

MENTORS SESSION GUIDE

DAY 18

INTENTION

- To Invite Mentee to begin visiting Sacred Space on their own
- To visit Sacred Space and Invite in a Guardian

CHECK-IN

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

SACRED SPACE AS A DAILY PRACTICE

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. One part that we will be inviting in is a Guardian for your Sacred Space.

An important part of this program is to help you develop the ability to visit your Sacred Space on your own. For many, this becomes a valuable daily practice and we'll be offering you suggestions on how to do this in later sessions. You may want to begin this practice on our off days and see how it goes for you.

An important caution, is that you don't visit your Sacred Space when you are high or have been drinking.

Working with parts in this space is a very powerful tool for transformation and healing, because you are working directly with your sub-conscious mind. If this tool is used improperly, it can cause danger to your parts and ultimately to you.

For your own safety, we ask that you always treat this Space with reverence and treat all your parts with love and respect.

To help guard against you coming to your Sacred Space when you could be a danger to your parts, we want to ask a part of you to take on the role of Guardian.

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, 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.

You may want to ask them if they have any comments on the intention to invite in a Guardian today.

Please share what each part says after they are complete. *[mentee speaks]*

GREETING RITUAL

Ask your Higher Self if it would be OK to invite in a few more parts today?

If OK, ask your Higher Self and parts to go to the Welcome Center and set up for the Greeting Ritual. When the Greeting is ready, ask your Higher Self if it's OK to invite in a part now.

GUARDIAN

Ask your Higher Self to invite in a part to create additional safety for your Sacred Space and all your parts.

Specifically, ask if they could invite in a Guardian for the Sacred Space, a part of you, who would keep you out of the space when you are high, been drinking or are in some way a danger to your parts.

If OK, see the Guardian arrive in your Space. What do you see?

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

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 Standard Guidelines)

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

Do you feel safe with us?

Are you willing to serve in this Realm?

Are you willing to abide by the rules of this space or stay outside until you are ready?

Are you willing to guard the Sacred Space and even keep [mentee] out if they arrive high or drunk or somehow dangerous to the parts.

Do you have any questions or requests around this act of service?

Is there anything else you need right now?

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

(when questions are complete, mentor speaks to mentee)

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

(mentee may also **ask the questions in bold** if not addressed during the welcome process and then talk to the part.)

Thank the part for coming forward today; Ask them to make themselves at home.

ANOTHER PART *(if time allows)*

Ask your Higher Self if it is OK to invite in another part today.

If OK, ask your Higher Self if they have a part in mind to invite in now.

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. (See above section)

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 come fully back.

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