

MENTORS SESSION GUIDE

DAY 15

INTENTION

- To do an induction and visit Sacred Space
- To invite in a Shaman, Power Animal and Innocent Child

CHECK-IN

Please check-in using PEMS. *[mentee and mentor check in]*

SACRED SPACE

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

We will do a brief check-in with the parts already present and invite in a few more specific parts. Any questions?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

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

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

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.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

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. *[mentee speaks]*

INNOCENT CHILD

Ask your Higher Self if it would be willing to invite in a very special part of you.

Ask if you have a childlike part of you that holds your innocence and connection to Spirit. It might be your golden child or a child that represents your most loving and lovable pure potential.

If your higher self says OK, you may soon see something coming towards you.

(if not ok or if child is already present, go to Power Animal below)

What do you see?

Allow the part (child) to be with whoever it wants. Offer to the part it sits with to ask for anything the child may want. In this magical place, see whatever it wants quickly appear for the child.

When the child seems settled in, ask your Higher Self if it would be OK for you to go look for your Power Animal or possibly just invite it in.

POWER ANIMAL / SHAMAN

Ask your Higher Self to share what a Power Animal is and what its role in your life may be.

Ask your Higher Self if they want to invite in a Shamanic part of you. This Shamanic part may be able to help you find your Power Animal.

If a shamanic part is invited in, What do you see?

Ask this new part if it is a part of you and what role it plays in your life.

Ask if it can help you find your Power Animal.

Follow the directions from your Higher Self or from your Shamanic part on how to find your Power Animal.

(If there is any confusion about how to proceed, simply have Mentee ask for their Power Animal to present itself in their Sacred Space)

You may be able to take the child with you or have it wait until you return with your Power Animal.

When you bring the Power Animal to your Sacred Space, give it time and space to interact with your parts.

When this feels complete, ask your higher Self if there is anything else that needs to be done today.

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here. Allow yourself to slowly come back to this time and place. 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?

How was that for you? Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION