

MENTORS SESSION GUIDE

DAY 14

INTENTION

- To do an Induction, visit Sacred Space, and form Inner Circle
- To call in Higher Self and create a Dome around Sacred Space
- To create a Symbol for Mission and do a Mission Check-in

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 create a symbol for your Mission, and do a Mission Check-in, having each part check-in on your Mission Statement.

We'll then call on your Higher Self to Create Dome of light around your Sacred Space. 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 emerge. 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.

Please share what each part says after they are complete.

[mentee speaks]

HIGHER SELF

Ask your parts if it would be OK for you to invite in another part today?

If OK, you may ask that a very special part of you come forward. The part of you that may be the most wise and loving part.

The part of you that comes from your core, your essence.

A higher part of you, your higher self.

Ask your higher self to come forward now and be with you in this time and place.

You may see something coming towards you.

When they arrive, ask if they are your Higher Self.

(if not, can it access your higher self for you).

Ask it if it is there for your highest good. If affirmative, ask if it would be OK for you to ask it a few questions about your life. You may ask:

Why am I here in this life?

What lessons am I here to learn?

What is my mission?

Ask for insights into any struggles you are having - with a relationship, your job, etc.

Ask about any illnesses you may be suffering - its cause and cure.

Ask about your dreams, or your major goal in life?

Now, look at your Higher Self, feel their energy before you.

Ask if it's OK for you to temporarily merge with them. If OK, step forward into your higher self. Become your higher self now.

Take your time now and experience this energy. (pause)

This is energy that is a part of you. You can experience it at any time. Anchor this feeling in any way you wish.

Now step out of your Higher Self – remember you can return to this feeling at any time.

Ask your Higher Self to Shine light on all your parts.

Ask it to create a Dome of Light around your Sacred Space, to protect this space from any outside interference.

Ask if it would like to invite in any other parts to be with you today?

Welcome part(s) in.

INNER CIRCLE MISSION CHECK-IN

Ask all parts to form a circle. Invite them to do it standing up, or to circle around a table or a camp fire or any other way that they like.

This can be your Inner Circle, a place where your parts can meet together, discuss issues, see each other and work together to help support you in your mission. Your Mission can be the one common focus for every part.

To that end, allow a symbol for your Mission to emerge in the center of the circle. You may ask the symbol if it has a voice and if it wants to share anything with you and your Inner Circle of parts.

Share your Mission Statement with your Circle and Conduct a Mission related Check-In; have each part check-in with input on your Mission and Mission Statement and whether they support your mission or have resistance to it.

Share out loud what each part says after each part is complete.

Ask if there is something 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 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?

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 write in your journal, list and describe the parts of yourself you met in your Sacred Space today. You may want to draw your Sacred Space and Inner Circle.

Please review the Inner Circle Guidelines from the Daily Reading for Day 13.