

MENTORS SESSION GUIDE

DAY 24

INTENTION

- To visit Sacred Space
- Do an Extended check-in with Parts
- Discover the Primary emotion, wants & mission for each part

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to visit with your Parts in your Sacred Space and do an extended check-in.

We want to give you an opportunity to get to know your parts better and find out how you can best work with them. We'll also have each part share what their primary emotion is as well as what they most want and what their mission is as a part. Please begin to record this session if you can.

(If recording is difficult for Mentee, Mentor may record session with Mentee's permission.)

This check-in may take more than one day to complete so we may stop at some point and continue the check-in during our next session. What are your time limits for today?

Thank you, let me know when you are ready to start.

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can 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 EXTENDED CHECK-IN

Ask your Higher Self if it is OK for you to an extended check-in with all your parts so you can get to know them better and learn how best to work with them. We'll also ask them to share their primary emotion, what they want and perhaps their mission as a part of you.

Ask your Higher Self if they have any suggestions or concerns about this process.

If OK to proceed, please ask all your parts to form a circle for this check-in.

INVITE IN PERSONAL ASSISTANT PART

Before you start the check-in, ask your Higher Self if they would be willing to invite in a part of you that could be a Personal Assistant part, who could help you remember everything that will be said during this check-in and help you fulfill any commitments you make during this process.

If your Higher Self says OK, you may soon see something or someone coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)

What role do you play in my life?

Is there anything you would like to share with me right now?

Would you be willing to help with me remember what is said in this check-in today and help me be true to my commitments?

Is it OK if I refer to you as my Personal Assistant or would you prefer another name?

Thank you for coming forward today and please make yourself at home.

When complete with this part, ask your Higher Self if they would like to check-in first.

HIGHER SELF

If OK, ask if they'd like to start their check-in with how they are feeling and anything they'd like to share with you right now. Please share what they say out loud if that's OK with you.

Ask them what they want most for themselves and for you.

Ask them if they have or would like a mission statement for themselves as a part of you.

Ask if there is something you could do to help them live their mission.

Ask what their primary emotion is.

Ask if there is something else they'd like to share with you.

Optional: Ask your Higher Self if you could merge with them and see your Sacred Space and all your parts through their eyes.

If OK, merge with your Higher Self and take as much time as you want experiencing this feeling and perspective. You may share your experience out loud or simply take it in for now.

Let me know when you feel complete with this. When complete, step back out and again share how that was for you.

When complete, say your thanks and add anything else you want to say.

RULER

Ask your Ruler (King/Queen) if they would like to check-in next.

If OK, repeat the above check-in for your Higher Self.

PARTS CHECK-IN

When your Ruler is complete, ask which part would like to check-in first.

For each part repeat the above check-in for your Higher Self.

When all the parts are complete, you may want to share with them your thoughts on what you heard them say and anything else you want to say to feel complete.

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

HOMEWORK

Draw Inner Circle and note what each part shared today.

Share list between Mentor and Mentee prior to next session.