

DAILY READING

DAY 14

The Positive Intent Process

All sub-personalities or parts of us, have positive intent no matter how bad the behavior.

Discovering the positive intent is key to transformation.

We can discover the positive intent of a part or a person by using The Positive Intent Process.

This process essentially consists of asking a person what they want, invite them to imagine having what they want ,and then asking what they get from having it. You then repeat the imagine step until they get to their Positive Intent.

This is shown in more detail below.

THE POSITIVE INTENT PROCESS

Mentor asks: What do you want?

A. Mentee answers: FREEDOM *(this is an example of one possible answer)*

B. Mentor Echo's answer: FREEDOM (or: I hear you say FREEDOM)

C. Mentor continues: Imagine having FREEDOM fully and completely,
Breathe it in. Be with it. ...(pause)..... Allow yourself to feel this
FREEDOM in every part of your body..... Now, having
FREEDOM fully and completely, What do you get from that?

A. Mentee answers: ADVENTURE

B. Mentor Echo's answer: ADVENTURE

C. Mentor continues: Imagine having ADVENTURE fully and completely,
Breathe it in. Be with it. ...(pause)..... Allow yourself to feel this
ADVENTURE in every part of your body..... Now, having
ADVENTURE fully and completely, What do you get from that?

Repeat A, B & C until person gets to a 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.

Allow Mentee to spend some time enjoying the core state.

END OF PROCESS

NOTE: In the Session Guide we will shorten this Positive Intent Process description as follows:

POSITIVE INTENT PROCESS

What do you want? *[mentee answers]*

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 **words in bold** until the voice gets to a Core State: i.e. 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.)

ADDITIONAL COMMENTS

When facilitating the Positive Intent Process, please work with whatever answer the Mentee gives you.

Most times, Mentee's answers will become more and more positive as you go through the process.

Sometimes, however, they will suddenly come up more negative. I.e. they can go from Freedom, to Adventure, to Joy and then to Fear.

Simply continue with the process using "Fear" or whatever the negative response may be.

Within one or two rounds they will usually return to positive responses and then to a Core State.

If voice or “part” continues with negative responses, this is a rare case which will be addressed in Phase 1.

For now, thank the voice for coming forward and say goodbye for now.

EXAMPLE OF POSITIVE INTENT PROCESS

What Do You Want?

Freedom

I hear you want Freedom.

So imagine that you have freedom fully and completely, breathe it in and be with that for a moment.

You're totally free. (pause) ... Feel that Freedom in every cell in your body.....

And now that you have freedom fully and completely, what do you get from that?

I get to be me.

That's right, you get to be you.

Now imagine that you are fully you, you have total freedom to be yourself , breathe that in and be with that feeling for a moment, being fully who you are... (pause) ..

Allow your body to take that in, you being you in every way possible...and when you get to be you fully and completely, what do you get from that?

I'm OK.

Absolutely, You're OK.

So breathe that in and now imagine knowing that you are OK. Fully and completely OK. Spend some time here and be fully with this feeling that you are OK..

Now, from this place of being OK, I invite you to go Beyond Imagination and spend some time wherever that takes you.

If anything comes up for you that you would like to share, let me know.

Take as much time as you like.

MENTORS SESSION GUIDE

DAYS 14 & 15

INTENTION

- To introduce and experience the Positive Intent Process
- To share what you want most from this full Omega Point Program
- A is Mentor on Day 14. B is Mentor on Day 15.

CHECK-IN

Mentor:

Let's check-in. As we did last session, please share how you are feeling physically, emotionally and mentally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today.

I'll start.

[both partners check in]

POSITIVE INTENT

Today we will learn a new process, called the Positive Intent Process.

I will be taking you through this process and will start by asking you the same question I asked you several days ago.

That question will be: What do you want most from this full Omega Point Program?

As we move through this process, I invite you once again to share whatever comes up for you. Are you ready to start?

OK. Please close your eyes. Take a deep breath and let it out slowly. Take another deep breath and move your consciousness into your body. Allow yourself to become more relaxed and aware of your body as you start to breathe normally.

Now, What Do You Want Most from this Omega Point Program?

[mentee answers]

THE POSITIVE INTENT PROCESS

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. Take all the time you need and let me know when you feel complete.

(Allow Mentee a few minutes to enjoy this Core State and then continue.)

CLOSURE

How do you feel?

Is there anything you'd like to share about your experience of Beyond Imagination?

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.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK

Person B - Please review the Daily Reading for Day 14 before being the mentor for Day 15.