

DAILY READING

DAY 8

Echo Process Introduction

Many self-help and spiritual disciplines start with how to handle negative voices in your head.

Buddhists refer to it as Monkey Mind and often quote a poem by Hafiz about 10,000 idiots.

The 10,000 Idiots

It is always a danger
to aspirants on the Path
When they begin to believe and act
As if the ten thousand idiots
Who so long ruled and lived inside
Have all packed their bags
And skipped town
Or
Died

One self-help book, says to put the inner voice on your elbow and make it sound like Donald Duck.

We believe that these approaches may be disrespectful to the voice and ultimately not helpful to you or the energy that this voice represents.

In this program we choose to believe that each voice represents a part of us or an energy that needs our help. We invite you to consider that you can treat these parts and energies with respect, which can help them and in the process, help yourself. Mocking, suppressing or denying these voices may not be helpful in the long run. Treating them with kindness, love and respect can be very helpful. No matter how mean, vicious or critical the voice, we can treat it with curiosity and patience.

This next process can be used to address a voice in your head, in a loving and respectful way, and most importantly, in an extremely effective way to bring not only relief from the negativity but also to bring about a more peaceful state of being.

THE ECHO PROCESS

Phase 1 – ECHO only

To connect with a negative voice inside your head in a positive way, use the ECHO from Active Listening about 4 to 6 times.

1. Listen Notice what the voice is saying to you.
2. ECHO (Say to the voice: So I hear you saying that “....”)
3. ListenNotice what the voice is saying now
4. ECHO
5. Listen and ECHO a few more times.
6. Continue until voice seems complete.

Allow person to spend some time with the voice.

At this point in the program, if a voice remains critical and negative after several rounds of Echo, simply acknowledge to the voice that you hear it and understand that it thinks you are a flawed mess.

Thank the voice for sharing with you today and that you hope to talk again soon.

Note: It is extremely important that you simply echo what the voice says. Do not argue with the voice, defend yourself, or use any other responses that you may normally use – no matter what the voice may say to you.

Repeat what the voice says, word for word. Except when the voice says “you”, say “I”.

I.e. Voice says: “You are an idiot”. Say: I hear you saying that “I am an idiot”

MENTORS SESSION GUIDE

DAY 8

INTENTION

- Mentee uses ECHO with a Negative Voice in their head

CHECK-IN

As usual, we will start with a check-in using PEMS and I invite you to start your check-in with your Mission Statement you developed yesterday.

I'll model this first today and please note again how I use "I" Statements and the 5 feelings.

[mentor and then mentee check in]

ACTIVE LISTENING

Today we offer you another opportunity to practice Active Listening.

This time with a critical or negative voice in your head.

These voices can be viewed as coming from a part of you that may need your attention and help.

What I will ask you to do is simply hear a voice and then echo back to it what you hear it saying to you. I. e. "I hear you saying that...."

I invite you to breathe with me for a moment. Take a few deep breaths.

Take one more and move your consciousness into your body.

Close your eyes and notice if there is an inner voice currently speaking that may be critical or irritating. Do you hear one?

(If no: Ask: Is there a negative inner voice you are familiar with? If it were present now, what would it be saying right now?)

Now, I invite you to speak directly to this voice by simply Echoing back to it what you hear it is saying.

Echo what it says by saying “I hear you say....”

Continue to listen and echo until the voice is complete for today.

[mentee speaks and does Echo Process with part speaking]

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.

CLOSURE

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

How was that for you?

How did it feel to listen to yourself in this way?

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 do the Daily Reading for Day 8.