

Addendum A

Induction and Inner Circle Check-in:

Find a comfortable position. Close your eyes.

Take a deep breath and let it out slowly. As you let it out allow your consciousness to start moving into your body. Feel your body relaxing as you do this.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully move your consciousness into your body. Become one with your body.

Inhale one more time and let it out even slower. Even more relaxed now. 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 now.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now. You can simply allow yourself to follow 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.

Now, I'd like you to facilitate a Check-in with everyone at your circle. Allow whomever wants to go first to start. For today, ask them to give their name, how they're feeling and anything they'd like to share with you. You may want to model the Check-in first.

When all the parts are complete, say goodbye till next time and slowly come back to the room, feeling alert and refreshed, rejuvenated with lots of energy.

Slowly come back to this room, stretch your arms and legs and now open your eyes.

Tools Summary

INNER CIRCLE

- use as a base for inner journeys & adventures
- go up through the roof into clouds/stars
- go out back door into the dark, down into basement etc.
- provide play area for inner child
- use as your personal sanctuary

INNER CIRCLE CHECK-IN

- use to resolve problems
- use as 'advisory board'
- identify causes in your life, process parts involved
- identify issues between parts, establish facilitator, have them resolve
- give vision, share Mission, get consensus/ alignment

LOST FRAGMENTS

- find cords leading from table
- follow and rescue / recover part of self

EXTERNAL CHARACTERS

- fragments from others, parents, etc.
- find cord – send back along cord

SUB-PERSONALITIES or PARTS

- be mindful to love, accept, acknowledge, welcome.
- when reframing, embrace, transform, empower, integrate and align with mission

INTRUSIVE ENERGIES (Not part of self)

- ask if part of you - If not, surround in capsule of white light and send to the light (see Standard Guidelines, Day 1 Reading)

Additional Mentor Guidelines

Dealing with Resistance

1. Permission to resist is permission to process. Remember, the greater the resistance, the greater the wound, and the greater the intention to protect the inner child.
2. Build Rapport. Ask what it needs to feel safe.
3. Admire ability to resist you. Admit defeat. Ask what it would do if it was you.
4. Switch places. Let it facilitate you as you play its role.
5. Ask it to move chair and become a part that can help you, that knows what to do.
6. DURING REGRESSION:
 - Put scene on movie screen / create distance from trauma
 - Bring in friends, power animals, heroes w/ weapons - rescue child
 - Make **X** larger, others smaller

Regression Techniques

Ask about details:

Where are you, inside or outside? Is it light or dark?

Look at your feet, what are you wearing?

How old are you? What's happening?

Talk in present tense:

What's happening? What/who do you need?

How does that feel? What do you want to do now?

Turn clock forward/backward.

Do active listening (echo their statements)

Trance Work

When participant is in “emotions” or in a sub-personality, they are in altered state

Rules of working with an altered state (trance work):

Do not confront, Do support / pace / follow