

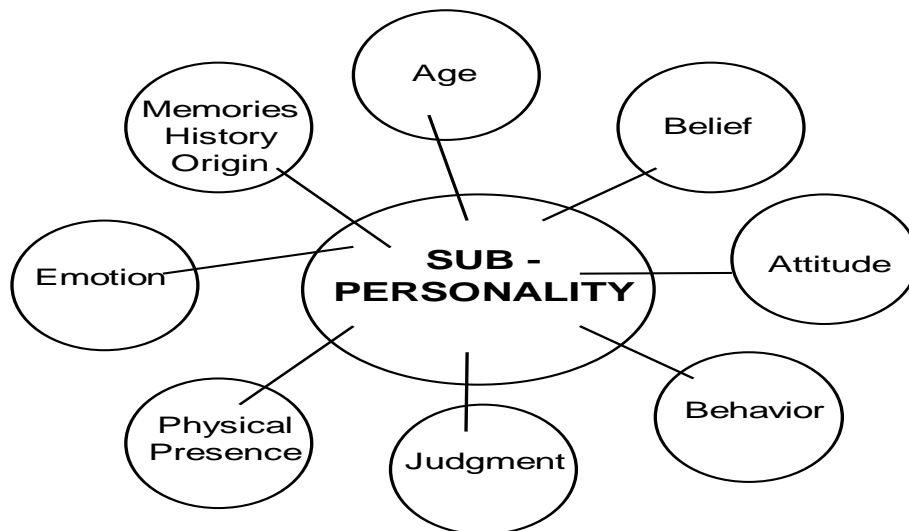
DAILY READING

DAY 9

Introduction to Parts

Today and in the coming days, we will be working with your parts. The following is a brief overview of what parts are and how we can be with them in a good way.

A part is a simplistic, individual, sub-conscious personality with singular characteristics, beliefs and behaviors. (Computer Analogy: A Sub-routine)



A part is oftentimes created / split-off as a result of a childhood trauma. We refer to our sub-personalities when we say:

“a part of me wants to do this and a part of me wants to do that”

Sub-personalities are located in your sub-conscious mind and are the means by which we can communicate with and directly heal (re-wire) your sub-conscious

John Rowan’s book: *Subpersonalities: The People Inside Us*, summarizes his study of many healing approaches from Freud, Jung to Family Systems. He writes that all the approaches he studied have sub-personalities as their fundamental perspective.

The movie “Inside Out” may be worth watching as it is focused on this concept of parts.

Most energies referred to as "shadows" can be viewed as a dis-functional or immature part. Many feelings such as shame, guilt, sadness and fear can be addressed by working with the part that is feeling that emotion.

Parts Work Preview

WHOLES AND PARTS

- Everything is a WHOLE made up of PARTS
- As a WHOLE, you can heal and empower your PARTS
- Leadership skill building starts here!

YOUR PARTS: SUB-PERSONALITIES

- Many parts are immature with ineffective behaviors. They need mentoring.
- Transforming your parts, transforms your life.
- Working with sub-personalities is common to all healing modalities.

PARTS WORK IS ACCESSING PARTS DIRECTLY OR INDIRECTLY

- Mentor can talk directly to a part after Mentee "becomes" the part
 - Move your chair or body to become the part (Direct)
- Mentor talks indirectly to part by talking to Mentee, who then talks to part.
 - Speak to the voice inside your head (Indirect)

ONCE ACCESSED, WE TREAT PARTS WITH LOVE & RESPECT

- Helping them reach their full potential
- Using Communication Skills and Healing Processes that work!
- We move from *embracing* "shadows" to *transforming* them into allies

HEALING PARTS LEADS TO GREATER SPIRITUAL CONNECTION

- Access to Your Authentic or Higher Self

Developing Rapport with a Part

Get on the same level as sub-personality. Match (don't mimic) body language, emotion and intensity.

Do Active Listening. Observe Do's and Don'ts

Allow your self-talk to quickly move from judgement, even repulsion, to curiosity - What is this? Say "I'm fascinated by you, tell me about yourself."

Have fun. Enjoy the personality. Be their friend - hold same values, judgments. (if it's the devil, be devilish!) Talk of common interests.

Talk about Mentee. Make fun of them and yourself if part does.

Acknowledge part, admire and compliment him/her.

Talk directly to "sub-personality" not about him/her.

Create safety for sad or childlike part.

Use invitational language always:

- In the distance, you MAY see....,
- I invite you to , or: Could you please....
- You may want to... , If it is OK with you, I suggest...
- The intent is to empower parts and Mentee.
- Never force, control or command anything! Be a Good Boss.
- Talk to them like they have all the power. In many ways, they do!

NEVER: Judge, admonish, give advice, shame, criticize, etc.

CAUTION:

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 disrupt your life if not treated with care and respect and total presence of mind when working with parts.

Careless actions may have negative consequences.

Active Listening with a Sensation

Close your eyes. I'm wondering if there is a part of your body that is trying to get your attention right now? This could be a chronic pain or any area of discomfort.

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

If that feeling were an object, what Shape would it be? What Size is it? What Color?"

Now give it a voice. What words is it saying? Say it again, louder.

Now, do the ECHO process with this voice, the same as you did with a voice in your head, previously.

ECHO (Say to the voice: So I hear you saying that "...")

Listen Notice what the voice is saying to you.

ECHO (Say to the voice: So I hear you saying that "...")

ListenNotice what the voice is saying now

ECHO

Listen and ECHO a few more times.

Continue until voice seems complete.

(Allow person to spend some time with the voice.)

You may now want to thank the voice for being here with us today.

Ask it if there is anything else it would like to say to you or if there is something else it needs right now to feel complete with this? Then use Active Listening.

When voice is complete, say thank you and goodbye for now.

Notice how the sensation may feel different now.

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

MENTORS SESSION GUIDE

DAY 9

INTENTION

- To practice Active Listening by working with a Sensation
- Giving it a shape, size and color and then a voice.

CHECK-IN

Please check-in using PEMS.

Remember to start with your Mission.

[mentee and mentor check in]

ACTIVE LISTENING

Today we want to offer you another opportunity to practice Active Listening.

This time you will start with a Sensation in your body.

The intention is to initiate a relationship with your body or a part of you that is creating an imbalance in your body.

We will be use only the ECHO from Active Listening.

I invite you now to breathe with me for a moment.

Take two or more deep breaths and move your consciousness into your body.

Close your eyes.

I'm wondering if there is a part of your body that is trying to get your attention right now?

This could be a chronic pain or any area of discomfort.

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

If that feeling were an object, what Shape would it be?

What Size?

What Color?"

Now give it a voice. What words is it saying? Say it again, louder.

Now, do the ECHO process with this voice, the same as you did with a voice in your head, previously.

Simply ECHO back to the voice what you hear it saying, and then listen for what it says next, and then ECHO, and continue with this until the voice seems complete.

[mentee speaks and does echo process with part speaking]

(Optional: If time allows, Mentor may continue the process by speaking directly to the voice and doing the Positive Intent Process.)

You may now want to thank the voice for being here with us today.

Ask it if there is anything else it would like to say to you or if there is something else it needs right now to feel complete.

When voice is complete, say thank you and goodbye for now.

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 SESSION

HOMEWORK

Please review the Daily Reading for Day 9.