

## DAILY READING

### DAY 23

#### Reframing

##### Reframing a Sensation with Positive Intent in Sacred Space

As reviewed earlier, the essence of Reframing is 3 Questions:

1. What do you want?
2. What are you doing to get it?
3. How's that working?

Reframing is an excellent way to mentor a person with ineffective behaviors without triggering emotional resistance. Reframing can be done in many ways.

The following is a reframing process for working on a physical sensation in a simple way using symbols. This process works well with children and avoids going into deep emotions or heavy processing. It could be done over lunch in a restaurant if you wanted.

Like all the processes in this program, it works on the knowledge that the person doing work has all the answers they need inside.

The following process reframes a sensation in its simplest form. A longer version, that adds in Positive Intent and does this work in Sacred Space can be found in the sessions guide and is what we will do in today's session.

#### Reframing a Sensation

**Locate in Body:** “Close your eyes. I’m wondering if there is a part of your body that is trying to get your attention right now?”

**Feeling / Sensation:** “I invite you to let your focus move to that particular part of your body... notice the feeling... notice the physical sensation.”

**Shape, Size, Color:** “If that sensation were an object, what shape would it be? What size is it? What color?”

**Voice:** “Now give it a voice. What words is it saying?”

Now ask it: “What do you want?”

Put your hands out in front of your palms together.

See a symbol – something that represents this positive intent

Now take that new symbol and hold it out to one side

See the old symbol in your other hand.

“Are you willing now to take on a new way of being to get what you truly want?”

Bring them together and now open your hands and see a new symbol.

What do you see? Feel and be with this new symbol.

When you are ready, bring this symbol into your body and anchor it.

For Reference:

Symbol Reframing Example - True Story

5 year old boy

Grandpa

“Mom! My ankle hurts”.....

Next to boy in car: "Show me where it hurts.....

If that pain was a bird, what bird would it be?" (Symbol)

“A little blue jay” .....

“What's the little blue jay want to do?” (Positive Intent)

“To fly away” .....

“Is that ok with you?” (new behavior)

"Sure".....silence .....

Waits.... "Did it fly away?"

Boy hesitates, "Yeah" (acts like it was a dumb question) ... How is your ankle now?

“What do you mean?” (acts like it was another dumb question, had forgot about pain)

## Today's Homework

- List the top 15 fears, dislikes or dissatisfactions that you live with.
- Email the list to your Mentor prior to your next session.
- We will be reframing these fears in an upcoming session, Day 27.

## Background Information

### Additional Uses of Reframing: Reframe Fears into Wants

Reframing can be more fully understood using the example of a painting. As the term “reframing” implies, we could have a valued painting and change its frame to better match its new environment. Re-framing changes how the painting interacts with its environment, though the painting itself (the essence of the part) stays the same.

An example of this could be a painting of a Mother and Daughter that had a pink shiny frame when it was hung in the daughters room when she was a child. As an adult, the daughter might re-frame the painting to match the décor of her dining room where she now hangs it to remind her of her mother.

Similarly, some behaviors we take on as children no longer serve their original intention when acted out in an adult environment. As adults, we can re-frame these behaviors, beliefs, ideas, etc. to an updated version which is more effective in our current environments, relationships, etc.

In addition to The Mentoring Process, which we've already experienced, Reframing can be used in many ways. One of these ways is to change a negative perspective to a positive one.

We will be using today's homework in an upcoming session to Reframe our Fears (a negative perspective which may lead to worry and disfunction) into Wants (a positive perspective which may lead to effective actions).

Here is an example of this type of re-framing:

FEAR: I fear dying before I have grandchildren.

WANT: I want to live a long, healthy, life with lots of grandchildren around me.

Please encourage mentee to complete this homework and email it to you promptly.

# MENTORS SESSION GUIDE

## DAY 23

### INTENTION

- To Reframe a Sensation with Inner Circle
- Assign Fears Homework

### CHECK-IN

*Please check-in using PEMS and Mission.*

*[mentee and mentor check in]*

### INTRODUCTION

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and then do a different type of re-framing to address any physical pains or sensations you may be experiencing.

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 start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

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 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 on a sensation in your body, maybe even a chronic pain that you have suffered for years and 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]*

## **REFRAMING A SENSATION**

Ask your Higher Self if it is OK to proceed now with this reframing a sensation process.

Look around your Sacred Space now and find a comfortable place to sit down and simply relax.

Close your eyes and take a deep breath and let it out slowly.

Allow your consciousness to move fully into your body.

Become aware of any sensations or feelings in your body.

See if there is a part of your body that is trying to get your attention.

I invite you to let your focus move to that particular part of your body... notice the feeling... notice the physical sensation.

Allow yourself to fully be with that sensation.

If that sensation were an object, what shape would it be?

What size is it?

What color?

Any texture or smell to it?

So this sensation is like a [echo the shape, size, color]

Now give it a voice. What is it saying?

*[mentee speaks]*

## **POSITIVE INTENT PROCESS**

Echo back to the voice and then ask it what it wants. [mentee answers]

I will now speak directly to the voice.

**I hear you say [answer]**

**Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause)..... Allow yourself to feel this [answer] in every part of your body..... Now having [answer] fully and completely, What do you get from that?** *[mentee answers]*

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

From this place of [core state], I now invite you to go Beyond Imagination and spend some time wherever that takes you.

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

## **REFRAMING WITH SYMBOLS**

I now invite you to put your hands out in front of you with your palms up.

Take a deep breath and as you let it out slowly, see a symbol for this [core state] form in the palms of hands.

What do you see?

Now take this new symbol in one palm and hold it out to one side.

In your other hand, see the old symbol or object that represented the original physical sensation (i.e. previous shape, size, color).

When you are ready to take on a new way to get what you truly want, take a breath and slowly bring your palms together, merging both symbols inside your hands.

Take another breath and like opening a book, slowly open your hands and see a new symbol in the palms of your hands.

What do you see?

Feel and be with this new symbol.

When you are ready, bring this symbol into your body and anchor it, possibly where you first felt the physical sensation.

Thank your parts for their support and ask if any part wants to comment on what they saw.

## **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 full of energy as you slowly return.

Start moving your fingers, your legs, arms and now open your eyes and be fully back in your room.

How do you feel?

How was that for you?

How is the pain or sensation you worked on?

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

- List the top 15 fears, dislikes or dissatisfactions that you live with.
- Email the list to your Mentor prior to Day 27.
- We will be reframing these fears in another session (Day 28).
- Prepare to record the next session. Instructions for recording can be found in the Daily Reading for Day 21.