

MENTORS SESSION GUIDE

DAY 38

INTENTION

- To visit Sacred Space
- Conduct Mentoring Process on Project

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to experience Reframing and The Mentoring Process again. We'll be using this process to sort out issues related to your Project.

We will add in Positive Intent to the process and visit with your Inner Circle to get their input.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

So, is there a specific issue concerning your project that you may be currently struggling with or do you want to address the whole project today?

Please describe this situation or issue.

What is the data or what are the facts concerning this issue?

How does it show up in your life?

Relative to this issue, what do you want? *[mentee answers]*

What does [answer] mean to you?

What would that look like?

How will you know when you have it?

POSITIVE INTENT PROCESS

So once again now, in a few words, 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 voice gets to a Core State: i.e. 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

What are you doing to get this [core state] ?

What does that current behavior look like? Please be as specific as you can.

How is that working? Are you getting the [core state] you want?

How do you know that?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What other behavior choices are you aware of right now?

INNER CIRCLE CHECK-IN

Are you willing to go to your Inner Circle now to get input from your parts?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

As you begin to breathe normally now, allow yourself to move into your Sacred Space and your Inner Circle.

Take one more deep breath and as you exhale slowly, find yourself fully aware and present with your Inner Circle.

Do a check-in now with your Parts.

Ask if they have some suggestions on a new behavior you could adopt to get what you want concerning your project.

Please share what each part says after they are complete.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What actions will you take?

What will you do this week to act on your choice?

Is there someone or a part of you, you can ask for support?

Is there something else you need to feel complete with this for 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 arms and slowly open your eyes and be fully back in your room.

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