



The Omega Point Program

ADDENDUM

presented by



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ADDENDUM A: MENTOR GUIDELINES & INSTRUCTIONS

General Facilitation Guidelines for Mentors

1. You don't need permission to do Active Listening with someone. You do need permission to process them. Listen and follow their lead.
2. If you do plan on facilitating or processing someone, make sure you are doing your own work on a regular basis. The more work you do on yourself, the more you will be able to be present for others and not project your own stuff on them.
3. Know that the answer they are seeking, is already inside them. Your job is to help them discover that answer for themselves, not to give advice unless specifically asked to.
4. Follow the do's and don'ts for Active Listening during any process. Learn to contain your impulses and emotions while listening and facilitating. Stay with the process.
5. Be aware that every piece of work is a process. Healing processes have a recognizable pattern. Knowing where you are in the process is a learned skill.

Specific Mentor Guidelines for this Program

1. If you are new at mentoring this program and unsure of any day's protocol, please know that the protocols have been prepared so that you can simply read through them and they will remain effective.
2. Because this Program is planned for 30 minute sessions, there may be times when the Mentee will be in an emotional place or a feeling of not being complete at the end of 30 minutes.

Please know that you may allow the Mentee to be in that space and simply sit with it. It will usually resolve or evolve on its own. Simply reach an assurance with Mentee that although they are uncomfortable and even disturbed, they will not do anything to hurt themselves and can keep themselves safe.

The next day you will be able to assess what the mentee learned or gained from the experience of being with the discomfort. One of the skills that is valuable to develop, is self-containment when emotions are intense. These situations can help develop that ability.

Reasons for Adding Days Beyond 40

As mentioned in the Segment Instructions:

- A. Anytime the Mentee and sometimes the Mentor, just needs to talk, that can become the focus of the day and the planned focus can wait until another day. Simply add one more day to the total days covered during the program.
- B. Homework: If either Mentor or Mentee are unable to complete the homework reading, it is OK to review it on the call and take longer for that day or add another day to the program.
- C. If Mentee wants to practice one of these processes before working with their Mentor, it's OK to practice on the Mentor. Again, simply add another day.
- D. If at any time, Mentee (or Mentor) needs to work on an issue that is up for them, feel free to defer the days focus to the next day and do active listening with the Mentee (or Mentor). If the issue needs additional attention, feel free to use one of the processes learned previously in this program and shown in Addendum E (see below).
- E. Sometimes a Fragile Part or Massive Insight may emerge from doing an exercise. You are invited to move through these occasions with care and respect. Please take the time to simply be with the part, or be with an insight. Feel It. Trust your instincts. Perhaps invite in Wise or Loving or Fun part to help you. When your sub-conscious presents you with a gift, open it. See it in its entirety, feel, think, contemplate on it. Give it your time and attention. And, when it is ready, Go through a process with it, together.

Instructions on Choosing a Mentee

A. Choose Mentee(s)

Before its time for you to start passing on this program to others, spend some time choosing your prospective Mentees.

You will be spending many hours with your Mentee(s). It is recommended that you choose someone you would like to spend quality, heartfelt time with. Someone you want to get to know better and who you trust and trusts you.

It is recommended that Mentees be:

- over the age of 17
- willing to commit time to the program
- capable of passing on the program
- receptive to working on themselves and psychologically stable

Note: This is not therapy for serious mental illness. It is a sincere effort to connect and work with mentally stable adults.

If you know someone who is struggling, needs help and may not be stable enough to pass on this program, consider adding them as a third Mentee and modify the program to focus on facilitating them. Skip the sections designed to have them learn and use the skills.

If you choose to pass this project on to only one Mentee due to time concerns, consider passing it on to another Mentee when you are complete with the first one.

B. Contact Prospective Mentee

Once you've chosen who you would like to work with, initiate contact with the prospective Mentee and share the first few pages of this document or speak from your heart.

Choosing a Mentee who also chooses you is not to be taken lightly. Best thing you can do is be authentic. Share your fears and uncertainties as well as your passion for this. Allow Spirit to be part of this process.

Instructions for Recording Sessions

Most of the OPP sessions involve the Mentee entering into a relaxed state with eyes closed.

The information that emerges from these sessions can be a valuable resource for the Mentee who is not able to take notes during the session may not be able to recall all of it after the session.

To capture this information for future reference, requires the Mentor to take copious notes during the session or for the session to be recorded.

There are some sessions where a lot of information is shared and recording the session is highly recommended.

Recording sessions can be done by the Mentee or Mentor. Both parties need to agree on if and how they want to proceed with recording the sessions.

If sessions are conducted on Zoom, or on a similar video program, recording can be done easily by simply clicking on the “record session” button.

Recording on smart phones is more difficult as most phones do not provide recording capability in order to avoid legal issues.

The best approach to finding out how to record incoming or outgoing calls on your mobile phone is to search Google.

Each type of mobile phone differs on what apps you need and how to use them.

Another option for any mobile phone is if you have a phone that has “speaker phone” and another device available that can record audio like an iPad or home computer, you can play your call on speaker phone and record it on another device.

There are also transcription apps available to transcribe your recorded phone call to text. Some of the mobile phone recording apps also include this service.

For saving these session recordings and for sharing them with your Mentee or Mentor, you can use an app like Dropbox.

Reviewing these recordings can extend and add to your OPP experience. There are many moments and numerous sessions where a recording is invaluable. Again, make sure you have full agreement between Mentor and Mentee for either of you to record the sessions.

Standard Guidelines: Releasing Energies from Sacred Space

When working in Sacred Space, we may run into energies or entities that are not a part of us. An energy or image that is not a part, it is often an intrusive energy that can be released.

These energies can be identified in two ways while doing this program:

1. They will not have a Positive Intent.

When following the Positive Intent Process and the “voice” or “part” continues to be negative after many rounds, it is probably an intrusive energy. To verify this, you may simply ask it: Are you a part of [mentee] ? You may then respond to their answer as explained below.

2. When asked in Sacred Space if they are a part, in almost all cases, these energies will tell you the truth.

When in Sacred Space with a current part or when greeting a new part, you may ask them directly: Are you a part of [mentee] ?

Often times it is best to ask a few preliminary questions before asking this direct questions. These questions include: What role do you play in my life? How would I recognize when you are active? What do you want?

Once you do ask if they are a part of you or Mentee, respond to their answer as follows:

Are you a part of me (or Mentee) ?

If Yes: Continue with the Positive Intent Process or whatever you are doing with them in Sacred Space.

If No: Ask the forces of light to surround this energy in a capsule of white light and take it to a better place.

- continued on next page -

If Maybe or anything but a clear yes or no:

You have three options which all work and you can choose any one of the following three options:

Options for Dealing with Intrusive Energies

Use any one of the following:

1. Ask the forces of light to surround the image, in a capsule of white light and take what is not a part of you, to the light, leaving anything that is a part of you behind. (Check on what's left behind)

2. Ask the forces of light to surround the image, in a capsule of white light and ask whatever is a part of you to step out of the capsule. Ask the light to take away what is left inside the capsule. Encourage the part of you to focus on letting it go.

3. Ask the image to split into two images
 - One that is a part of you, and one that is not.
 - Ask the forces of light to surround the image, that is not a part of you, in a capsule of white light and take it to a better place.
 - Encourage the image that's a part of you to focus on letting it go.

Often a child part has invited these energies in for protection. Having the child let it go is sometimes an important aspect of Release.

If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come and get it and take it home.

These approaches are sufficiently effective for working this program. Additional information on these energies and more advanced techniques of working with them are covered in Phase Three of the OPP.

Additional Mentor Guidelines

DEVELOPING RAPPORT WITH A PART

1. Get on the same level as sub-personality. Match (don't mimic) body language, emotion and intensity.
2. Do Active Listening.
3. Have fun. Enjoy the personality. Be their friend - hold same values, judgments. (if it's the devil, be devilish!) Talk of common interests.
4. Talk about Mentee. Make fun of them and yourself if part does.
5. Acknowledge part, admire and compliment them.
6. Talk directly to "sub-personality" not about them
7. Create safety for sad or childlike part.
8. **NEVER:** Judge, admonish, give advice, shame, criticize, etc.

WHAT TO AVOID

CAUTION:

This is a very powerful tool, *do not use when high*.

Do not *force* or make direct changes.

Never be controlling, dis-respectful, flippant or sloppy with your parts.

This direct access to your sub-conscious is one of the most powerful healing opportunities available. It also creates an opportunity to powerfully disrupt your life if not treated with care and respect and total presence of mind when visiting.

CARELESS ACTION MAY CAUSE SERIOUS NEGATIVE CONSEQUENCES.

RESISTANCE

1. Permission to resist is permission to process. Remember, the greater the resistance, the greater the wound, and the greater the intention to protect the inner child.
2. Build Rapport. Ask what it needs to feel safe.
3. Admire ability to resist you. Admit defeat. Ask what it would do if it was you.
4. Switch places. Let it facilitate you as you play its role.
5. Ask it to move chair and become a part that can help you, that knows what to do.
6. DURING REGRESSION:
 - Put scene on movie screen / create distance from trauma
 - Bring in friends, power animals, heroes w/ weapons - rescue child
 - Make X larger, others smaller
7. CROSSROADS TECHNIQUE (Last Resort):

Do a reverse suggestion: OK, let's leave Mom at the head of your CIRCLE and continue your dependence on her, you didn't really want your own life anyway and you certainly don't want to risk being happy and successful. (do not seem too sarcastic)

TRANCE WORK

When participant is in “emotions”, they are in altered state - in a sub-personality

Rules of working with an altered state (trance work):

Do not confront

Do support / pace / follow

Do not interrupt an “abreaction” (intense emotional experience / flashback)

Talk directly to “sub-personality” not about him

Never ask what an image means

“there’s a big rabbit”

Don’t ask “what does that mean to you?”

Ask “what is the rabbit saying to you?” Or
“ask the rabbit what it wants”

If fear / darkness / black hole

Invite them to go through / jump in

Go with them or have ideal figure accompany participant if necessary

REGRESSION TECHNIQUES

Ask about details:

Where are you, inside or outside, is it light or dark

Look at your feet, what are you wearing?

How old are you

What's happening

Turn clock forward/backward

What's happening

How does that feel

What do you want to do now

What/who do you need

Talk in present tense

Do active listening (repeat their statements)

ADDENDUM B : INNER CIRCLE GUIDELINES

Inner Circle Guidelines

The Inner circle is not some place a person has to go to. It is simply your own inner world, completely accessible through the active use of imagination. Once this realization is acquired, the Inner Circle becomes an increasingly powerful tool for clarity, insight, decision making and self-empowerment.

Doing an Inner Circle check-in gives a person direct access to their inner parts, their feelings and motives. You can go right to the source of what is going on in your life.

What to Do:

Do an Inner Circle check-in daily as a centering practice to start or end your day.

Observe the evolution of your Sacred Space and Inner Circle. See parts come and go and transform right before your eyes. Watch your Mission Symbol change as you step more powerfully into living your mission.

Identify any issues that have come up and what parts are involved. Ask if there is someone else in the circle that would be willing to facilitate these parts in the resolution of this issue. Now ask everyone involved to work together to resolve this issue for the greater good of all. Tell them you'll be back tomorrow to check-in again and to see what solution they have come up with.

Always treat your parts with Respect and Love. Empower your parts to make their own decisions, resolve their issues and to work together as a team in support of your mission. Be a Good Boss.

Be aware of new parts which may need your help and mentoring. Use the skills you've learned to help them discover and live from their Positive Intent.

In summary:

Facilitate change, empower the parts to choose their movements.

Get agreement from Circle on major changes. Rely on input from Higher Self.

Use it as direct connection to your sub-conscious mind and a tool for healing.

For those energies, that are not a part of you, release them to a better place with love and respect. Learn from them. See below.

Greeting New Parts In Sacred Space

When new part arrives:

Welcome, are you the part of me that

What role do you play in my life? How would I recognize when you are active? When did you show up in my life? What was happening?

Are you a part of me?

If YES:

- Welcome to my Sacred Space

If NO*:

- Ask the forces of light to surround this energy in a capsule of white light and take it to a better place.

If MAYBE (May say partly, or is unsure or evasive):

Two options:

1. Ask the forces of light to surround the image, in a capsule of white light and take what is not a part of you, to the light, leaving anything that is a part of you behind. (Check on what's left behind)
 - OR -
2. Ask the image to split into two images
 - One that is a part of you, and one that is not.
 - Ask the forces of light to surround the image, that is **not** a part of you, in a capsule of white light and take it to a better place.
 - Encourage the image that is a part of you to focus on letting it go.

*When an energy or image is not a part of the person, it is often an intrusive energy that can be released. Often a child part has invited these energies in for protection. Having the child let it go is sometimes an important aspect of Release.

Induction and Inner Circle Check-In:

Find a comfortable position. Close your eyes.

Take a deep breath and let it out slowly. As you let it out allow your consciousness to start moving into your body. Feel your body relaxing as you do this.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully move your consciousness into your body. Become one with your body.

Inhale one more time and let it out even slower. Even more relaxed now. Note any sensations in your body, any images that may come up, any messages or insights that may come up.

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

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now. You can simply allow yourself to follow 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 emerge. 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.

Now, I'd like you to facilitate a Check-in with everyone at your circle. Allow whomever wants to go first to start. For today, ask them to give their name, how they're feeling and anything they'd like to share with you. You may want to model the Check-in first.

When all the parts are complete, say goodbye till next time and slowly come back to the room, feeling alert and refreshed, rejuvenated with lots of energy.

Slowly come back to this room, stretch your arms and legs and now open your eyes.

Visiting Sacred Space as a Daily Practice

I invite you to begin visiting your Sacred Space on your own, possibly as a Daily Practice. Hopefully, you may have time to practice that in the next few days.

Many Sacred Space artists, create their own special path to their Sacred Space that may include traveling through Nature, checking in with Guides along the way or whatever appeals to you as a daily meditation practice to center yourself and find some peaceful alone time with your parts.

It also works for some, to record an induction for guiding them to their Sacred Space much like I do for you in these sessions.

Today we will do an Inner Circle Check-In together and I'm going to encourage you to do your own personal silent induction and let me know when you are in your Sacred Space.

If this feels too soon for you, I can take you through our usual induction. What would you prefer for today?

The following is offered as another Induction choice.

Imagine Induction

I will soon be starting an induction
To take you to your Sacred Space.
Please get comfortable and close your eyes.
Let me know when you are ready to start.

I invite you to
Imagine
Taking three deep breaths
Feel the air going in and out so slowly
Feel your mind moving into your body
Feel your body becoming more and more relaxed
Imagine
Taking two more deeper breaths
Deeper down into your belly
Deep, deep into your heart
Deeper down and down even deeper
into your very soul
Deeper down, down and down
Imagine the air
Flowing deeper into your expanding lungs
Like Spirit finally coming home again
Imagine your body
Becoming one with your thoughts
With your feelings
With your hopes and dreams
Becoming fully aligned
with Spirit and the Universe

Imagine your Spirit
Now floating out from
That same body
Bringing your hopes and dreams with you
Imagine floating higher and higher
Away from
That same body
Imagine
Being free now
To float
To flow
To move with the winds of Spirit
Imagine coming closer
To what Spirit has in mind
For you today
Imagine being
Right where you are now
Imagining
Being
Seeing
In your
Sacred Space
Imagine what
Beyond Imagination
Would look like right now
Right now in your Sacred Space
See that now, present in your Sacred Space

ADDENDUM C: TOOLS SUMMARY

Tools Summary

INNER CIRCLE

- use as a base for inner journeys & adventures
- go up through the roof into clouds/stars
- go out back door into the dark, down into basement etc.
- provide play area for inner child
- use as your personal sanctuary

INNER CIRCLE CHECK-IN

- use to resolve problems
- use as 'advisory board'
- identify causes in your life, process parts involved
- identify issues between parts, establish facilitator, have them resolve
- give vision, share Mission, get consensus/ alignment

LOST FRAGMENTS

- find cords leading from table
- follow and rescue / recover part of self

EXTERNAL CHARACTERS

- fragments from others, parents, etc.
- find cord – send back along cord

SUB-PERSONALITIES or PARTS

- be mindful to love, accept, acknowledge, welcome.
- when reframing, embrace, transform, empower, integrate and align with mission

INTRUSIVE ENERGIES (Not part of self)

- ask if part of you - If not, surround in capsule of white light and send to the light (see Standard Guidelines, Day 1 Reading)

ADDENDUM D: HEALING PROCESSES & PROTOCOLS

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ACTIVE LISTENING

Active Listening is most powerful when it is the disciplined use of simply the following 3 elements:

1. **BE SILENT** (SILENT and LISTEN have the same letters)
2. **ECHO** (So, what I'm hearing you say is ..)
3. **ASK MEANING** (What Do You Mean By -----?)

Maintain Eye Contact

Be Curious

Seek to Understand

- Start with an open-ended question:
 - i.e. What do you want?
- Clarifying questions are OK
 - i.e. How old is your son? Follow with Echo
- OK to slow them down (more details)
 - or speed up (less details)

ACTIVE LISTENING

Active Listening can help someone move deeper into their real truth by being heard and more importantly, hearing themselves when you echo back their words and thoughts. The sharing and the echo complete a cycle that allows the person to go down deeper into their own truth.

The essence of Active Listening is the belief that the person has the answer inside them. If I have the patience and the skill to stay with their journey into their own sub-conscious, they will come up with the issue and its resolution. In fact, by using Active Listening, we can help them develop their own neuropathways into their sub-conscious so they can learn to better access this wisdom on their own.

When we listen to another, we may have impulses to say or do things we've learned from our culture and our childhood. Most of these impulses are not helpful and can be avoided with practice and awareness. The following responses when doing active listening are best to be avoided and with practice can be eliminated from how you naturally learn to be with others.

What To Avoid During Active Listening

1. Asking Why - "Why did he beat you?"

Asking WHY something happened or WHY did you do that, is a question looking for a rational answer. This drives the person back into their rational mind to find a logical answer, i.e., it puts them back into their head. We want to move them deeper into their heart, and their feelings. Also, most rational answers are not the true source of a problem.

2. Giving Advice - "I think you need to forgive your wife."

There are times when someone will be asking for your advice, due to your expertise or experience with an issue. This is not to be presumed. Unless specifically requested, Giving Advice is disrespectful and short circuits a person's process. Giving Advice usually will involve your own projections and a judgement that the person cannot find their own answer inside of them.

3. Sharing Your Story - "I used to hate my wife too, but I ...," "I was just like you, I ..."

When someone shares something that relates to your own past it is natural to want to share your story with them. This is not helpful when you are working with or simply holding space for someone who needs your attention on THEIR issues and THEIR experience. When you share, it takes the person out of their process so they can respond cordially to YOUR story.

4. Negating / Minimizing - "That's all he did? That doesn't seem so bad."

Many issues are based on experiences that may seem unimportant or even trivial to others. Saying things like, "That's all he did? That doesn't seem so bad," is disrespectful at best and in most cases, it will end the process and any trust they may have had with you.

5. Projecting Your Stuff onto Another – “I’m so stupid.” ”You’ve got a mean critic.”

Any judgement, diagnosis, interpretation or advice that comes up for you around what a person says is most likely based on your own thought processes and experiences. They are therefore projections of what you would do or why you would do something. Projections are usually what our judgements of others are based on. They are usually wrong or, at least, not helpful.

6. Judging Anything or Anybody - “That was a vicious thing to do.”

To share any moral or quality assessment is simply projecting your beliefs, values and limitations on another. Saying things like, "That was a vicious thing to do." is not helpful in any way.

7. Rescuing - “I hate my looks.” “I think you look great.”

When a person says something that seems overblown or just not true, let it be their truth for them to process. If they say, "I hate my looks," don't rescue them from their feelings by saying, "I think you look great." Let them have the feeling or judgement so they can find the true source of where they took on this negative opinion.

8. Diagnosing - “I feel like hurting somebody.” “I bet you were an abused child”

When someone describes an issue, it is your responsibility as a friend or facilitator, to listen and perhaps guide them through a process where they can discover what the issue truly is and how they can resolve it. To assume what the issue is or how or why it came about is to cut off hundreds of other possibilities and limit the healing potential of any process.

9. Fixing Their Problem - “Let me talk to your wife.”

People often need to share what is happening to them. They need to hear themselves talk about it. In this way, they often gain insights into an issue and ideas of how to work with it. Offers to fix their problem or how they could fix it themselves are usually received as insulting and only increases their emotional distress.

10. Consoling Someone During Processing – “It’s OK, don’t be sad.”

We want a person who is sharing sad feelings to allow for these feelings to lead them to some insight or resolution. The feelings are often a gateway to their inner world or sub-conscious where the true source of their distress can be revealed. Consoling or gently touching someone in distress takes them away from this healing opportunity.

11. Telling or Teaching Information without Permission

Giving direction or information to someone who is in their feelings takes them out of their heart and puts them back into their head to receive the teachings. It is the task of the listener or facilitator to create a context or process for the person to discover this information for themselves.

Please see the following examples:

What To Avoid During Active Listening - Summary / Examples

1. **WHY?** (Puts THEM in their heads)

“Why did he beat you?”

2. **ADVICE**

“I think you need to forgive your wife.”

3. **SHARING**

“I used to hate my wife too, but I ...” “I was just like you, I ...”

4. **NEGATING**

“That’s all he did? That doesn’t seem so bad.”

5. **PROJECTING**

“I’m so stupid.” , “You’ve really got a mean critic.” , “Huh?”

6. **JUDGING**

“That was a vicious thing to do.”

7. **RESCUING**

“I hate my looks.”

“I think you look great.”

8. **DIAGNOSING**

“I feel like hurting somebody.” “I bet you were abused as a child.”

9. **FIXING**

“Let me talk to your wife.”

10. **CONSOLING DURING PROCESSING**

OK during regression.

11. **TELLING / TEACHING**

The goal is to move the person into an altered state and deeper into issue, not to provide information that puts them in their head.

It is the task of the facilitator to create a context/process for them to discover their information for themselves, not be told what is “wrong” with them.

THE POSITIVE INTENT PROCESS

QUESTION: What do you want?

ANSWER: X (i.e. Freedom)

ECHO: X and then say:

IMAGINE having X (i.e. Freedom) fully and completely,

Breathe it in. Be with it. ...(wait).....

Now, having X fully and completely,

What do you get from that?

ANSWER: XX (i.e. Adventure)

ECHO: XX (say: Adventure) and then: Repeat the above “Imagine...” using the current answer (XX).

Continue using: IMAGINE..., ECHO, IMAGINE..., ECHO, until person gets to core state (i.e. Positive Intent)

Usually: • Being • Oneness • Peace • Love • OK-ness

Then say: From this place of **PEACE** (or other core state), I now invite you to go BEYOND IMAGINATION and spend some time wherever that takes you.

ECHO PROCESS

How to Turn a Negative Voice Inside Your Head into a Positive Feeling

1. Listen Notice what the voice is saying to you.
2. ECHO(Say to the voice: So I hear you saying that “ ___ ”)
3. Listen Notice what the voice is saying now
4. ECHO
5. Listen and ECHO a few more times.
6. Ask voice: What do you want? (Start the Positive Intent Process)
7. Listen for answer.... (The **X** below is where you use this answer.)
8. Say to the voice:

Imagine having **X** fully and completely, breathe it in, be with it, (wait), now that you have **X** fully and completely, what do you get from that?

Repeat above question until person gets to base want/core state, usually:

- Being
- Oneness
- Peace
- Love
- OK-ness

Then say: From this place of **X** (i.e. PEACE), I now invite you to go

BEYOND IMAGINATION

and spend some time wherever that takes you.

Allow Mentee to spend as much time as they want
in this experience of an altered state.

REFRAMING I - MENTORING PROCESS

1. Describe current situation or issue.

(A specific area in your life that you are dissatisfied with and/or where you are out of integrity with your mission.)

- Describe using responsibility language ('I' statements, etc.)
- Listener uses **Active Listening** (echo, clarify, etc.)

2. What do you want? (Specific to that situation)

- What does _____ mean to you?
- What would that look like?
- How will you know when you have it?
- **Optional: Do Positive Intent**

3. What are you doing to get it?

- What does that look like? Be specific.

4. How is that working?

- How do you know that?
- What lessons are you learning from this?

5. What are your choices? (Access inner voice)

- Close your eyes, go inside, and stay in silence.
- Listen for an inner voice. (Optional: Go to Inner Circle, if available)
- Ask a wise, creative or fun part to come forward
- Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.
- What alternatives do you resonate with?

6. Which alternative do you choose?

- What's at risk for you to take action on this choice?

7. Stretch.

- What will you do this week to act on your choice?
- Ask for support.

REFRAMING A SENSATION

(Short Version – using Symbol)

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 the voice: What do you want? (Do Positive Intent Process)

Imagine having _(what you want)_____ fully and completely, what do you get from that?

Repeat above until voice gets to base want/core state i.e. Positive Intent

Put your hands out in front of you with your palms up.

See a symbol form in your palms – something that represents this positive intent

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

See the old symbol for the sensation in your other hand. (initial shape, size, color)

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

Bring your palms together, merging both symbols, 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.

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

Say goodbye till next time and slowly come back to the room, feeling alert and refreshed, feeling lots of energy. Stretch your arms and legs and now open your eyes.

How was that for you? Anything you need now to feel complete with this?

How is the pain or sensation you worked on?

THE TRANSFORMATION PROCESS

Reframing the Behavior of a Part

Facilitator's Words

What issue would you like to work on? (may use active listening)

I'm wondering if there is a part of you that ... (describe a role related to issue).

Access Part (Voice)

I invite you to move your chair and your body and become that part. - **or** -

I invite you to have an image of that part come up for you.

Now allow yourself to become that part and speak as that part.

Active Listening

Welcome. Thank you for being here with me today.

Are you the part of "Mentee" that does not support Mentee's mission?

What role do you play in **X**'s life? (**X** is name of person doing work)

If you had total control, what would **X**'s life be like?

What do you think of **X**? What do you think of **X**'s mission statement?

By what name would you like to be called?

Positive Intent

WHAT DO YOU WANT ?

1. Their Answer is **Y** (i.e. Freedom, Use their answer where you see a **Y** below.)

2. Now imagine yourself having **Y** fully and completely. Breathe that in. (pause)

Now having this **Y** fully & completely, what do you get from that?

Repeat above (1 and 2) until person gets to Core State: **Z** (i.e. Peace, Love, etc.)

Allow part to spend some time enjoying this Core State.

Reframing

WHAT HAD YOU BEEN DOING TO GET THIS : **Z** (**Z** = Core State) ?

How has this shown up in **X**'s life? (**X** is Mentee's name)

How has this behavior helped **X** in the past?

I can see where you've been a real asset to **X**.

Thank you for helping keep **X** alive so they could be here today. I honor you for that.

HOW IS HOW IS THAT WORKING NOW?

Does this behavior still get you what you really want?

Does it bring you the **Z (Core State)** that you want?

- If resistance, exaggerate contradictions. If emotional or stuck, do a **Regression** (Child Rescue)

ARE YOU WILLING TO CHANGE YOUR BEHAVIOR to a new, more effective behavior that will get you what you want?

Inner Circle

I invite you to go inside - to your Inner Circle.

Ask if any part there has another behavior choice that might be more effective?

Call forward a creative part, a fun part, or the Higher Self if necessary. (pause)

Do any of these ideas resonate with you?

WHAT CHANGE DO YOU CHOOSE?

Are you willing to take on this new behavior to help you get what you truly want?

How does that feel? What name would you like to be called now?

Now, I invite you to go to your Inner Circle.

Where do you sit? What is the reaction in the circle?

Does any part have objections to this new behavior?

Is there a part there that could coach you on practicing this new behavior?

Mission

Do you know what **X's** mission is? Are you willing to support it?

Thank you for being here today.

Please move your chair back now to your base position.

When Mentee is back in "whole" person: How do you feel? How was that for you?

Is there something else you need to feel complete with this process?

REGRESSION I - THE RE-SCRIPTING PROCESS

Data: Describe the Data or facts around this issue.

Judgment: What are the Judgments you have around this Data?

Locate in body: Close your eyes. Where in your body do you feel these Judgments?

Feeling: Describe the Feeling.

Shape, Size, Color: If that feeling 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? Say it again – louder this time.

Regression: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt feeling. Let your body take you back, let this voice take you back, back in time.

Wound: What's happening? Who's there? How old are you? What's happening?
REPEAT "And then what happens...?" Until trauma is complete.

Release: Allow release of emotions as they come up.

Shadow: What are the messages you are getting right now? What decisions are you making? What beliefs and judgments are you taking on? What behaviors / reactions are you learning and adopting from this?

Healing: Now go back in time to just before this experience. Turn back the clock and bring your adult self into the picture. Would you like to go back through this experience with his/her help this time? Ask him/her to help you. O.K. Turn the clock forward now and see what happens this time. What's happening? Repeat "and then what happens" until complete.

Empowerment: What messages are you getting now? What decisions are you making? What new behavior choices do you have available now? That's great. Now become your adult self. I invite you to create a safe place inside of you and ask the child if it would like to go to that safe place and be with you forever. Do that now.

Return: "Slowly return to this room. How do you feel? Is there anything else you need to complete this?"

REGRESSION II --- CHILD RESCUE

Simplified Re-Scripting Process

Child Rescue works well when working with a part – already in altered state.

Child Rescue can also be used as a quick and simple way to address a feeling that suddenly comes up into your awareness.

1. FOLLOW THE FEELING BACK TO A CHILDHOOD EVENT.

- Go back to an earlier time when you felt that way.
- Go back in time, maybe back to the first time you felt this feeling.
- Let your body take you back, let this voice take you back, back in time.

2. RUN THE EVENT.

- What's happening? Who's there?
- How old are you? What's happening?
- REPEAT “And then what happens...?” Until trauma is complete. (Go slow)

3. HAVE YOUR ADULT SELF ENTER THE EVENT.

- Turn the clock back to just before the beginning of the event.
- Bring in your adult self.
- Tell the child you are from its future and are here to help.
- Re-run the event with the adult handling whatever comes up.

4. TAKE THE CHILD OUT OF THIS EXPERIENCE.

- Ask the child if it would like to come with you to a safe place where it will never have to go through this again.
- Take the child to your inner circle and create a special place for it to play.

Anytime you are facilitating a Reframing Process and a part or whole person, becomes emotional enough to interrupt the mental reframing approach, simply use that emotional feeling to follow the Child Rescue Process.

ADDENDUM E: ARCHETYPE TEST

This is an excellent test for evaluating your progress on your Spiritual Journey. It will allow you to track how you have moved along your path. It is also a good tool for finding where you are stuck and what the issue is that blocks you from moving forward.

Directions:

Look over the next 5 pages, Consciousness Level Evaluation & Life Issues by Archetype. Read the descriptions of the 5 levels under each archetype --- Shadow and levels 1 thru 4. Pick the level that best describes where you are at right now and put an X in the appropriate box on the form. Then write down the issue that keeps you from going to the next higher level. If you don't understand what the description means – that's a good indication that you are not there yet – so write down only those levels that make sense to you. Add all your scores and divide that number by 12 for your average score.

NAME:

DATE:

ARCHETYPE	CURRENT LEVEL (X)					ISSUES
	SHADOW 0	1	2	3	4	
INNOCENT						
ORPHAN						
SEEKER						
LOVER						
WARRIOR						
CAREGIVER						
DESTROYER						
CREATOR						
MAGICIAN						
RULER						
SAGE						
FOOL						
						AVERAGE SCORE:

12 ARCHETYPES CONSCIOUSNESS EVALUATION

INNOCENT

- SHADOW: Denial, repression, blaming, conformity, irrational optimism, and risk taking
- LEVEL 1: Safe, secure environment; a desire to be protected, to experience unconditional love and acceptance
- LEVEL 2: Unquestioning acceptance of environment, authorities; belief that the world as it is being experienced is all there is; dependence
- LEVEL 3: Experience of the “fall” - disillusionment, disappointment-but retention of faith and goodness in Adversity
- LEVEL 4: Return to Paradise, this time as a wise Innocent; trust and optimism without denial, naiveté or dependence

ORPHAN

- SHADOW: Cynicism, callousness, Masochism or sadism; using the victim role to manipulate the environment
- LEVEL 1: Abandonment, betrayal and self-betrayal, disillusionment, discrimination, victimization
- LEVEL 2: Learning to acknowledge the truth of one’s plight and feel pain, abandonment, victimization, powerlessness and loss of faith in people and institutions in authority
- LEVEL 3: Accepting the need for help; being willing to be rescued and aided by others
- LEVEL 4: Replacing dependence on authorities with interdependence with others who help each other and band together against authority; developing realistic expectations

SEEKER

- SHADOW: Excessive ambition, perfectionism, pride, inability to commit, addictiveness in general.
- LEVEL 1: Alienation, dissatisfaction, emptiness, opportunity knocking
- LEVEL 2: Exploring, wandering, experimenting, studying, trying new things
- LEVEL 3: Ambition, climbing the ladder of success, becoming the best you can be
- LEVEL 4: Spiritual searching, transformation

LOVER

- SHADOW: Jealousy, envy, obsessive fixation on a love object or relationship, sexual addiction, Don Juanism, promiscuity, obsession with sex or pornography, or (conversely) puritanism
- LEVEL 1: infatuation, seduction, yearning, falling in love (with a person, an idea, a cause, a work)
- LEVEL 2: Following your bliss, what you love
- LEVEL 3: Bonding with and making commitments to whom and what you love
- LEVEL 4: Radical self-acceptance giving birth to the Self and connecting the personal with the transpersonal, the individual with the collective

WARRIOR

- SHADOW: Ruthlessness, unprincipled and obsessive need to win, use of power for conquest, a view of all difference as a threat
- LEVEL 1: Confrontation of a great challenge or obstacle
- LEVEL 2: Fight for self or others to win or prevail (anything goes)
- LEVEL 3: Principled fight for self or others; abiding by the rules of a fair fight or competition; altruistic intent
- LEVEL 4: Forthright assertiveness; fighting or competition for what really matters (not simply personal gain); little or no need for violence; preference for win/win solutions; conflict honestly aired; increased communication, honesty

CAREGIVER

- SHADOW: Suffering martyr; devouring mother or father; “guilt-tripping” or guilt ridden behavior; enabling behaviors (which aid and abet other people’s addiction, irresponsibility, or narcissism)
- LEVEL 1: Responsibilities that require care of others (like parenting, for example)~ recognition of another’s neediness or dependence (or your own)
- LEVEL 2: Conflict between your own needs and those of others; tendency to sacrifice your own needs to what others need or want from you; rescuing
- LEVEL 3: Learning to care for yourself so that caring for others is enriching not maiming; learning “tough *love*”; empowering-not doing for-others
- LEVEL 4: Generativity; willingness to care and be responsible for people (and perhaps also for animals and the earth) beyond your own immediate family and friends; community building

DESTROYER

- SHADOW: Self-destructiveness (including drug and alcohol abuse, suicide) and/or destruction of others (including murder, rape, defamation of character)
- LEVEL 1: Experience of pain, suffering, tragedy, loss
- LEVEL 2: Confusion, grappling ‘with meaning of death, loss, pain
- LEVEL 3: Acceptance of mortality, loss, and relative powerlessness
- LEVEL 4: Ability to choose to let go of anything that no longer supports your values, life, and growth, or that of others

CREATOR

- SHADOW: Creation of negative circumstances, limited opportunities, obsessive creation, workaholism
- LEVEL 1: Daydreams, fantasies, images, or flashes of inspiration
- LEVEL 2: Opening to receive visions, images, hunches, inspiration
- LEVEL 3: Allowing yourself to know what you really want to have, do, or create
- LEVEL 4: Experiments with creating what you imagine-allowing yourself to let your dreams come true

MAGICIAN

- SHADOW: Evil sorcerer or wicked witch, synchronistic negative occurrences, calling negativity to oneself or turning positive into negative occurrences
- LEVEL 1: Physical or emotional illness, or extrasensory or synchronistic experiences
- LEVEL 2: Experiencing healing or choosing w notice extrasensory or synchronistic experiences
- LEVEL 3: Grounding inspiration by acting on your visions and making them real; making your dreams come true
- LEVEL 4: Consciously using the knowledge that everything is connected to every-thing else; developing mastery of the art of changing physical realities by first changing mental, emotional, and spiritual ones

RULER

- SHADOW: Controlling, rigid, tyrannical, and manipulative behaviors; the ogre tyrant
- LEVEL 1: Lack of resources, harmony, support, or order in your life
- LEVEL 2: Taking responsibility for the state of your life; seeking healing of wounds or areas of powerlessness that are reflected in scarcity in your outer life; concerned primarily with your own life or your own family
- LEVEL 3: Developing skills and creating structures for manifesting your own dreams in the real world as it is; concerned with the good of whatever group or community you belong to
- LEVEL 4: Fully utilizing all resources-internal as well as external; concerned with the good of society or the planet

SAGE

- SHADOW: Cut off, unfeeling, “Ivory tower”, “above it all”; critical, judging, or pompous behaviors and attitudes
- LEVEL 1: Confusion, doubt, deep desire to find the truth
- LEVEL 2: Search for “the Truth” and for objectivity
- LEVEL 3: Skepticism, awareness of multiplicity and complexity of truth, all truth seen as relative; acceptance of subjectivity as part of the human condition
- LEVEL 4: Experience of ultimate truth or truths; wisdom

FOOL

- SHADOW: Self-indulgence, sloth, gluttony, irresponsibility
- LEVEL 1: Boredom, ennui, desire to have more enjoyment in life
- LEVEL 2: Life is a game to be played for the fun of it (Fool)
- LEVEL 3: Cleverness used to trick others, to get out of trouble, to find ways around obstacles, to tell the truth without impunity (Trickster)
- LEVEL 4: Life is experienced fully in the moment; life is celebrated for its own sake and lived in the moment, one day at a time (Wise Fool or Jester)

LIFE ISSUES by ARCHETYPE

SECURITY

INNOCENT:

The Innocent is the prefallen person who lives-or tries to live-in Eden. The Innocent's gift to the world is trust, optimism, and belief in things as they are. At the lowest level, belief is preserved by denial, at the highest level, by transcendence.

ORPHAN:

The Orphan has the same wish as the Innocent-to live in a safe world-but the Orphan feels betrayed, abandoned, victimized. At the lowest level, the Orphan is a confirmed victim and cynic at a higher level, the Orphan simply reminds us of his or her vulnerability and interdependence

IDENTITY

SEEKER:

The Seeker explores internal and external realities and is willing to give up security, community, and intimacy for autonomy. Seekers find out who they are by differentiating themselves from others. At worst, they are just outsiders. At best, they find their unique identities and vocations.

LOVER:

Lovers find out who they are by discovering who and what they love. At a lower level, the lover may love only a few people, activities, or things. At a higher level, Lovers expand that love to enjoy and respect all of life's diversity.

RESPONSIBILITY

WARRIOR:

The Warrior defeats the villain and rescues the victim. Warriors are courageous and disciplined, imposing high standards on themselves. At worst, they run roughshod over others. At best, they assert themselves appropriately to make the world a better place.

CAREGIVER:

Caregivers take care of others even when doing so requires sacrifice. They give to make the world a better place for others. At worst, the Caregiver's sacrifice is maiming or manipulative. At best, the Caregiver's giving is compassionate, genuine, and of great help to others.

AUTHENTICITY

DESTROYER:

When the Destroyer is active within a person, what we see are the effects of tragedy and loss. At best, this initiatory loss leads to a greater receptivity to new Ideas, empathy and compassion for others, and a deeper knowledge of their own identity and strength. At worst, it simply disseminates a personality, and we see before us simply a ruin of what was.

CREATOR:

When the Creator is active within a person, that person is in the process of discovering or creating a more adequate sense of Self. At best, this new identity is transformative and leads to a more fulfilling and effective life. At worst, it is simply an experiment, and the person retreats or goes back to the drawing board to start over.

POWER

MAGICIAN:

Magicians create new realities, transform old ones, serve as catalysts for change, and “name” and thereby create reality. At worst, their efforts can be “evil sorcery.” At best, they discover empowering, win/win solutions.

RULER:

The Ruler in each of us understands that we are responsible for our inner and outer lives; the buck stops here. At worst, the Ruler is a despot, at best, the Ruler’s order is inclusive, creating inner wholeness and outer community.

FREEDOM

SAGE:

Sages find freedom through understanding the big picture (Global or cosmic) and a capacity for detachment. At the lowest level, the Sage may have little interest in the ordinary, mundane pleasures of life. At the highest level, however, the Sage combines detachment with love, wisdom, and joy in life.

FOOL:

The Fool finds freedom through unconventionality and a capacity to enjoy every moment. The Fool lightens us up, finds clever, innovative, and fun ways around obstacles-intellectual or physical. At worst, Fools are irresponsible. At best, Fools live lives of joy because they live fully every moment.

ADDENDUM F: BIBLIOGRAPHY

The following 7 books and/or audio programs aren't just resources for this program. They are a path to go deeper into the concepts that have been highlighted here. All are recommend for reading or listening to.

Parent Effectiveness Training (PET) - Thomas Gordon – Active Listening

Seven Habits Of Highly Effective People – Steven Covey - Great audio programs!

Please Understand Me – David Keirsey - Good intro to Meyers–Briggs Types

Spiral Dynamics – Beck's CDs or the book by Beck and Cowan

Kosmic Kosciousness (by Sounds True) - Ken Wilber — 10 CDs

Spirit Releasement Therapy – William Baldwin

Rise of Superman and Stealing Fire - Steven Kotler and [Jamie Wheal](#)

Other good resources:

The Silva Life System -- <http://www.thesilvalife.com/products/demo>

Hypnotherapy: <http://www.alchemyinstitute.com>

Internal Family Systems Therapy - Richard C. Schwartz Ph.D.

Core Transformation – Connirae Andreas - book on positive intent – web site is also a good source

Sub-Personalities (The People Inside Us) – Rowan

Documentary: “The Work” . Movie about doing this work in Folsom Prison, available on Amazon streaming. See <https://www.facebook.com/theworkmovie/>

ADDENDUM G: WILLIAM BALDWIN'S ORIGINAL RELEASE SCRIPTS

SEQUENCE OF AN EARTHBOUND SPIRIT RELEASEMENT

Once an entity has been discovered there is a specific sequence of information gathering questions. The first question assists in differentiating between the dark energy or demonic being and the earthbound spirit of a deceased human

T: "Have you ever been alive in your own human physical body?"

If the answer is affirmative, then there is a series of questions which will lead to more precise diagnosis. The responses will assist the therapist in determining which category best fits the attached discarnate entity. If the answer is negative, attention is focused on the categories of non-human entities and energies.

If the discarnate entity claims a history of human life, the therapist asks for information in the following order:

T: "Are you male or female?"

T: "How old are you?"

The spirit of an older female may hedge or hesitate to answer. Discretion and sensitivity must be used in finding the approximate age.

T: "Are you over 10? Are you over 20? Are you over 30? (etc.)"

A pause between each question will assist a confused entity in recalling its age. The terminated pregnancy does not know its age in years. Such a spirit does know how far along in the pregnancy it was.

T: "What year is it for you?"

The earthbound spirit is fixated in the year of its death. The mind fragment of a living person knows the present date. The terminated pregnancy is not aware of the date.

T: "What is your name?"

"How do people address you?"

"When someone calls you by name, what name do they use?"

T: "How old was _____ (client's name) when you joined her in this life?"

The earthbound and mind fragment will know the person's age at that time.

T: "What attracted you to her?"

"Was it mutual in any way?"

"Did she invite you to come in?"

"Did you ask if you could join her like this?"

"Did she give you permission to join?"

"What allowed you to attach to her like this?"

"What was the opening that allowed you to get in?"

“How was she vulnerable to you?”

“How was she susceptible to you?”

This sequence of questions furnishes valuable information for the ongoing therapy in healing the vulnerability which allowed the attachment.

The therapist next gathers data regarding the nature and extent of the interference and damage caused by the attachment.

T: “How have you affected her physically?”

“How have you affected her mentally?”

“How have you affected her emotionally?”

“What damage have you caused her by being here?”

With the successful resolution of the conflicts which hold the entity attached, the entity is ready and more than willing to go. The being is directed to focus upward and to describe what it perceives. It is most often a brightness, a Light, brilliant and warm. With the resolution of the earlier resistance the Light is very close or surrounding the entity.

T: “Is there anyone there? Is there anyone in the Light? Can you see the forms of any people?”

The guiding spirits usually appear in the Light. If there is nobody visible or perceivable, the therapist prompts the entity to look deeper into the Light.

T: “Think of someone who knew and loved you when you were younger. Look deeper into the Light. Is there anyone there? Is there someone in the Light that you recognize and trust?”

The one who comes most often as a guiding spirit from the Light is the mother of the entity. Next most often is grandmother. Brothers, sisters, aunts or uncles, even children can come as guides. Occasionally father comes, especially if there was conflict with father while both were living. This is a time when that conflict can be healed. Buddies who died in a war often come for a soldier who died in combat. Some entities do not recognize the guides; they look like angels, and that is enough. The entity, through the client, will describe hands reaching out.

T: “How does it feel when she takes your hand?”

When the entity takes the hands of the guiding spirit from the Light, it is most often described as “warm.” The next most common descriptions are “strong,” “safe,” “friendly,” or “good.” If the hand is described as “cold,” “rough” or in any way unpleasant, this is a deceiver who has come to take the spirit to a different place, usually the dark side.

T: “Is there anything you would like to say to her before you go?”

Usually, it is an apology for any harm that has been done, a plea for forgiveness and the expression of love.

T: "Now that you are connected with the Light, do you feel stronger?"

C: "Yes."

T: "Can you reach back and repair the physical damage you have caused? Ask the guiding spirit to help you. Can you do that? Please tell me when that is done."

C: "Yes, I'm doing that now." (pause) "It's finished."

T: "Thank you. Will you reach in and remove the thought patterns and beliefs which you imposed on this one's mind?"

C: "Yes, I can do that." (pause) "That's done now."

T: "Please remove any emotional residue that was yours. She does not need to continue to carry any of your emotional burdens."

C: "Yes, I've done that now."

T: "Thank you. Are you ready to move on into the Light?"

C: "Yes, I want to go. Thank you."

T: "You are welcome. We send you home to the Light, with love, and we say farewell."

The final step is the Sealing Light Meditation. (page 208 in the Technique Manual)

T: "Close your eyes and focus inside. Focus deep inside to the very center. Find your own spark of Light there, your own Light, deep inside. Feel it, see it, sense it there, imagine it there, deep inside you. Imagine that the spark of Light glows warmly and expands in every direction, upward and downward. The Light expands all the way into the tips of your toes up to the top of your head, from fingertip to fingertip, filling every cell of your body. Imagine the Light expanding outward beyond the boundaries of your body about an arm's length in every direction, a shimmering bubble of golden white Light all around you."

It is very important and necessary to fill, metaphorically, the space left by the departing being or beings. The client is urged to repeat this visualization of the Sealing Light Meditation several times each day.

SEQUENCE OF A DEMONIC SPIRIT RELEASEMENT

There is a specific, logical sequence of events in the releasement of the dark-energy beings, the demonic spirits. Once the diagnosis of dark-energy being has been made, this sequence is followed. See page 328 in the Technique Manual.

1. "I call on the Light to guide and direct the session."
2. "I call on the Warrior Angels of Light to stand against the darkness that would interfere."
3. "Mighty Rescue Spirits of Light, surround this _____ (dark one, red eyes, growler, etc.) with a mesh of Light, a net of Light, a capsule of Light: impervious, impenetrable and inescapable. Squeeze the capsule tightly around this one."
4. "What did they tell you about the Light?" Usually they are warned to stay away from it, it is dangerous and harmful. Of course they will not approach and learn about the Light. They will be "kept in the dark" about the Light.
5. "What did they tell you it would feel like if the Light came this close?" Usually they say it would burn. The third deception is that the Light is harmful. "Is it burning?" They will say no.
6. "What did they tell you would happen to you if the Light came this close to you?" They are told they would be destroyed, they would cease to exist, disappear, die. The second deception is that they can be destroyed, that they can cease to exist. A God-created being is eternal and cannot be destroyed. "Are you being destroyed, are you disappearing?" They will say no.
7. "Do you want to be free?" They usually say yes. "Look deep within yourself, deep into the center of your being. What did they tell you was inside you?" Usually they are told there is nothing but darkness, or pain, or emptiness inside. The first deception is that there is no Light within. The spark of God does not exist in them. The denial of God is a deception of the first magnitude.
"There is only one key to freedom, one escape, and it lies at your center. Look for your own key to freedom." It will locate its own spark of Light. It will be described as a candle, a flame, a diamond, a crystal, a pearl, a little spark, or something like that.
8. "What happens to that little (use its word for the spark) as you continue to observe it?" It will grow larger and brighter.
9. "How does it feel?" It will feel warm.
10. "Step into the Light and become the Light. How does that feel?" It feels good, strong, peaceful.
Discovery of its own Light, moving into that Light, and becoming the Light is the process of transformation of this little dark being. The darkness will disappear along with the hostility and destructive behavior. They may want to take a new name, or the therapist can call them "little friend."
11. Dialogue with the one inside the capsule. Discover the vulnerability which allowed the attachment to the client, the purpose for attaching and the effects of the attachment.
12. "Would you like to begin to balance some of the damage you have caused?" It will usually say yes. "Call to all of your underlings, your associates that are attached to this person (the client), attached to any other family member, friends or co-workers. Call out across the horizons of time and space and dimension, across the carpet of time, past, present, future, to all your underlings, associates and all those of equal rank and stature. Do you understand what I am asking of you?" They usually do, and they agree to do this. The transformed dark one will

assist in summoning its underlings and subordinates, its associates and those of equal rank and stature.

13. The therapist calls out. "In the name of the Light I call out across the horizons of time and space and dimension to those of higher rank and stature, and for all the dark replacements, unto the end of the replacements for all these who are choosing the Light this day. I call on the Rescue Spirits of Light to gather these dark ones that come, each in its own capsule of Light, and transport them to their appointed place in the Light."
(The therapist speaks to the transformed dark one) "Urge all these who come to find their own spark inside as you did. Are they doing this?" They usually do it immediately.
14. "Rescue Spirits of Light, lift this one home to its own appointed place in the Light. Is there anything you want to say to this person (the client) as you go?" Usually there is an apology for the harm caused, sometimes an expression of love.
"In this moment, we send you home to your own place in the Light and we say farewell."
15. "I call on Archangel Michael and the Legions of Heaven to gather every dark one along every thread of any and every dark network involved or associated in any way with _____ (the client) the ancestors, the offspring, including those yet unborn, with anyone who has married into this family or has been connected in any way. Move them all into their own appointed place in the Light."
16. "I request that the Legions of Heaven continue this gathering of the dark ones, and to lift the path of freedom far, far from anyone involved in the session, the places in which we work and our residences, and far from the earth plane."
17. "I call for the Mercy Band of Rescue Angels of Light to gather and take home to the Light all those earthbound spirits now freed by the dark-energy beings as they are being lifted to their appointed place in the Light."
18. "We give thanks to all those who assisted in the rescue work this day."

For the client (or entity) who has made some sort of contract with the dark forces in this or another lifetime, the Renunciation of the Darkness is appropriate. (pg.316)

T: "Would you like to break that false contract? Are you willing to declare the renunciation of the dark forces and pronounce your separation from the pact?"

The client (or entity) usually says yes.

T: "Repeat these words. Make them your own. You must repeat them as your own: In the name of the Light, I rebuke you, darkness."

The client repeats the sentence.

T: "I renounce all activities of the darkness."

The client repeats.

T: "I revoke all contracts, agreements, bargains, rituals, initiations, and ceremonies with the darkness." (The therapist may have to repeat these one word at a time.)

The client repeats.

T: "Throughout eternity, for as long as my soul exists."

The client repeats.

T: "In the name of the Light, it is so."

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SEQUENCE OF AN EXTRATERRESTRIAL RELEASEMENT

Once an entity has been discovered there is a sequence of information gathering questions. The first question assists in differentiating between the dark energy or demonic being and the earthbound spirit and the extraterrestrial.

T: "Have you ever been alive in your own human physical body?"

If the answer is "no", attention is focused on the categories of non-human entities and energies. Information is gathered with the following questions.

T: "How old was _____ (client's name) when you joined her in this life?"

T: "What attracted you to her?"

"Was it mutual in any way?"

"Did she invite you to come in?"

"Have you known her in another time or another place?"

"Did you ask if you could join her like this?"

"Did she give you permission to join?"

"What allowed you to attach to her like this?"

"What was the opening that allowed you to get in?"

"How was she vulnerable to you?"

"How was she susceptible to you?"

This sequence of questions furnishes valuable information for the ongoing therapy in healing the vulnerability which allowed the attachment.

The therapist next gathers data regarding the nature and extent of the interference and damage caused by the attachment.

T: "How have you affected her physically?"

"How have you affected her mentally?"

"How have you affected her emotionally?"

"What damage have you caused her by being here?"

The next question will usually differentiate between a dark energy being and an extraterrestrial.

T: "Where are you from?"

The dark energy beings will often claim their source is the dark or the darkness. Et's will simply state: "...from far away."

T: "What is your purpose here? What is your function, what is your assignment with _____ (client's name)?"

The dark energy beings will claim ownership, will proudly proclaim their function is to destroy the person, they will admit to getting in the way, holding the person back or down, and will generally present a hostile attitude.

The extraterrestrial will often present as benign, even surprised that you are questioning or challenging them. The et often claims the mission is to gather information on the surrounding environment through the sensory apparatus of the person. They may be gathering information on the human psyche. Remind them of the prime directive (à la Star Trek) of non-interference with a sentient species, i.e. human beings.

T: "I claim in the name of humanity that we are a sovereign species and demand that you withdraw from this and all other such humans you and your people have intruded upon in this way."

They will often agree immediately. Ask to speak to the captain, chief, first officer or science officer in charge of this group. That one is usually aboard a mother ship near the earth, probably a multi-dimensional craft. From that one, you can ask to be cross-connected to headquarters on the home planet or home location. You will get the High Council or Regent or whatever they call their president. Be bold but not arrogant, firm but not demanding, and respectfully request they withdraw from this place and our peoples. They will usually agree. The rescue effort begins and the questions are again focused on the attached et.

T: "What color is the Light in your Universe?"

It will be described as blue, green, violet, pink, lemon-silver, or some other color. The therapist calls for help from their own Light beings.

T: "I call on the Rescue Spirits of Light from the Pink Light Universe. There are some of your people here who are ready to come home. (pause)
(to the et attachment) "Can you see them coming? Do you recognize them?"

They usually do. And they go home to their own Universe willingly.

The et's sometimes state their intent is simply to take over this person and eventually the world. And there is nothing you or anyone else can do about it. It is a quietly arrogant statement of power and certainty, not blustery defiance of the dark energy beings. The et's who want to take over and control are under the influence of the higher dark energy beings. These demons are major soul thieves. These are the powers and principalities of the Universe. This requires two lines of pursuit by the therapist; before going through the chain of et command, the dark ones must first be addressed. They are treated like any other dark energy beings.

The therapist begins with the dark one controlling this et, then asks for the immediate superior (usually called a commander) and on up the chain of command of dark ones. The one in charge of this alien civilization is a high prince or princeling of darkness. The Council sold out to the dark force in return for power. They literally sold the souls of all their peoples to the devil.

After the dark ones have been discharged properly, the et's have no further interest in taking over any humans. Or another planet. They usually describe having enough problems on their own home planet. The therapist asks the color of the Light in the et's Universe. The Rescue Spirits from that Universe arrive for the rescue.

T: "Is there anything you would like to say to her before you go?"

Usually, it is an apology for any harm that has been done, a plea for forgiveness and the expression of love.

T: "We send you home to the Pink Light Universe, with love, and we say farewell."

The final step is the Sealing Light Meditation. (page 208 in the Technique Manual)

T: "Close your eyes and focus inside. Focus deep inside to the very center. Find your own spark of Light there, your own Light, deep inside. Feel it, see it, sense it there, imagine it there, deep inside you. Imagine that the spark of Light glows warmly and expands in every direction, upward and downward. The Light expands all the way into the tips of your toes up to the top of your head, from fingertip to fingertip, filling every cell of your body. Imagine the Light expanding outward beyond the boundaries of your body about an arm's length in every direction, a shimmering bubble of golden white Light all around you."

It is very important and necessary to fill, metaphorically, the space left by the departing being or beings. The client is urged to repeat this visualization of the Sealing Light Meditation several times each day.

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SEQUENCE OF A REMOTE SPIRIT RELEASEMENT

The person who is to act as the medium or connecting link for the remote releasement must first be cleared of her own spirit attachments. The client is directed to visualize the target person face to face.

T: "Look into the eyes of _____ (the target person) Can you see the eyes?"

C: "No, he is turning away from me."

T: "Call to him, ask him to look at you."

C: "Good, he is looking this way."

T: "Look deep into the eyes. Can you feel the connection?"

Often the client will move, even twitch or jerk slightly. This indicates the moment of connecting psychically with the other person.

T: "I call for High Self permission to proceed with this work. What do you sense as an answer, yes or no?"

The client will usually describe a feeling of warmth, a smile on the face of the other person, a nod of the head, a shout of "YES" from the other, even a written message that reads "YES." Rarely does the response come back as "no."

T: "Look deep into the eyes of the other. Is there something there? Something else there? Is there something else looking out the eyes? Is there another face superimposed on his? Are there any other faces hovering around his head? What do you sense, what to you perceive?"

The client may describe other eyes looking out from his eyes or from behind his eyes. There may be a dim outline of another face over his like a transparent mask. There may be other faces hovering close by.

It is essential for the client acting as the intermediary in the remote work to refuse permission for these entities to come in and take control of her body or voice. This is especially true for the dark ones who will be more intrusive and aggressive. They want to come in and take over. Unfortunately, they don't want to leave after they get in.

It is important for the client to establish this boundary, to pronounce the refusal at this time. The therapist speaks these words aloud and the client repeats.

C: "I do not give you permission to approach me. I refuse you permission to enter my body or use my voice. I do not give you permission to touch me or influence me in any way. I will repeat your words."

T: "Do not touch her body in any way. She will repeat your words. I call out to the one looking out from behind his eyes. Step forward. What is the first thing you want to say to us?"

Or, "I call out to the one in charge here. I call out to the strong one with this man. The

one in charge, what's your name?"

Or, "I call out to the one who likes the alcohol."

Or, "I call out to the one with _____ (the person's name) who likes the drugs."

Or, "I call out to the one who _____ ." (descriptor of the problem)

This will usually elicit a response from the designated spirit. The descriptor can be any problem or condition afflicting the target person as outlined by the client.

From this point, the procedure for the remote spirit releasement is the same as for direct spirit releasement, earthbound, extraterrestrial, and dark.

The client takes responsibility for continuing the visualization of filling and surrounding the other person with the Sealing Light Meditation. When the process is complete, the therapist calls on spiritual help for the target person.

T: "We call on the High Self to descend into the body of this one, and to remain and assist as the healing and integration continue. We ask the Healing Angels of Light to touch in to this person to heal what can be healed, to restore to wholeness that which is damaged. We call on the Warrior Angels of Light to walk with this one in the days and years of his life, to guard against any further intrusion of dark spirits. We ask this in the name of the Light."

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