE INTENT PROCESS

Thank you, [name].

What do you want?

[mentee answers]

I hear you say *[answer]*.


Imagine having *[answer]* fully and completely. Breathe it in. Be with it.

(pause)... Allow yourself to feel this *[answer]* in every part of your body...

Now, having *[answer]* fully and completely, what do you get from that?


[mentee answers]


(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)


Imagine having *[core state, i.e. peace]* fully and completely. Breathe it in. Be with it. (pause)... Now from this place of [core state], I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 


(Allow Mentee some time to enjoy this Core State and then continue.)

REFRAMING

I invite you to take a breath and if you'd like, please share what is coming up for you right now. 

Thank you. Is it ok for me to ask you a question now? 

What Had You Been Doing to Get this [core state]? 


How has this shown up in [mentee's] life? 

How has this behavior helped [mentee] in the past? 

I can see where you've been a real asset to [mentee].


Thank you for helping keep them alive so they could be here today. I honor you for that.

How Is That Working Now? 

Does this behavior still get you what you really want? 

Does it bring you the [core state] that you want?


(If resistance, use active listening, exaggerate contradictions.)


Are you open to a new, more effective behavior to get you what you want? 

INNER CIRCLE


I invite you to look at the other parts in your inner circle.


Ask if any part there has another behavior choice that might be more effective?

Ask your Higher Self if they have a suggestion.  (pause)

Do any of these ideas resonate with you? 


What Change Do You Choose? 

Are you willing to act on this new behavior to get what you truly want? 

How does that feel? 


What name would you like to be called now? 

What is the reaction from your other parts? 

Is there a part there that could coach you on practicing this new behavior? 

MISSION

Do You Know What [mentee's] Mission is? 


Are you willing to support it? 

Thank you for working with me here today.

Please move back into the circle with the other parts.

I'd like to speak to [mentee] now.

Is there anything you would like to say to [part] right now? 


Please ask your Higher Self if there is anything else needed here to be complete for today? 


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.

How do you feel? 

How was that for you? 

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

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for today and for Day 15.

DAILY READING

DAY 15

VOICE DIALOGUE

Today we will learn a technique to move physically into a part and have it speak through us directly. It's a technique used in a healing approach called "Voice Dialogue". We normally use this technique when we are physically present with someone. With some adjustments, we can use it on Zoom or even on the phone.

The technique is quite simple. Mentor will ask Mentee to move your body and/or your chair and become a part of you. You simply trust your body to know what to do and start moving when I ask you to. You will have a sense of where to move and how to do it. Trust your body.

Today we will use this technique to start the Transformation Process we learned yesterday. Our Intention today is to have you move into your Higher Self and get permission to work with a part that resists your mission. We will then Reframe that part.

Mentee should be prepared for this process by sitting in a chair that is lightweight and easily movable.

Also, Mentee can review the Mission work done on Day 8 in Phase 1 (standard) and on Day 11 in Phase 1 - Reciprocal.

During this "Mission Ste-up" you touched on a part of you that blocks you from fully living your Mission and answered the following questions:

The part of me that most gets in my way is:

The words I hear from this part are:

If OK with your Higher Self, we will be working with this part today.

MENTORS SESSION GUIDE

DAY 15

INTENTION

- To use the Transformation Process.
- Reframe the behavior of a part that doesn't support your mission.
- Introduce technique from Voice Dialogue.

CHECK-IN

Please check-in using PEMS & Identity.

[mentee and mentor check in]

INTRODUCTION

Today we will learn a technique to move physically into a part and have it speak through us directly. It's a technique used in a healing approach called "Voice Dialogue".

The technique is quite simple. I will ask you to move your body and/or your chair and become a part of you. You simply trust your body to know what to do and start moving when I ask you to. You will have a sense of where to move and how to do it. Trust your body.

We will then use this technique to start the Transformation Process we learned yesterday.

Our Intention today is to have you first move into your Higher Self and get permission to work with a part that resists your mission. We will then Reframe that part.

Any questions?


HIGHER SELF

In a moment, I will invite you to move your chair and/or body and become the part of you that is your Higher Self.

Take a deep breath and relax, there is nothing you need to do other than trust that your body knows what to do... Ready?


I invite you to move to that part that is your Higher Self now.


Welcome, Thank you for being here.


Are you the part of Mentee that is their Higher Self? 


Is there anything you would like to say to me or to Mentee? 

Is it OK for us to work with a part of Mentee that resists their mission? 

Is there a specific part that you'd like us to work with? 

Do you have any suggestions or concerns to share before we do that? 

Are you able to access that part for us? To move yourself, and become the part? 

Please become that part when you are ready and thank you! 

(When Mentee has become the part, continue below.)


THE TRANSFORMATION PROCESS

ACTIVE LISTENING


Welcome. Thank you for being here with me today.

Are you the part of "Mentee" that does not support Mentee's mission? 


What do you think of [mentee's] mission statement? 

What role do you play in [mentee's] life? 

What do you think of [mentee] ? 

How do you feel about [mentee's] life and your role in it? 

If you had total control, what would X's life be like?

By what name would you like to be called? 

POSITIVE INTENT PROCESS

Thank you, [name] . What do you want? [mentee answers]

I hear you say [answer].


Imagine having [answer] fully and completely. Breathe it in. Be with it.

(pause)... Allow yourself to feel this [answer] in every part of your body...

Now, having [answer] fully and completely, what do you get from that?

[mentee answers]


(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)


Imagine having [*core state, i.e. peace*] fully and completely. Breathe it in. Be with it. (pause)... Now from this place of [core state], I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 


(Allow Mentee some time to enjoy this Core State and then continue.)

REFRAMING

I invite you to take a breath and if you'd like, please share what is coming up for you right now.

Thank you. Is it ok for me to ask you a question now? 

What had you been doing to get this [core state] ? 


How has this shown up in [mentee's] life? 


How has this behavior helped [mentee] in the past? 

I can see where you've been a real asset to [mentee].

Thank you for helping keep them alive so they could be here today. I honor you for that.

How is that working now? 

Does this behavior still get you what you really want? 


Does it bring you the [core state] that you want? 

(If resistance, use active listening, exaggerate contradictions.)


Are you open to a new, more effective behavior that will get you what you want? 


INNER CIRCLE


I invite you to look at the other parts in your inner circle.

Ask if any part there has another behavior choice that might be more effective? 

Ask your Higher Self if they have a suggestion. (pause)

Do any of these ideas resonate with you? 


What change do you choose? 

Are you willing to act on this new behavior to get what you truly want? 


How does that feel? 


What name would you like to be called now? 

What is the reaction from your other parts? 


Is there a part there that could coach you on practicing this new behavior? 

MISSION

Do you know what [mentee's] mission is? 


Are you willing to support it? 


What role could you play in supporting [mentee's] project? 

What do you need from [mentee] to be more effective in your support? 

Thank you for working with me here today. Please move back into the circle with the other parts.

I'd like to speak to [mentee] now.

Is there anything you would like to say to [part] right now? 


Please ask your Higher Self if there is anything else needed here to be complete for today? 

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.

How do you feel?  How was that for you? 

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 16

Introduction to Parts Language

One of the quickest ways to take someone deeper into their work is to invite them to use Parts Language. When I use Parts language, I begin to separate myself from my distress and pervasive emotion and can start to relate to a part of me that is in distress.

Parts language is basically saying that a Part of me feels or believes or wants something rather than I feel, believe or want something.

While this initially may seem like avoiding responsibility to a part of you, another part of you might realize that this language may allow you to separate yourself from an intense emotion or belief and be able to deal with it from a more centered place.

We already use Parts Language in our normal conversations when we say something like: "A part of me wants to go with you and another part just wants to fall asleep on the couch right now". Or "A part would love to go sky diving and another part of me is scared as hell".

Here are a few examples of how we could use Parts Language in our check-ins:

INSTEAD OF SAYING: "I am in overwhelm"

SAY: "A part of me is feeling overwhelmed right now"

INSTEAD OF SAYING: "I'm feeling very sad"

SAY: "A young part of me seems to be really sad and crying right now"

INSTEAD OF SAYING: "I am so angry."

SAY: "A teenage part of me is really pissed."

Notice how your body feels when you use parts language. In most cases, it helps to take a person from a victim mentality and helpless attitude, to a compassionate attitude and a desire and ability to be helpful.

Instead of being IN the part and the feeling, I can separate myself from both and move into an outside perspective of the situation. Once I relate a feeling to a part, I can see it as something I can work with and help. I can use the tools from this program to help the part and relieve the feeling I have. Ideally, I'd be able to step into my Higher Self and help the part from that loving and wise place.

At times in this program, we may choose to do our check-ins using part language.

Introduction to Child Rescue

Child Rescue is a shorter version of The Regression Process we experienced earlier.

The Regression Process starts with a person in a fully conscious, awake state of mind and includes a type of induction within the process. It starts with an issue, connects the issue to a feeling and then uses “shape, size, color” to exaggerate the feeling and follow it back to its source.

Child Rescue, starts with a part that is already in an altered state and experiencing a strong emotion.

When working with a part in an emotion, it is a simple matter for it to go back in time to almost any time in its past.

When facilitating a Reframing Process and a part becomes emotional enough to interrupt the more cognitive reframing approach, you can simply use that emotional feeling to follow the Child Rescue Process.

While this process is helpful when facilitating another person, it is extremely helpful for facilitating yourself.

If I'm doing something and suddenly I start to feel anxious or afraid, I can "reframe" my thinking with parts language and realize that a part of me, probably a wounded young part of me, has been triggered by what I'm doing, who I'm with, or simply from a noise or smell in my environment.

I can then focus my attention on that part and feeling, follow it back in time and rescue the child that was triggered.

I can quickly relieve this feeling by following the Child Rescue Process.

REGRESSION II --- CHILD RESCUE

Simplified Regression Process

Child Rescue works well when working with a part – already in altered state.

Child Rescue can also be used as a quick and simple way to address a feeling that suddenly comes up into your awareness.

1. FOLLOW THE FEELING BACK TO A CHILDHOOD EVENT.

- Go back to an earlier time when you felt that way.
- Go back in time, maybe back to the first time you felt this feeling.
- Let your body take you back, let this voice take you back, back in time.

2. RUN THE EVENT.

- What's happening? Who's there?
- How old are you? What's happening?
- REPEAT "And then what happens...?" Until trauma is complete. (Go slow)

3. HAVE YOUR ADULT SELF ENTER THE EVENT.

- Turn the clock back to just before the beginning of the event.
- Bring in your adult self.
- Tell the child you are from its future and are here to help.
- Re-run the event with the adult handling whatever comes up.

4. TAKE THE CHILD OUT OF THIS EXPERIENCE.

- Ask the child if it would like to come with you to a safe place where it will never have to go through this again.
- Take the child to your inner circle and create a special place for it to play.

MENTORS SESSION GUIDE

DAY 16

INTENTION

- To introduce Child Recue, a shorter version of Regression.
- To work on a major issue with a charge.
- To introduce Parts Language.

CHECK-IN

Please check-in using PEMS and Identity and parts language.

[mentee and mentor check in]

INTRODUCTION

Today we will start to use Parts Language as a way of deepening our check-ins and other aspects of this work.

PARTS LANGUAGE

Were you able to do the Homework Reading on Parts Language?

As the reading says, the essence of parts language is saying “a part of me feels or believes something” rather than “I feel or believe something”.

To experience the difference this language can make, we will repeat our check-ins for today and use parts language this time.

I will model this first and then you can check-in again using parts language.

[mentee and mentor check in using parts language]

Thank you. We will be using parts language for our PEMS check-ins for most days now.

REGRESSION

One intention for this program is to share some fundamental facilitation skills that can not only be used by therapists and facilitators, they can be used by almost anybody who is choosing to take greater responsibility for their lives.

Most of these skills can be used in everyday conversations and in intimate discussions with someone who may need a friendly or helping hand.

For anyone who wants to maintain a relationship with their Inner World and parts, the use of these skills is essential.

Today, we will cover one of our last specific Healing Processes called Child Rescue, which is a shorter version of Regression.

We can use this shorter version when we are working with a part who is experiencing a strong emotion.

We will be taking you through the process using whatever emotions that may be present for you. OK?

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 go deeper and deeper into a state of total relaxation, simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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.

Ask your Higher Self if there is a part of you that is feeling a strong emotion and could use some attention right now. This part may already be present in your Sacred Space and or may need to be invited in today.

Ask the part to come forward and sit near your Higher Self.


I will speak directly to the part and you may simply speak for them.

CHILD RESCUE

Thank you for being with me today.

How are you feeling right now? 

Can you tell me a little about how often you may feel like this? 

Is there anything else you want to share about this feeling? 

Thank you. For right now, I invite you to allow yourself to fully be with this feeling.

It's OK right now for you to just feel it and express whatever comes up for you.

You're doing good. Now I'd like you to go back to an earlier time when you felt this way.


Go back in time, maybe back to just before the first time you felt this feeling.

Let your body take you back, let this feeling take you back, back in time.

What's happening?  Who's there? 

How old are you? 

Now slowly move the clock forward in time.


What's happening now? 

Now, please take a breath and I'd like you to turn the clock back to just before the beginning of the event.

This time, I'd like you to see your adult-self there with you.

This is you when you get older, and have come back here to help you with this.


Do you see them there? 


Is it OK for them to help you now? 

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening? 

(Repeat "and then what happens" until complete.)

What thoughts are coming up for you now? 

Is it OK if I speak to your adult self now? 

Ask the child if they would like to come with you to a safe place where it will never have to go through this again.


Take the child back to your inner circle and invite the Caregiver and others to be with it now and make sure they have everything they need.


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

MENTORS SESSION GUIDE

DAY 17

INTENTION

- To visit Sacred Space and follow cords as a Soul Retrieval
- To re-visit Mission Symbol

CHECK-IN

Please check-in using PEMS and Parts language. *[mentee and mentor check in]*

INTRODUCTION

Today, we will be doing an extended visualization. So please get comfortable and begin to relax.

Today we will be doing the OPP version of Soul Retrieval. We will be following cords from your Sacred Space to bring back lost parts or fragments of yourself.

Any questions before I start with an induction?

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.

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

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Share that today you will be following cords from your Sacred Space to find any lost parts you may have.


Ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says after they are complete.  *[mentee speaks]*


FOLLOW CORDS


Observe your Inner circle from a sight distance now.


You may notice some thin silver like cords leading from the center of the circle outwards and past the circle and out of your Sacred Space.

Do you see any such cords? 

If not, ask your Higher Self to point out any cords that may lead to lost parts of yourself.

Follow one of the cords to wherever it leads. Ask if any of your parts want to go with you. Ask your Higher Self if this is OK? 

When you follow the cord, what do you see ahead? 

Continue until the end of the cord and you may find something attached to it. What do you see? 


This may be a lost part of you. Provide whatever help or nurturing the part needs.


Now slowly merge with the part and become this lost part.


I'll be speaking directly to you as this lost part.

CHILD RESCUE

Thank you for being with me today.

How are you feeling right now? 

Can you tell me a little about how often you may feel like this? 

Is there anything else you want to share about this feeling? 

Thank you. For right now, I invite you to allow yourself to fully be with this feeling.

It's OK right now for you to just feel it and express whatever comes up for you.


You're doing good. Now I'd like you to go back to an earlier time when you felt this way.

Go back in time, maybe back to just before the first time you felt this feeling.

Let your body take you back, let this feeling take you back, back in time.

What's happening? 


Who's there? 

How old are you? 

Now, I'd like you to turn the clock back to just before the beginning of the event.

Now this time, I'd like you to see your adult-self there with you. This is you when you get older, and is here to help you with this.


Do you see them there? 

Is it OK for them to help you now? 

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening? 

(Repeat: "And then what happens...?" Until event is complete.)

Is it OK if I speak to your adult self now? 

Ask the child if they would like to come with you to a safe place where they will never have to go through this again.

Take the child back to your inner circle and invite the Caregiver and others to be with them now and make sure they have everything they need.

OTHER CORDS (If time allows)

Follow any other cords in the same way, one cord at a time.

When finished, ask your Higher Self if you have missed any. If so, continue with this process.

MISSION SYMBOL

When complete, look for the mission symbol in the middle of your circle.

See what it looks like now. Notice any difference from before.

If you don't have one there yet, allow a symbol for your mission to emerge now.

You may give it a voice and ask if it wants to share anything about your mission right now.

Now state your Mission Statement and see how the symbol reacts.

Now, you may want to create some way to display your Mission Statement in your Sacred Space.


Ask your parts if they have any ideas about that and ask them to go ahead and create something. Simply observe what they do and describe what they came up with.


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? 

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the reading for today (Day 17) and start to develop a list of your Passions, Skills, Wants and Talents

MENTORS SESSION GUIDE

DAY 18

INTENTION

- To visit Sacred Space and Welcome Center.
- To invite in parts related to a Major Issue.

CHECK-IN

Please check-in using Identity, PEMS and Parts language.

[mentee and mentor check in]

INTRODUCTION

Today, we will be doing an extended visualization.

So please get comfortable and begin to relax.

Today we will be inviting in parts that are related to a major issue in your life.

We will use whatever healing skill is appropriate to help each part.

Any questions before I start with an induction? 

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.

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

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Share that today you will be working with parts that are related to a major issue in your life. Ask for any comments on this intention and any suggestions on what issue you could work on today.

If you have an idea on what issue you'd like to address, you could ask for their comments on this issue. Please share what each part says after they are complete.

[mentee speaks]

WELCOME CENTER

Please share with your Higher Self what issue you would like to work on today.

Ask your Higher Self to take you and any parts that would be helpful to your Welcome Center.

When the Center is prepared for the Greeting Ritual, ask your Higher Self to invite in a part or a few parts that are related to the issue you would like to work on. These parts may already be present in your Sacred Space or can be invited in by your Higher Self.


When Parts arrive, have them step to the center and ask the forces of light to contain each in a capsule of white light.

Ask each if they are a part of Mentee.

If yes, they are a part of Mentee, ask the part to step out of the capsule of light and stand with your Higher Self.

If no, ask the forces of light to take it away to the light.

If maybe, ask whatever is a part of you to step out of the capsule and stand with Higher Self.

Ask the light to take away what is left inside the capsule. Encourage the part that stepped out of the capsule, to focus on letting it go. 

If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come for it and take it home.


When just parts remain, have each share what their role is in Mentee's project. 

Ask the most troublesome part to step to the center of the circle.

(Take part through The Transformation Process as follows.)


THE TRANSFORMATION PROCESS


Now I will speak to the part directly, you can simply speak for the part.


Are you a part of [mentee] ?  (if no or maybe, see Standard Guidelines)


ACTIVE LISTENING


Welcome. Thank you for being here with me today.

What role do you play in [mentee's] life? 

If you had total control, what would [mentee's] life be like? 

What do you think of [mentee] ? 

What do you think of [mentee's] mission? 

By what name would you like to be called? 

POSITIVE INTENT PROCESS

Thank you, [name] .

What do you want?

[mentee answers]

I hear you say *[answer]*.


Imagine having *[answer]* fully and completely. Breathe it in. Be with it.

(pause)... Allow yourself to feel this *[answer]* in every part of your body...

Now, having *[answer]* fully and completely, what do you get from that?

[mentee answers]


(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)


Imagine having [*core state, i.e. peace*] fully and completely. Breathe it in. Be with it. (pause)... Now from this place of [core state], I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 


(Allow Mentee some time to enjoy this Core State and then continue.)

REFRAMING


I invite you to take a breath and if you'd like, please share what is coming up for you right now.

Thank you. Is it ok for me to ask you a question now? 

What had you been doing to get this [core state] ? 


How has this shown up in [mentee's] life? 


How has this behavior helped [mentee] in the past? 

I can see where you've been a real asset to [mentee]. 


Thank you for helping keep them alive so they could be here today. I honor you for that.

How is that working now? 

Does this behavior still get you what you really want? 


Does it bring you the [core state] that you want? 

(If resistance, use active listening, exaggerate contradictions.)


Are you open to a new, more effective behavior that will get you what you want? 


INNER CIRCLE


I invite you to look at the other parts in your inner circle.

Ask if any part there has another behavior choice that might be more effective? 

Ask your Higher Self if they have a suggestion. 

Do any of these ideas resonate with you? 


What change do you choose? 

Are you willing to act on this new behavior to get what you truly want? 

How does that feel? 


What name would you like to be called now? 

What is the reaction from your other parts? 

Is there a part there that could coach you on practicing this new behavior? 

MISSION

Do you know what [mentee's] mission is? 


Are you willing to support it? 


Thank you for working with me here today.

Please move back into the circle with the other parts.

I'd like to speak to [mentee] now.

CLOSURE & RETURN


Is there anything you would like to say to [part] right now? 


Please ask your Higher Self if there is anything else needed here to be complete for today? 


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.

How do you feel? 

How was that for you? 

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 19

INTENTION

- Inner Circle Check-out

CHECK-IN

Please check-in using PEMS and Identity 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

DAILY READING

DAY 20

Wrap up

Logistics and Future Plans

MENTEE AND MENTOR FEEDBACK

On the Omega Point Academy website are forms requesting feedback on this program from Mentees and Mentors. Go to OmegaPointAcademy.com/feedback

Please visit the website and record your feedback there.

This feedback will help us make improvements to this program.

We also request that you leave a “quotable quote” that we may use to encourage others to experience and mentor this program.

A Certificate of Completion is also available. See the bottom of the feedback form.

With your Certificate you become an official member of the OPP and OPA Family. We liken this certificate to representing completion of your freshman year of studies at the Omega Point Academy.

Please go to: OmegaPointAcademy.com for more information.

OPP PHASE THREE: Mystic Warrior: Archetypes and Totem Pole Animals

Phase Three of the OPP builds on the foundation set by Phases One and Two.

Specifically, the initial phases of the OPP set up the foundation for working with Parts and setting up a base in your Inner World. Phase Three will build on that Inner World base and bring in additional powerful resources, such as the 4 major Archetypes, to enable greater exploration of this realm. Phase 3 also includes working with your Totem Animals and a number of longer visualizations exploring your Inner World.

There are a number of options available for the two partners to continue on to Phase 3.

Ideally, Phase 3 can be treated as a simple extension of this Phase Two program and Mentor and Mentee can continue in their current roles.

If Mentor has not done Phase 3, these two people could create a reciprocal version of Phase 3. While there are no Phase Three - Reciprocal protocols, there are different ways to experience P3 (and all other phases) in a reciprocal way. These include:

One partner can be Mentor for 22 days and then switch roles and repeat the 22 days.

One partner can mentor the other for a session and then switch roles and repeat the session on the same day or on the next day.

If the partners want to continue separately:

Each partner could find a qualified Mentor and be a Phase 3 Mentee for 22 days.

OPP Phase 3 is available on the Omega Point Academy (OPA) website.

PAYING IT FORWARD

Once a person has completed Phases 1 & 2 of the OPP, it is highly recommended and requested that they Mentor at least one person through Phases 1 & 2 .

Many people have found this Mentoring experience to be even more rewarding than their own OPP experience as a Mentee. This act of service is not only a richly rewarding experience, it is our way of promoting the spread of this work to a greater audience throughout the world.

WEBSITE AND EMAIL

For more resource information and updated protocols, please visit the OPP Website: OmegaPointAcademy.com **add email**

Please share this gift with others and enjoy it as a unique and precious gift to yourself.

- Watch Music Video (8 min): <https://www.youtube.com/watch?v=xefWbfWUbrQ>
- Watch Documentary (90 min): "The Work" on Amazon streaming and other TV sources.
- Read the Phase 2 Instructions that follow. You may also want to read on and review Addendum A for more facilitation guidelines.
- Please remember to complete the feedback form on the website as well. Go to Home Page - Members - Mentors - Phase 1 - Completion of Phase 1, Record Reflections.

MENTORS SESSION GUIDE

DAY 20

INTENTION

- To reflect on the experience of the OPP Phase 2
- To review plans for doing the OPP Phase 3
- Take on Mentee

CHECK-IN

Please check-in using PEMS, Parts Language and Identity Statement.

[mentee and mentor check in]

READING AND LOGISTICS

Having completed this Phase Two of the Omega Point program, today is about reflecting on your experience, and preparing for whatever next step you may choose to pursue regarding the OPP.

Did you take some time to look over the Daily Reading for today?

(If not, briefly cover the Reading.)

Do you have any questions or anything you want to discuss about this information?

MENTORSHIP PREPARATION


Now, I'd like to briefly discuss your plans for passing on this program.


One of the initial agreements in doing this program is that you will pass it forward to two other Mentees.


Please note that the timing for taking on a Mentee is flexible and everyone will have their own preference on when to start.

Do what you can and know that for many, sharing this program with a Mentee is the best part of this project. Many are able to integrate much more of this program by mentoring others.

You can pass it on to two Mentee's at once or do them sequentially, one at a time.

What is your current status with Passing On the OPP as a Mentor? 

Is there anything you'd like to discuss about your current experience of Mentoring or your plans for taking on a Mentee in the near future? 


What are your current thoughts on passing it on? 


What kind of support do you need to begin passing it on? 

Please review the Instructions on Choosing a Mentee and also review the Mentor Guidelines found in Addendum A on the OPA website.

DAILY PRACTICE

Have you been able to visit your Sacred Space on your own, possibly as a Daily or Occasional Practice? 

Are you interested in continuing with this approach of working with your Inner World? 


Is there anything I can help you with so you can continue to develop your relationship with your Parts and your Higher Self on your own? 

REFLECTING ON PHASE 2


To help you integrate what you've experienced so far, I'd like to go over the feedback you submitted on the website.

(If Mentee has not submitted feedback, you may want to take notes on their answers today and encourage them to input them on the website.)


As I ask you a few questions, feel free to share whatever comes up for you.


Describe your experience of the program, in your own words. 

How much of this experience was new to you? 

What did you learn about yourself? 


What did you learn about your parts? 

How are you different now from when you started the program? 

How is your life different? 


Did you encounter any conflicts with your current belief system? 

Have you made any changes to your worldview or paradigm? 

Please share any additional comments you have about the program. 

What kind of follow-up to this program would you be interested in? 

On a scale of 1 to 10 (outstanding), how would you rate this Program? 

Please share any feedback you have for me as your Mentor. 

Would you like my feedback on having you as my Mentee? 

Also, as a quality check on the presentation of this program, please let me know any issues you may have with how I've presented this material. Most importantly, if you feel that I've misrepresented the material or have added any ideology to my presentation, please describe what you experienced with me today if you wish.

There is a form on the Omega Point Project website with the above questions. Please visit the website and record your answers there as well. This feedback will help us make improvements to this program.

Website: OmegaPointAcademy.com; Go to Home Page - Members - Mentors - Phase 2 - Completion of Phase 2, Record Reflections.

READINESS FOR PHASE THREE


There are a few requirements for you to move into Phase 3 of this program. The intention behind these requirements is to make sure you have had the time and support to use these tools and come to a relatively stable place within your Inner World. We want to offer additional days in Phase 2, if that may help you get to a more centered place from which to begin the deeper and often, more intense work of Phase 3.

Ability and practice of visiting Sacred Space on your own

Approval from Higher Self and Sovereign (King/Queen)

CLOSURE

How does that feel? 

Is there something else you need to feel complete with today? 

Thank you. Now, let's check out.

FINAL CHECK OUT

HOMEWORK