

DAILY READING

DAY 19

Echo Process Introduction

Many self-help and spiritual disciplines start with how to handle negative voices in your head. Buddhists refer to it as Monkey Mind.

“The monkey mind insists on being heard, and sometimes it takes a lot of self-control to shut it down. It is also the part of your brain that becomes easily distracted, so if you want to get anything done in life, your challenge will be to shut down the monkey mind.”

One self-help book, says to put the inner voice on your elbow and make it sound like Donald Duck.

We believe that these approaches may be disrespectful to the voice and ultimately not helpful to you or the energy that this voice represents.

In this program we choose to believe that each voice represents a part of us or an energy that needs our help. We invite you to consider that you can treat these parts and energies with respect, which can help them and in the process, help yourself. Mocking, suppressing or denying these voices may not be helpful in the long run. Treating them with kindness, love and respect can be very helpful. No matter how mean, vicious or critical the voice, we can treat it with curiosity and patience.

This next process can be used to address a voice in your head, in a loving and respectful way, and most importantly, in an extremely effective way to bring not only relief from the negativity but also to bring about a more peaceful state of being.

The Echo Process

The Echo Process Turns a Negative Voice Inside Your Head into a Positive Feeling

The Echo Process is simply using the ECHO from Active Listening about 5 times and then when the voice settles a bit or when the voice says what it wants, going to the Positive Intent Process.

- i.e. if the voice says, I just want you to be safe!
- You say: I hear you want me to be safe. I'd like you to imagine now, that I'm safe, I'm fully and completely safe.....and then continue with Positive Intent.

THE ECHO PROCESS

Listen Notice what a voice inside your head is saying to you.

ECHO Say to the voice: So I hear you saying that [what voice said]

Listen Notice what the voice is saying now

ECHO

Listen and ECHO a few more times.

POSITIVE INTENT PROCESS

Ask voice: What do you want? (Start the Positive Intent Process)

Listen for answer....

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 words in bold until the voice gets to a Core State: Peace, etc. If part does not have a Positive Intent, see Guidelines, next page)

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.)

At this point in the program, if voice remains critical and negative after several rounds of Echo, simply acknowledge to the voice that you hear it and understand that it thinks you are a flawed mess. Thank the voice for sharing with you today and that you hope to talk again soon.

Note: It is extremely important that you simply echo what the voice says. Do not argue with the voice, defend yourself, or use any other responses that you may normally use – no matter what the voice may say to you.

Repeat what the voice says, word for word. Except when the voice says “you”, say “I”. I.e. Voice says: “You are an idiot”. Say: I hear you saying that “I am an idiot”

MENTORS SESSION GUIDE

DAY 19

INTENTION

- To learn and experience the Echo Process with Positive Intent

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session.

Please check-in using the full PEMS model.

Share how you are feeling physically, emotionally, mentally and spiritually today.

Remember to confirm that you have done the Reading for today.

I'll start.

[both partners check in]

INTRODUCTION

Today we offer you another opportunity to practice Active Listening and Positive Intent as part of what we call The Echo Process.

This Echo Process is helpful when working with a critical or negative voice in your head.

These voices can be viewed as coming from a part of you that may need your attention and help.

Through this process, we may find that the voice may actually be trying to help us if only we would take the time to listen to it.

This Echo process is simply using the ECHO from Active Listening about 5 times and then when the voice settles a bit or when the voice says what it wants, going to the Positive Intent Process.

Any questions?

THE ECHO PROCESS

Mentor B: (A after switch)

So, for right now, I'd like you to simply breathe with me.

Take a few breaths and let yourself relax and let go of all of this.

I'll help you do this.

All you need to do right now is become aware of a voice in your head that is trying to get your attention.

Do you hear a voice?

(if not, ask Mentee to imagine a voice that they are familiar with.)

ECHO PROCESS

Listen Notice what the voice is saying to you.

ECHO Say to the voice: So I hear you saying that [what voice said]

Listen Notice what the voice is saying now

ECHO Listen and ECHO a few more times.

Now, ask the voice what it wants. Say the response out loud and then I will speak to the voice. You may simply answer for the voice now.

[mentee answers]

POSITIVE INTENT PROCESS

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 words in bold until the voice gets to a Core State: Peace, etc.)

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.)

CLOSURE & FEEDBACK

***Mentor B:** (mentor A after switch)*

Is there anything else you need before we continue?

How was that for you?

I'd also like to hear your feedback on my facilitation:

What did I do that worked for you, and

What did I do that may not have worked for you?

SWITCH

***Mentor B:** (mentor A skips this section, starts check-out)*

Thank you.

Let's switch roles.

You (A) can start with **THE ECHO PROCESS** section above.

(Note: if time is tight, you may continue with this on another day)

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for today (Day 19).

You may want to become familiar enough with the full Echo Process so you can do it on your own.

You can do the full Echo Process with a voice in your head as often as you want or until you find Peace of Mind.