

## DAILY READING

### DAY 13

#### Inner Circle Guidelines

The Inner circle is not some place a person has to go to. It is simply your own inner world, completely accessible through the active use of imagination. Once this realization is acquired, the Inner Circle becomes an increasingly powerful tool for clarity, insight, decision making and self-empowerment.

Doing an Inner Circle check-in gives a person direct access to their inner parts, their feelings and motives. You can go right to the source of what is going on in your life.

What to Do:

Do an Inner Circle check-in daily as a centering practice to start or end your day.

Observe the evolution of your Sacred Space and Inner Circle. See parts come and go and transform right before your eyes. Watch your Mission Symbol change as you step more powerfully into living your mission.

Identify any issues that have come up and what parts are involved. Ask if there is someone else in the circle that would be willing to facilitate these parts in the resolution of this issue. Now ask everyone involved to work together to resolve this issue for the greater good of all. Tell them you'll be back tomorrow to check-in again and to see what solution they have come up with.

Always treat your parts with Respect and Love. Empower your parts to make their own decisions, resolve their issues and to work together as a team in support of your mission. Be a Good Boss.

Be aware of new parts which may need your help and mentoring. Use the skills you've learned to help them discover and live from their Positive Intent.

In summary:

Facilitate change, empower the parts to choose their movements.

Get agreement from Circle on major changes. Rely on input from Higher Self.

Use it as direct connection to your sub-conscious mind and a tool for healing.

For those energies, that are not a part of you, release them to a better place with love and respect. Learn from them.

## MENTORS SESSION GUIDE

# DAY 13

### INTENTION

- To do an induction and visit Sacred Space
- To invite in the part that is in control most of the time

### CHECK-IN

Please check-in briefly using PEMS.

*[mentee and mentor check in]*

### ACTIVE LISTENING

Today I will be doing a short induction and guide you to your Sacred Space. We will do a brief check-in with your parts who are already there.

We will then Invite in the part of you who is in control most of the time and you'll have a chance to speak to the part that appears. Sound OK?

OK, please make yourself comfortable and when you are ready for me to take you into a fully relaxed state, let me know.

### INDUCTION

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.

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**

Invite the parts that are there to do a brief check-in about how they are doing and if they have anything they want to share with you today.

When they are complete. Thank them and ask if it would be OK with them if you invite in another part of you.

## **PART IN CONTROL MOST OF THE TIME**

Now, invite in “The Part of You Who is in Control Most of the Time”

Who or what do you see?

I will now speak directly to this part.

You may simply speak their words.

Welcome.

Thank you for being here with me today.

Are you the part of [mentee] That Is In Control Most of the Time?

What does that means to you, to be in control most of the time?

What do you think of [mentee] ?

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

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

By what name do you like to be called?

May I Have Your Permission to Talk to Other Parts of [mentee] ?

Thank you for being with me.

Is there anything you'd like to say to [mentee] before we finish? May I talk to [mentee] now?

## **CLOSURE & RETURN**

Please move back into being [mentee]. Move your body if that helps, and return to being [mentee] fully.

Now, see yourself back in your sacred space and thank all your parts for being with you today. 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, legs, arms 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?

Thank you.

Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**