

MENTORS SESSION GUIDE

DAY 26

INTENTION

- To visit Sacred Space
- To talk with sad part

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 spend some time with a part of us who feels sad or maybe shame. So please get comfortable and begin to relax. Any questions before I start with an induction?

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.

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'd like to spend some time with a sad part of you or maybe a part that's feeling shame. Perhaps you could take a walk with this part, which could be a young part of you.

Ask for any comments they may have about this as well as anything else they want to say today. Please share out loud what each part says. *[mentee speaks]*

Ask your Higher Self if there is a part of you that is feeling sad or shameful and could use a little time with you. 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.

WALK WITH SAD PART

Ask the part if they would like to go for a walk with you. Offer that they could bring along your power animal or any pet they'd like to invite in to go with you.

Ask the part if they'd like to take the lead and maybe show some path outside that you haven't experienced yet. Follow the parts lead (or lead if they prefer) and simply spend some time together. Use Active Listening and follow your heart and caring instincts.

Take as much time as you want and you can share out loud or simply let me know when you are complete. When complete, take the part (child?) back to your inner circle and invite the Caregiver and others to be with it now and make sure they have 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? Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION