

MENTORS SESSION GUIDE

DAY 12

INTENTION

- To use the ECHO Process on Part that most supports Mission
- To establish a safe and sacred space in Mentee's internal world
- To invite into Sacred Space, the Part that most supports mission

CHECK-IN

Today's work can take longer than usual, so I'd like to be brief with our check-ins. Is that OK with you? So please state your mission and do a brief PEMS check-in.

[mentee and mentor check in]

ECHO PROCESS

Our process for today is to talk to a voice in your head using the ECHO Process and then, when you are in a core state (i.e. Peace) I will guide you to establish a Sacred Space in your Inner World.

I invite you to relax now and breathe with me for a few moments.

As you take a few deep breaths, allow yourself to relax and feel your consciousness moving into your body.

As you get a sense of your body and move deeper into relaxation, I want you to invite a certain part of you to come forward to speak with you.

Ask if there is a part of you that most supports your mission and would be willing to come forward and talk with you now.

Listen for this voice and share what it is says to you.

Now Echo back to the voice and continue to do that a few more times.

Now, ask the voice what it wants. Say the response out loud and then I will speak to the voice. You may simply answer for the voice now.

[mentee answers]

POSITIVE INTENT

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it.

(pause).....Allow yourself to feel this in every part of your body.....

Now having [answer] fully and completely, What do you get from that?

[mentee answers]

(Repeat **words in bold** until the voice gets to a Core State: Peace, etc.)

(If part does not have a Positive Intent, see Guidelines, Day 11 Reading. Then do the induction from the next session.)

(Allow Mentee some time to enjoy this Core State and then continue.)

SACRED SPACE

As you embrace this feeling, I invite you to take a few deep breaths and allow your body to fully relax into this deeper state of being.

As your body fully takes on this feeling of relaxation, you may feel your body becoming lighter and lighter and you may now find yourself starting to slowly rise up and now traveling over time and space.

As you look around, you may start to become aware of a place below you coming into focus.

You may start to see an image of the most safe and sacred place you can imagine.

It may be a place in Nature, a fantasy place, a place from a book or from your childhood.

It may be a completely new kind of place that is different from anything you've ever seen or imagined before.

This may be your sacred place – there may be trees, flowers, grass and even some form of water, like a river or lake.

What do you see?

What do you sense?

What can you hear?

What smells are there?

How does the ground feel in your sacred space?

What's the weather like?

Take a moment to enjoy this place.

Now, in this safe and sacred place, you can invite in parts of you.

PART THAT MOST SUPPORTS MISSION

You may want to invite in the part of you that you just talked to.

You may see that part coming in now. That part of you that most supports your mission, coming now to be with you in this space.

What do you see?

Ask if it is the part of you that you were just speaking with?

Ask if it would be OK with the part for me to speak to it directly.

[mentor begins speaking directly to the voice]

Welcome. Thank you for being here with me today.

Are you the part of [mentee] that MOST SUPPORTS his/her MISSION?

Can you tell me what his/her mission means to you and how you support it?

If you had total control, what would his/her life be like?

How are you different from all his/her other parts?

What do you think of [mentee] ?

Do you have any suggestions on the mission statement he/she is working on?

Is there something else you'd like to say to [mentee] now?

By what name do you like to be called?

Thank you for being with me.

I'd like to speak to [mentee] now.

Ask if there is any other part of you they would like to invite in to be with them.

Have other parts come in if requested.

CLOSURE & RETURN

Thank your parts for coming and let them know that you will be visiting them and this space often.

For now, say goodbye and that you'll be back.

Come back to your current time and place and know that you'll be able to revisit your sacred place anytime you wish.

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.

Ready to check out?

CHECK OUT

SCHEDULE THE NEXT SESSION