

DAILY READING

DAY 17

Healing Overview

Today we want to share an overview of this healing approach.

Up to now, we have been working with individual skills to help a person find a deeper truth around some issue in their lives. We have learned ways to Access a Voice, do Active Listening with the Voice and find the Positive Intent behind what the Voice wants.

We also learned how to do a Reframing or a Regression process.

We can now start to see how facilitating another person can be seen as a process that may involve more than one Healing skill. The key steps of this healing process may be:

1. Accessing a Voice

- The voice of a person or a part, like a voice inside you head.

2. Active Listening

- Be Silent
- Echo
- Ask Meaning

3. Positive Intent

- What do you want?
- Imagine having that fully and completely.....
- What do you get from that?
- Repeat until core state (Peace, Love, OKness, Being, Oneness)
- From this place I invite you to go BEYOND IMAGINATION

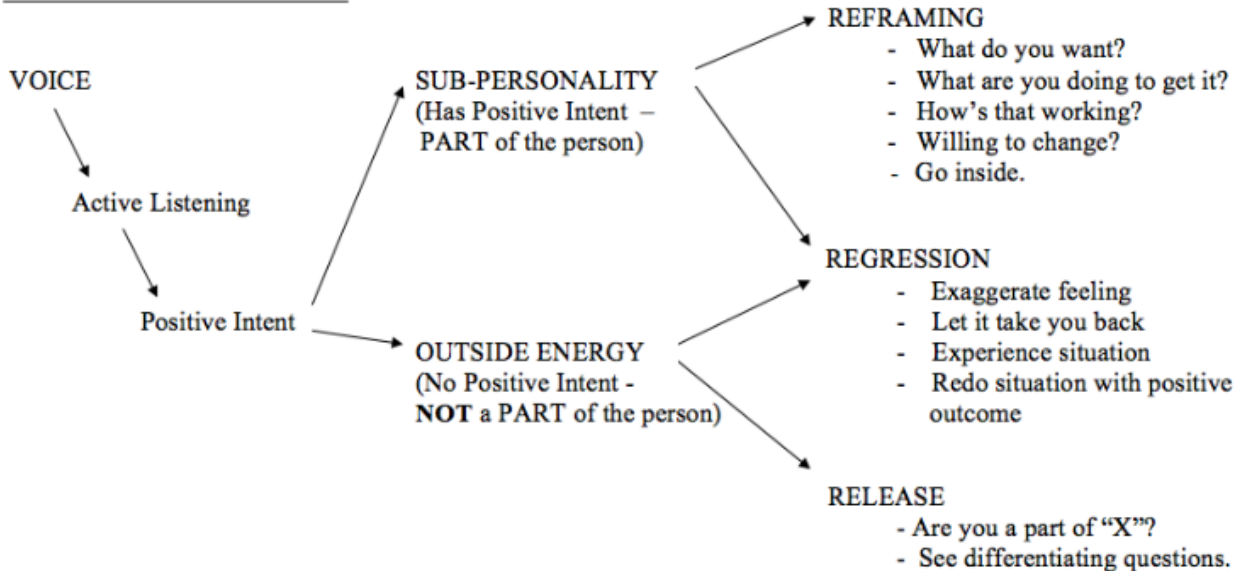
4. Reframing

5. Regression

The next chart shows this progression through a basic healing process.

We can usually start any healing process by engaging with a voice, doing Active Listening and then Positive Intent. If a part has a Positive Intent we can proceed with Reframing or Regression.

HEALING OVERVIEW I - INTEGRITY

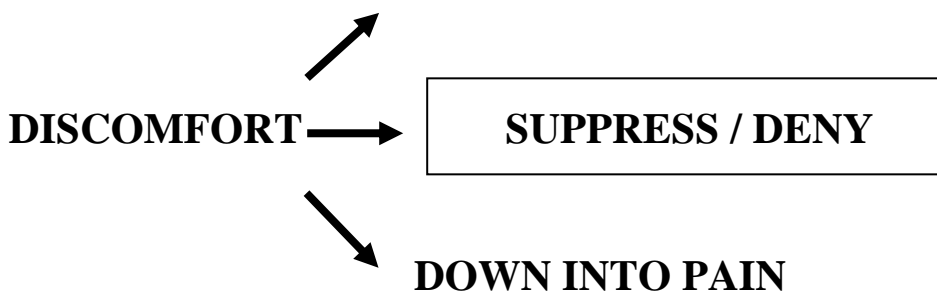


Another view of this Healing process is shown below:

REFRAMING

- What do you want?
- What are you doing to get it?
- How's that working?
- Willing to change?

UP INTO POSSIBILITIES



REGRESSION

- Exaggerate feeling
- Let it take you back
- Experience situation
- Redo situation with positive outcome

In today's culture, we are usually not taught healthy ways to deal with discomfort and pain. Many of us learn to hide, repress and deny any uncomfortable feelings, thoughts or impulses. By using the skills in this program, we can now start to address many of these suppressed feelings and experiences by going down into the pain as a regression or going up into possibilities as a Reframing.

The Reframing or Mentoring Process includes many of these steps in one process. The following is a Mentoring Process that includes the Positive Intent Process. This is the process we will use on Day 17.

The following is the Mentoring Process with Positive Intent:

MENTORING PROCESS

Is there a difficult or complex issue that you may be currently struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it?

POSITIVE INTENT PROCESS

So once again now, in a few words, 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]

(Repeat above **words in bold** until the voice gets to a Core State: i.e. Peace, etc.. If no positive intent, see Standard Guidelines, Day 21 Reading)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

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

What Are You Doing To Get It?

What does that look like? Please be as specific as you can.

How Is That Working?

How do you know that?

What lessons are you learning from this?

What Are Your Choices?

Close your eyes, take a deep breath and allow yourself to move into your Sacred Space.

Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.

Ask if any part has a suggestion for making this more fun.

What alternatives do you resonate with?

Which Alternative Do You Choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What Actions Will You Take?

What will you do this week to act on your choice?

Is there someone or a part of you, you can ask for support?

MENTORS SESSION GUIDE

DAYS 17 & 18

INTENTION

- To address a major Spiritual issue
- To experience the Mentoring Process w/Positive Intent
- A is Mentor on Day 17. B is Mentor on Day 18.

CHECK-IN

Mentor:

Let's check-in.

As we did last session, please share how you are feeling physically, emotionally and mentally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION: REFRAMING WITH POSITIVE INTENT

Today, you will get to experience Reframing and The Mentoring Process again.

We'll be using this process to sort out a difficult Spiritual issue for you and today we will add in Positive Intent to the process.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

So, is there a difficult or complex Spiritual issue that you may be currently struggling with?

Please describe this situation or issue.

What is the data or what are the facts concerning this issue?

How does it show up in your life?

Relative to this issue, what do you want? *[mentee answers]*

What does [answer] mean to you?

What would that look like? How will you know when you have it?

POSITIVE INTENT PROCESS

So once again now, in a few words, 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]

(Repeat above **words in bold** until the voice gets to a Core State: i.e. Peace, etc.)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

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

REFRAMING

What are you doing to get this [core state] ?

What does that current behavior look like? Please be as specific as you can.

How is that working? Are you getting the [core state] you want?

How do you know that? What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What other behavior choices are you aware of right now?

Are you willing to go to go inside now to get input from any parts of you or possibly some Spiritual resources you may have?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

Ask if there is a part of you that has a suggestion on a new behavior you could adopt to get what you want.

You may even want to call forward a fun or creative part of you and maybe a wise and loving part.

Please share what each part says after they are complete.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What actions will you take?

What will you do this week to act on your choice?

Is there someone or a part of you, you can ask for support?

CLOSURE

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

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK (for Day 16)

Person B - Please review the Daily Reading for Day 17.