

# MENTORS SESSION GUIDE

## DAY 40

### INTENTION

- To do the Ideal Day Visualization

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### INTRODUCTION

Today, we will be doing an extended visualization. Do you have any time limits today?

So please get comfortable and begin to relax.

We will be doing a visualization of your Ideal Day in your Ideal Next Life. This next life will start with a clean sheet of paper where there are no preconceived limits or conditions dictated by your current life. You will have free reign to allow your perfect next life to emerge through this visualization.

As we go through this visualization, please say “Pause” to me when you want more time to experience what is coming up for you. Simply say “OK” when you want me to start talking again.

You may share with me what is coming up for you at any time or you may simply be silent as you take in this experience.

At the end of the visualization, I will offer to leave you with your reflections on the experience. Simply say “OK” and I will hang up. Say “Stay” if you want to continue as usual. Any Questions?

So please let me know when you are ready for me to begin.

### INDUCTION

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.

Notice how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax. Breathe into your chest and torso and feel all those muscles letting go and relaxing even further. Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

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.

## **INTER-LIFE**

Now as you go deeper and deeper into relaxation, you may notice that it seems like you are starting to float upward from your body, slowly moving upward, feeling lighter and lighter as you go.

As you slowly move upward away from the earth, you may notice a spark of light in the distance, you hear an inner voice saying: Go through the darkness to the light. As you find yourself moving more quickly now, you see the spark of light growing larger and larger until you find yourself inside it, inside a tunnel of light.

You now start to see faces you recognize, ancestors, friends that have passed on before you, family you have known who have passed before you ..... and now there is now one face that stands out to you, the one person you'd hoped to be with in the afterlife and they greet you lovingly and tenderly.

They take your hand and you feel a comforting squeeze of your hand and take a moment to be with this special person.

As you gratefully feel this familiar presence you also feel another gentle squeeze of your hand and almost instantly you find yourself with a group of people that feel like you've known them for ages, some you may even recognize from the life you just left.

You hear one of them describe a plan for your next life and this time it doesn't seem to be about lessons or missions or even about being of service as part of some grand plan.

They say that **this** next life is about you experiencing who you truly are. It's about living a life that is the perfect expression of your true self; Your authentic, true and full potential self.

They say there is nothing to plan, and that in a moment, you can see that life before you as if it had already unfolded and manifested itself fully in the physical universe. They motion for you to relax and gesture towards a seating area.

As you take a seat, you notice that you are now in an ancient looking theater made of marble and stone and woodwork that takes your breath away.

As you look around, to your delight and surprise, you see the seats around and behind you are filled with your parts from your Sacred Space and some parts that you have never seen before.

You see your Higher Self and your Ruler eating their popcorn and waiting for the movie to start.

You even see your power animal off to the back of the theater . It is as if they all wanted to be here for the great unveiling of the future you.

## **IDEAL DAY**

You are surprised to notice that instead of feeling trepidation about what's coming up, you feel yourself relaxing even deeper and deeper, now at a deeper level than you can ever remember.

A deep peace comes over you and very slowly, almost imperceptible at first, you see images of this ideal life start to flow before you.

As the image of a bedroom scene comes on the screen, you feel yourself being pulled into the future as you become a part of this movie.

You realize you are now going to be able to fully experience and actually get to live through your ideal day, in your ideal home, in your ideal next life and all you need to do is to be fully present in this new life as it unfolds today.

You feel yourself in bed now - slowly waking up.

You notice who you're with and feel delighted with your choice of a bed mate in this ideal day.

You look around and see the beautiful way you've created this perfect home for yourself.

As you glance out the window you are again amazed at the ideal setting in which this ideal life is taking place.

You wonder if you could have even imagined such a beautiful view and this feeling of warmth that flows through you as you begin to take this perfect life experience in.

You start to realize that you may have now gone Beyond Imagination and begin to delight in everything that is unfolding before you.

You slowly walk through your home taking in all the surprises and unimaginable ways this future home has been created just for you.

The design and decoration and furniture feels like someone read your deepest thoughts and created the perfect environment for you to relax into who you truly are and you begin to celebrate the uniqueness that is you.

You seem to be moving outside now, traveling along in a way that makes you feel like you are on some new adventure, being taken somewhere where time seems to be irrelevant and simply the experience of being alive in this moment, in this place, is all you care about right now.

Up ahead new surprises and delights start to come into focus.

You realize that this must be where you spend your days and as you gaze at the buildings and the incredibly beautiful surroundings.

You seem to be moving towards a specific area now. As you approach, you take in the beauty and power of this approaching scene.

You arrive at what was the one building that most caught your attention. You move towards and now into the most charming work place, studio, home away from home that you could have dared to imagine.

You take a few moments to take it all in and notice the specific details that could only have been meant for you.

People start coming in to talk with you about all the things you love to talk about. You can't remember being around people like this.

No one has ever been able to share these ideas and concepts with you like these magnificent people who are now with you.

Some of them even feel familiar as if the favorite people in your current life got upgraded along with you to this ideal life 2.0, or more likely 12.0 the way it feels to you right now.

After some time has passed, you may find yourself spending some time alone now doing what you couldn't dare imagine before.

You are taking your time and creating your masterpiece for this lifetime.

Somehow you know the world will not only accept it, they are waiting anxiously for you to finish it and share it with them.

You revel in being able to create something that only you could ever bring into this world. You sit in wonderment that this is the something so special that you never even dared dream about it and how much it means to you.

You go outside now and it seems like a campus has been built just to suit every passion you have ever had.

New companions arrive to share your favorite activities and games with you.

Somehow the freedom and joy you feel in this place seems to be healing and transforming you.

Your body seems to be able to do whatever your mind can imagine as you seem to become one with the activities you are immersed in. You become aware of sensations and movements that you never knew existed.

Your body seems to know how to do things that your mind cannot keep up with. After a few hours that feel like minutes, you realize its time to move on from this special place.

You slowly transition from this place and now start to arrive at a scene that takes your breath away. How did they know?

How could this have been created to fulfill your every dream and then some.

You take in the people, the activities and the feeling in your body as you finally get to be the person you had only glimpses of in your most far out dreams.

Hours go by in what seems like minutes, as you find yourself expressing yourself, enjoying yourself and simply just being yourself in this ultimate fantasy of living, being and creating joy.

As you relish every second of this experience, you realize that not even your ultimate fantasies could touch what you now know as your perfect life; you living and realizing your true potential and possibly the potential that is meant for all of humanity.

You treasure these next few hours as if they were pumping joy and love directly into your soul.

As you realize you might never get enough of this ecstatic experience, you also realize its time to move on.

With that thought, you now find yourself back in your home with the most special people in your life.

As the evening slowly unfolds, you find yourself being treated with special care and warmth and even respect for who you are . You then realize that you are doing the same for these special people.

You truly feel at home with them. It's as if this family of people have been together forever as fellow travelers and adventurers, facing more challenges and celebrations than you can take in right now.

As you enjoy some food and drinks with them, you also realize that this ideal day is slowly coming to an end.

You close the day in the most peaceful and fulfilling way that you could have ever hoped for.

This turns out to be an unexpected highlight for the whole day as this precious time before this day ends brings gifts of connection and heartfelt rewards beyond anything you could have hoped for.

These last few moments before bedtime become a surprise and a delight. Your heart takes in these moments as the nourishment its yearned for as long as you can remember.

As you fully relax now and take a moment to reflect on this glorious day, you quickly fall asleep in your sumptuous bed and find yourself waking up before you know it.

As you walk to your breakfast table you are surprised to see your past self, your current self, sitting there waiting to be with you.

You hear their questions to you even before they are spoken.

What's it like to live like this?    What did you do to get here?

Do you have any advice for me?    What's your Mission?

You take a deep breath and look into their eyes and somehow you now find yourself in their position, you become this past self, in your previous body and mindset.

And in this most familiar body, you hear your answers, the answers from your now future self, as if they are coming from some deep unknown place within.

You hear your future self, answering your every thought and question. And for now you simply listen and take in all these answers.....

After a while you realize that they all confirm what you already know at some level and simply never articulated in this way.

The answers seem about trusting your Higher Self, letting them guide you and work through you.

The answers encourage you to care for, love and respect the people in your life as you have been learning to care for your parts.

To see others in the same light as your lost parts who just needed some compassion and understanding to help them find their way.

And above all, you hear the advice to trust yourself; that every passion, every want you ever had was a step towards finding your way to this perfect life and this culmination of you becoming who you truly were meant to be.

You realize that Beyond Imagination isn't just a simple phrase anymore, it's the vision from the other side of the mountain. The mountain you are now climbing.

And with that realization, of course you hear your future self saying right now:

You're doing good, keep going! I know you will find your way and your mountain to climb, because I'm here now and you got me here. Thank you.

And you stand up and look you're your future self in the eye and say: You're welcome.

And as the images fade away and you find yourself present again in this ancient theater, you realize you are surrounded by your parts and animals, all anxious to take you back with them to the perfect life you are leading right now.

And all you want to do is spend some time with them in your perfect Sacred Space with all the beings that love you and will do anything for you.

And you finally get it. You created this. You are a god here.

And you know it because you love like god when you are here among the different energies and entities and beings that make up who you truly are.

And the only way you seem to be able to anchor this moment is by saying out loud to all who can hear you: My given name is... and I am the one who co-creates.....

And as you say this three times and kick your heels, you find yourself back in your home, fully back in your body and you open your eyes knowing that you have been changed, that you are different now.

You are loved and you finally can say, I love myself and every one of my little selves and higher selves and future selves, and past selves.....and for just a moment you dare say: I am love and love always wins, it's the way and the means and the end. All you ever needed was to learn how to love and you found a way to do that in this lifetime.

And as you sit with that and let it sink in.....somehow you hear the sounds stop and you are left with the silence, your new friend, silence, and the peace beyond imagination that it now brings you.....

(Pause for a few minutes or until Mentee says something.)

Is it OK with you if I end the call now and give you some time here on your own?

(If OK, quietly hang up. If not, say I'm still here, take as long as you want. When Mentee is ready, continue as usual.)

## **CLOSURE & RETURN**

Is there something else you need before we return?

Now slowly come back into this time and this place. Know that you will remember everything that you want to remember from this experience.

Move your body, open your eyes, and come slowly back into the room feeling more refreshed and alive than you have felt in a very long time.

Please take your time and be very gentle with yourself.

Would you like to have some alone time now to journal and contemplate or would you like to talk for a few minutes?

If Mentee wants to be alone: Mentor says goodbye, see you tomorrow.

If Mentee wants to talk, Mentor can use these questions if needed.

How was that for You? What is coming up for you? Anything else you need to feel complete with today's experience?

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please do the Reading for tomorrow's Wrap-Up. Go to [OmegaPointProgram.com](http://OmegaPointProgram.com) and fill out the feedback form and email a copy to your Mentor.

Also, please click on "ASSESSMENT" at the top of the Home Page and consider repeating the Archetype Assessment in the next few days. Your progress may be worth noting.