

# MENTORS SESSION GUIDE

## DAY 37

### INTENTION

- To visit Sacred Space
- To do a Child Rescue on a part related to Project

### CHECK-IN

Please check-in stating Mission and using PEMS.

*[mentee and mentor check in]*

### INTRODUCTION

Today, we will go to your Sacred Space and do the Child Rescue process again.

We will work with an uncomfortable feeling that may come up for you as you pursue your project.

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 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.

## **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 that has an uneasy feeling about your project and maybe towards your mission.

This could be a feeling of fear or anxiety, sadness or anger or maybe some kind of tension in your body.

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]*

## **CHILD RESCUE**

Ask your Higher Self if there is a part of you that is feeling a strong emotion around your project 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.

Thank you for being with me today.

How are you feeling right now?

Can you tell me a little about the feeling that comes up for you around the project we've been discussing?

How often do you feel like this?

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

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.

Just breathe into this feeling and for a few moments allow yourself to totally be with it.

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?

And then what happens...?

(Repeat "and then what happens?" until trauma is complete. Allow release of emotions as they come up.)

What are the messages you are getting right now?

What decisions are you making?

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 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?

And then what happens...?

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

What messages are you getting now?

What decisions are you making?

What new behavior choices do you have available now? That's great.

Now you may hear your adult-self ask you if you would like to come with them to a safe place where you will never have to go through this again.

Now you may see your Adult-self's Sacred Space. Can you share what you see?

Now, you may be hearing your adult-self saying that you can make yourself at home here and be with any of the other parts that are here. Let me know when you feel safe and taken care of.

Thank you, now I'd like to talk to your adult-self.

Please make sure your child has 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**