

DAILY READING

DAY 27

Introduction to The Transformation Process

Reframing the Behavior of a Part

So far, in this program, we have covered the 4 basic skills that most of our facilitation work will use.

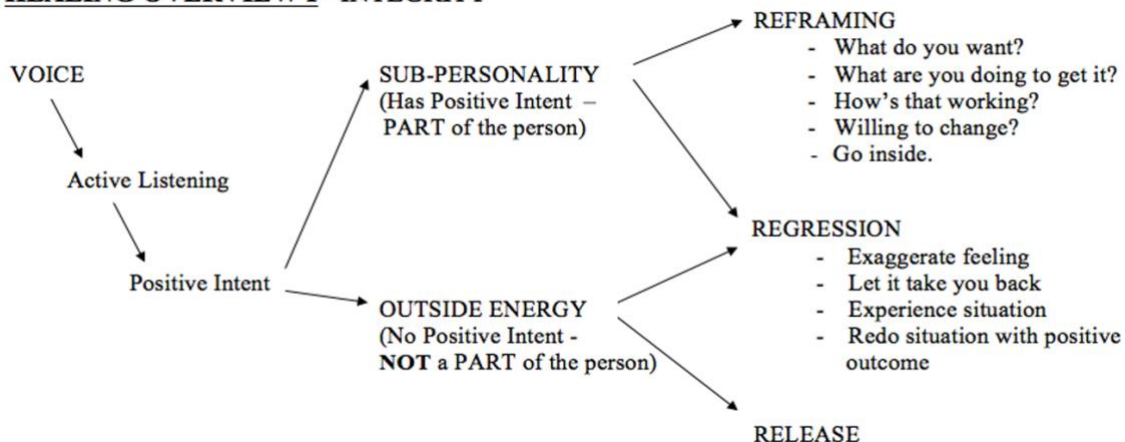
- Active Listening (Be Silent, Echo & What do you mean by...)
- Positive Intent, (What do you want?, Imagine having that...what get?)
- Reframing (What want?, What doing to get it?, How's that working?)
- Regression. (Down into Pain)

We've also shown how we can work with Parts of ourselves as a way to quickly move into deeper states of consciousness and do more effective work that can often lead to a deep healing of some of our wounds.

We now want to combine all of these into one complete healing and transformation process called The Transformation Process. This process is an A to Z, step by step process to reframe the behavior of a part. It's intention is to transform shadows into allies in support of your mission or to put it another way, transforming what could be a major obstacle or resister to you living your mission to a powerful supporter of you fully living your mission is service to others.

It uses all of the elements we have learned by combining them into a sequence which makes each element even more powerful. This sequence is shown in the following chart:

HEALING OVERVIEW I - INTEGRITY



THE TRANSFORMATION PROCESS
Reframing the Behavior of a Part

Facilitator's Words

What issue would you like to work on? (may use active listening)

I'm wondering if there is a part of you that ... (describe a role related to issue).

Access Part (Voice)

I invite you to move your chair and your body and become that part. - **OR** -

I invite you to have an image of that part come up for you.

Now allow yourself to become that part and speak as that part.

Active Listening

Welcome. Thank you for being here with me today.

Are you the part of "Mentee" that does not support Mentee's mission?

What role do you play in X's life? (X is name of person doing work)

If you had total control, what would X's life be like?

What do you think of X? What do you think of X's mission statement?

By what name would you like to be called?

Positive Intent

WHAT DO YOU WANT ?

1. Their Answer is **Y** (i.e. Freedom, Use their answer where you see a **Y** below.)

2. Now imagine yourself having **Y** fully and completely. Breathe that in. (pause)

Now having this **Y** fully & completely, what do you get from that?

Repeat above (1 and 2) until person gets to Core State: **Z** (i.e. Peace, Love, etc.)

Allow part to spend some time enjoying this Core State.

Reframing

WHAT HAD YOU BEEN DOING TO GET THIS : Z (**Z** = Core State) ?

How has this shown up in X's life? (X is Mentee's name)

How has this behavior helped X in the past?

I can see where you've been a real asset to X.

Thank you for helping keep X alive so they could be here today. I honor you for that.

HOW IS HOW IS THAT WORKING NOW?

Does this behavior still get you what you really want?

Does it bring you the Z (Core State) that you want?

- If resistance, emotional or stuck, do a Regression (Child Rescue)

ARE YOU WILLING TO CHANGE YOUR BEHAVIOR

to a new, more effective behavior that will get you what you want?

Inner Circle

I invite you to go inside - to your Inner Circle.

Ask if any part there has another behavior choice that might be more effective?

Call forward a creative part, a fun part, or the Higher Self if necessary. (pause)

Do any of these ideas resonate with you?

WHAT CHANGE DO YOU CHOOSE?

Are you willing to take on this new behavior to help you get what you truly want?

How does that feel? What name would you like to be called now?

Now, I invite you to go to your Inner Circle.

Where do you sit? What is the reaction in the circle?

Does any part have objections to this new behavior?

Is there a part there that could coach you on practicing this new behavior?

Mission

Do you know what X's mission is? Are you willing to support it?

Thank you for being here today.

Please move your chair back now to your base position.

When Mentee is back in "whole" person: How do you feel? How was that for you?

Is there something else you need to feel complete with this process?

For Reference: Example of The Transformation Process

- "I'd like to speak to the part of Dave/Mary that _____.
- "Take a breath, check in with your body and move to a place in the room and physical posture you are drawn to right now." (Make sure the person shifts their position)
- "Let that energy come up, accepting it as it is."
- "So.... are you the part of Dave/Mary that thinks, feels, etc. _____?"
- "How are you doing today? How are things going?"
- "What role do you play in Dave's/Mary's life? What's your job?"
(Acknowledge: So you really have something important to offer Dave, don't you?)
- "How do you go about doing your job? What usually happens?"
- "What would be an example?" (Now I understand better. Thank you.)
- "In doing this job, what is it that you are trying to get, what do you want?"
 - *I want Dave/Mary to work harder, I want him/her to get everything done.*
- So, for a moment, imagine Dave/Mary working as hard as they possibly could, working so hard that they get absolutely everything done. Breathe that in, everything is done. Can you feel that? Good. Now what do you get from that. What do you want now that is even more important?
 - *I get satisfaction. Yeah, satisfaction.*
- Good. Breathe that satisfaction in. Feel it throughout your body. Everything is done and you're completely satisfied. Pause. Now, what do you get from this satisfaction. What do you want now that is even more important?
 - *I feel complete.*
- Great. Breathe that feeling of completion in. And in being totally complete, what do you get from that?
 - *Peace. I feel very peaceful.*
- Good. Keep breathing in that feeling. Be with that peace for a moment – you deserve it --- you've wanted this for a long time, haven't you?
 - *Yes it feels good, I didn't even know that this is what I wanted. It's nice.*
- "So once again, what do you do to get this peace that you want?" *I push really hard.*

- “And all this pushing, this pushing really hard, Is this getting you the peace that you want?
No, no, it doesn't seem to at all. It seems like we are at war most of the time.
- "I'm curious, how old do you feel? When in Dave's/Mary's life did you come on the scene? What were the circumstances?" That makes sense to me that you would have made those choices. And I imagine at some time, this behavior did work for you. Can you tell me a time when your pushing really did work? ---- thank you, I honor you for doing such a good job and working so hard for Dave/Mary. I get that if it wasn't for you he/she might not be here today.
- “Is the strategy you adopted back then still working OK for you? Are there any drawbacks to the way it's working these days?”
- “Are you open to a change in behavior. Are you open to the idea that there might be something you could do differently that would be more effective in getting you the peace you want.”
- Good. I invite you to go to your Inner Circle. Ask the parts there if any of them have a suggestion for a new behavior that you could take on that would help get you the peace that you want. You might want to ask a creative part that not in the circle or even your Higher Self to come forward with a suggestion. --- pause –
- “Do you hear any suggestions that you like, that resonate with you.”
- “Are you willing to take on that new behavior so that you can get what you want?”
- “Great, I invite you to go back to your Inner Circle with this new behavior – and what is the reaction of the circle to you.” “Does any part have objections to this new behavior?”

“Thanks for talking so honestly with me. I appreciate getting to know you. By the way, if you were to give yourself a name, as the part of Dave/Mary that you are, what would it be?” ---

And when you sit in the Inner Circle, what do you look like, what would Dave/Mary see? Do you have any comments on Dave/Mary's mission?

" Now I'd like to just speak to Dave/Mary for a minute." (Change seats back to base.)

Then ask the adult personality if there is anything they need to say to the sub-personality. Is there anything that needs to change on the adult's part to improve the relationship between him/her and this sub-personality.

MENTORS SESSION GUIDE

DAY 27

INTENTION

- To introduce the Transformation Process
- Reframe the behavior of a part

CHECK-IN

Please check-in using PEMS and remember to state your mission.

[mentee and mentor check in]

INTRODUCTION

Today, we will be taking one of your parts through a process we call The Transformation Process.

This is a reframing process to help a part look at its current behavior and see if there might be a better way for it to help you live your mission.

We want to help the part become a more active and supportive part of your life.

We will be going to your Sacred Space and ask your Higher Self if it would be useful to work with a part already present there or to invite in another part that could use some help right now.

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.

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.

Share that today you will be working with a part to help it optimize its behavior to be more supportive of your mission.

Ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says after they are complete.

[mentee speaks]

THE TRANSFORMATION PROCESS

Now ask your Higher Self if they want us to work with a part that is already present or to invite in a new part that could use some help right now.

(if part is to be invited in, go to welcome center, invite the part in and conduct the transformation process there.)

Ask part to step to the center of the circle.

Now I will speak to the part directly, you can simply speak for the part.

Are you a part of [mentee] ?

(if no or maybe, see Standard Guidelines, Day 21 Reading)

ACTIVE LISTENING

Welcome. Thank you for being here with me today.

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

If you had total control, what would [mentee's] life be like?

What do you think of [mentee] ? What do you think of [mentee's] mission?

By what name would you like to be called?

POSITIVE INTENT PROCESS

Thank you, [name] .

What do you want? *[mentee answers]*

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause)..... Allow yourself to feel this [answer] in every part of your body..... Now having [answer] fully and completely, What do you get from that? *[mentee answers]*

(Repeat above **words in bold** until the voice gets to a Core State: Peace, etc. - if no positive intent, see Standard Guidelines, Day 21 Reading)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

(Allow Mentee some time to enjoy this Core State and then continue.)

REFRAMING

I invite you to take a breath and if you'd like, please share what is coming up for you right now.

Thank you. Is it ok for me to ask you a question now?

What Had You Been Doing to Get this [core state] ?

How has this shown up in [mentee's] life?

How has this behavior helped [mentee] in the past?

I can see where you've been a real asset to [mentee].

Thank you for helping keep them alive so they could be here today. I honor you for that.

How Is That Working Now?

Does this behavior still get you what you really want?

Does it bring you the *[core state]* that you want?

(If resistance, use active listening, exaggerate contradictions.)

Are you open to a new, more effective behavior that will get you what you want?

INNER CIRCLE

I invite you to look at the other parts in your inner circle.

Ask if any part there has another behavior choice that might be more effective?

Ask your Higher Self if they have a suggestion. (pause)

Do any of these ideas resonate with you?

What Change Do You Choose?

Are you willing to act on this new behavior to get what you truly want?

How does that feel?

What name would you like to be called now?

What is the reaction from your other parts?

Is there a part there that could coach you on practicing this new behavior?

MISSION

Do You Know What [mentee's] Mission is?

Are you willing to support it?

Thank you for working with me here today.

Please move back into the circle with the other parts.

I'd like to speak to [mentee] now.

Is there anything you would like to say to [part] right now?

Please ask your Higher Self if there is anything else needed here to be complete for today?

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.

How do you feel?

How was that for you?

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

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for today (Day 27).