

DAILY READING

DAY 21

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.

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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.

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.

MENTORS SESSION GUIDE

DAY 21

INTENTION

- To visit Sacred Space
- Take a journey up into the sky and find a new part
- Invite Ruler

CHECK-IN

Please check-in using PEMS and remember to include your Mission Statement.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to experience going on a journey from your Sacred Space and see what you may find.

We'll also be inviting in one more important part of you if we have time.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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. Note any sensations in your body, any images, messages or insights that may come up.

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

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

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.

Please share what each part says after they are complete.

JOURNEY

Ask your Higher Self if it is OK for you to go on a journey from your Sacred Space today. Say that you would like to take a journey straight up from your Sacred Space to see what adventures or parts can be found in the sky above.

Follow any suggestions or directions from your Higher Self .

When you are ready, you may want to start at the center of your Inner Circle.

Take a deep breath and you may soon find yourself rising up from the floor or ground and easily going through whatever ceiling or roof there may be to your Sacred Space.

Continue to rise slowly above your Space and allow yourself to observe your Sacred Space and the surrounding area from this higher perspective.

Make note or feel free to share whatever grabs your attention as you go.

As you continue to rise, allow yourself to be with this feeling of moving away from the landscape below and into whatever may lie ahead of you.

Notice whatever clouds might be present and anything else that you may notice as you continue on your upward journey.

As you move into and maybe past some local clouds, you may sense that there is something or somewhere that is pulling you toward it.

Allow yourself to float up or over to this attracting force and notice that you may be speeding up or slowing down as this attracting force continues to pull you toward it.

As you allow yourself to come closer to this unknown destination, notice what you begin to see ahead of you.

As you start to near this destination, allow yourself to slowly approach what appears to be a landing spot of some sort.

Look around and you may notice what has been pulling you towards this place. See what may be the reason you've been brought here.

Take a few moments to observe who is there and what is happening.

What do you see?

If you see any structures or places, continue on your adventure until you meet someone or some being that you can interact with.

Greet them warmly and ask if they have something to say to you.

Get to know them and if appropriate ask the usual questions:

Are you a part of me? (if not, ask if they have a message for you)

What role do you play in my life?

Would you like to come with me to my Sacred Space?

Bring to Sacred Space.

Welcome them in and introduce them to your parts.

Ask if any parts have a question for them.

Ask your Higher Self and Guardian if it is OK for this new part to stay.

Have them make themselves at home.

INVITE IN SOVEREIGN (if time allows)

Ask your Higher Self if it would be OK to invite in a new part today?

If OK, ask your Higher Self to invite in your King/Queen, the part of you that embodies the Archetype of the Sovereign or Ruler.

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see?

Ask which part would like to conduct the greeting ritual this time. Repeat the previous Greeting Ritual.

Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee]? If yes, welcome them to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)

What role do you play in [mentee's] life?

Are you willing to serve in this Realm?

Do you have any questions or requests of us?

Do you have something you'd like to share with [mentee]?

(when questions are complete, mentor says to mentee)

Ask Higher Self if they would like to address the new part.

Thank your new part for coming forward today and have them make themselves at home.

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 having more energy than previously.

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

Is there anything else you need to feel complete for today?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION