

MENTORS SESSION GUIDE

DAY 35

INTENTION

- To create a Project Center
- Invite in new parts related to Project

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today, we will be going to your Sacred Space and creating a new separate space for your project.

This will be a space where all your supportive parts can meet to work together on whatever project you and your parts choose to pursue.

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 all your parts are there. If not, invite them to come in now. You may also want to invite your King/Queen to join you here as well.

INNER CIRCLE CHECK-IN

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

Tell them that you'd like to create a separate project center and you may want to enlist their ideas on a project to work on or share the project you already have in mind.

Ask for their comments, suggestions and anything else they want to share with you today.

Please share what each part says.

[mentee speaks]

PROJECT SPACE

So, please state clearly what project you'd like your parts to work on in this new project space.

Ask your Higher Self and Ruler if they would be willing to help set up this Project Space.

Have them take you to this place now. What do you see?

Ask them to invite into this space, whatever current parts can be most helpful to this project.

Give them some time to set up and consecrate this space. Set-up may include a conference table with chairs, a campfire, living room or any other type of meeting space.

Ask them now to invite in any new parts that could be helpful to this project.

Have the new parts check-in with whether they are a part of you and what role they could play in developing this project.

(release any energies that are not a part of mentee)

Welcome all the parts and thank them for being here.

Describe once again what you want to create with this project and ask for the support of all your parts.

Now, do a full check-in with each part sharing how they could contribute to this project and what they need from you to be most effective.

When complete, ask the parts to work together on this and that you will meet with them regularly to learn how they are progressing and to provide updates from your end.

Now, allow an image for this project to emerge in the center of this space.

Thank everyone for their support and offer any words of inspiration you may have.

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