

DAILY READING

DAY 10

The Positive Intent Process

All sub-personalities or parts of us, have positive intent, no matter how bad the behavior. Discovering the positive intent is key to transformation. We can discover the positive intent of a part by using The Positive Intent Process.

This process essentially consists of asking a person what they want, invite them to imagine having what they want ,and then asking what they get from having it. You then repeat the imagine step until they get to their Positive Intent. This is shown in more detail below.

THE POSITIVE INTENT PROCESS

Mentor asks: What do you want?

A. Mentee answers: FREEDOM (this is an example of one possible answer)

B. Mentor Echo's answer: FREEDOM (or: I hear you say FREEDOM)

C. Mentor continues: Imagine having FREEDOM fully and completely,
Breathe it in. Be with it. ...(pause)..... Allow yourself to feel this
FREEDOM in every part of your body..... Now, having
FREEDOM fully and completely, What do you get from that?

A. Mentee answers: ADVENTURE

B. Mentor Echo's answer: ADVENTURE

C. Mentor continues: Imagine having ADVENTURE fully and completely,
Breathe it in. Be with it. ...(pause)..... Allow yourself to feel this
ADVENTURE in every part of your body..... Now, having
ADVENTURE fully and completely, What do you get from that?

Repeat A, B & C until person gets to a core state (i.e. Positive Intent)

Usually: • Being • Oneness • Peace • Love • OK-ness

(Note: If part does not have a Positive Intent, ask the forces of light to surround it in a capsule of white light and take away whatever is not a part of Mentee. See Standard Guidelines in Day 11 Reading)

Then say: From this place of **PEACE** (or other core state), I now invite you to go BEYOND IMAGINATION and spend some time wherever that takes you.

Allow Mentee to spend some time enjoying the core state.

END OF PROCESS

NOTE: In the Session Guide we will shorten this Positive Intent Process description as follows:

POSITIVE INTENT PROCESS

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 **words in bold** until the voice gets to a Core State: i.e. Peace, etc.
- if no positive intent, follow the Standard Guidelines)

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.)

ADDITIONAL COMMENTS

When facilitating the Positive Intent Process, please work with whatever answer the Mentee gives you. Most times, Mentee's answers will become more and more positive as you go through the process. Sometimes, however, they will suddenly come up more negative. I.e. they can go from Freedom, to Adventure, to Joy and then to Fear. Simply continue with the process using "Fear" or

whatever the negative response may be. Within one or two rounds they will usually return to positive responses and then to a Core State.

If voice or “part” continues with negative responses, that usually means they do not have a Positive Intent and are not a part. At this point, you can ask: Are you a part of [mentee] ? See the Standard Guidelines in the Days Reading for Day 11.

The Positive Intent Process can be used in many ways. One way is to access deeper states of consciousness. It is often hard for beginners to access deep altered states where the power of the work grows exponentially. Using the Positive Intent Process is an effective and fast way to access a deep state. It seems to bypass a lot of the normal resistance because it’s more like active listening than an induction.

EXAMPLE OF POSITIVE INTENT PROCESS

What Do You Want?

Freedom

I hear you want Freedom. So imagine that you have freedom fully and completely, breathe it in and be with that for a moment. You’re totally free. (pause) ... Feel that Freedom in every cell in your body.... And now that you have freedom fully and completely, what do you get from that?

I get to be me.

That's right, you get to be you. Now imagine that you are fully you, you have total freedom to be yourself , breathe that in and be with that feeling for a moment, being fully who you are... (pause) .. Allow your body to take that in, you being you in every way possible...and when you get to be you fully and completely, what do you get from that?

I’m OK.

Absolutely, You’re OK. So breathe that in and now imagine knowing that you are OK. Fully and completely OK. Spend some time here and be fully with this feeling that you are OK.. ... Now, from this place of being OK, I invite you to go Beyond Imagination and spend some time wherever that takes you. If anything comes up for you that you would like to share, let me know. Take as much time as you like.

MENTORS SESSION GUIDE

DAY 10

INTENTION

- Mentee experiences the Positive Intent Process

CHECK-IN

Please check-in using PEMS .

Please remember to include your Mission Statement.

[mentee and mentor check in]

POSITIVE INTENT

Today we will learn a new process, called the Positive Intent Process.

I will be taking you through this process and will start by asking you the same question I asked you several days ago.

That question will be: What do you want most in Life?

As we move through this process, I invite you once again to share whatever comes up for you.

Are you ready to start?

OK. Please close your eyes.

Take a deep breath and let it out slowly.

Take another deep breath and move your consciousness into your body.

Allow yourself to become more relaxed and aware of your body as you start to breathe normally.

Now, What Do You Want Most in Life?

[mentee answers]

THE POSITIVE INTENT PROCESS

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 voice gets to a Core State: Peace, etc.)

(Note: If part does not have a Positive Intent, ask the forces of light to surround it in a capsule of white light and take away whatever is not a part of Mentee. See Standard Guidelines in Day 11 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.)

CLOSURE

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

HOMEWORK

Please review the Daily Reading for Day 10.