

MENTORS SESSION GUIDE

DAY 16

INTENTION

- To do an induction and visit Sacred Space
- To invite in a Caregiver, Healer and Facilitator

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 do a brief check-in with the parts already present and invite in a few more specific parts.

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, 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 come up. 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

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]

CAREGIVER

Ask your Higher Self if it would be willing to invite in a part of you that could be a caregiver for younger parts of you or for wounded parts.

If your Higher Self says OK, you may soon see something coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)

What role do you play in my life?

Is there anything you would like to share with me right now?

Would you be willing to help with the young parts of me and maybe the wounded parts?

Thank you for coming forward today and please make yourself at home.

HEALER

Ask your Higher Self if it would be willing to invite in a part of you that could be a Healer for wounded or troubled parts.

If your higher self says OK, you may soon see something coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Mentor Guidelines)

What role do you plays in my life?

Is there anything you would like to share with me right now?

Would you be willing to help with the healing of wounded or troubled parts?

Thank you for coming forward today and please make yourself at home.

FACILITATOR

Ask your Higher Self if it would be willing to invite in a part of you that could be a facilitator to help resolve issues that may come up between parts..

If your higher self says OK, you may soon see something coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Mentor Guidelines)

What role do you play in my life?

Is there anything you would like to share with me right now?

Would you be willing to facilitate and help resolve issues that may come up between parts.

Thank you for coming forward today and please make yourself at home.

Ask if there are any issues today between the parts that could use the services of a facilitator. Ask if they would be willing to work with the facilitator after you leave and let you know tomorrow, what they worked out.

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, 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

HOMEWORK

Please write or draw in your journal, list and describe the parts of yourself you met in your Sacred Space today.