

MENTORS SESSION GUIDE

DAY 36

INTENTION

- To visit Sacred Space and Welcome Center
- To invite in resister parts related to Project

CHECK-IN

Please check-in using PEMS, Mission and Parts language.

[mentee and mentor check in]

INTRODUCTION

Today, we will be doing an extended visualization. So please get comfortable and begin to relax.

Today we will be inviting in parts that are resistant to your Project.

We will use whatever healing skill is appropriate to help each part.

Any questions before I start with an induction?

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.

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.

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.

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.

Share that today you will be working with parts that may be resistant to your project and maybe to your mission. Ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says after they are complete.

[mentee speaks]

WELCOME CENTER

Ask Higher Self to take you and any parts that would be helpful to your Welcome Center.

When the Center is prepared for the Greeting Ritual, ask your Higher Self to invite in a part or a few parts that are most resistant to your project and possibly your mission.

These parts may already be present in your Sacred Space or can be invited in by your Higher Self.

When Parts arrive, have them step to the center and ask the forces of light to contain each in a capsule of white light.

Ask each if they are a part of Mentee.

If yes, they are a part of Mentee, ask the part to step out of the capsule of light and stand with your Higher Self.

If no, ask the forces of light to take it away to the light.

If maybe, ask whatever is a part of you to step out of the capsule and stand with Higher Self.

Ask the light to take away what is left inside the capsule. Encourage the part that stepped out of the capsule, to focus on letting it go.

If the light doesn't take it away, ask it again if it is a part of Mentee.

If not, ask for someone from where it came from to come for it and take it home.

When only parts remain, have each share their role in Mentee's project.

Ask the most troublesome part to step to the center of the circle.

(Take part through The Transformation Process as follows. Include positive intent as time allows.)

THE TRANSFORMATION PROCESS

Now I will speak to the part directly, you can simply speak for the part.

Are you a part of [mentee] ? (if no or maybe, see Standard Guidelines, Day 21)

ACTIVE LISTENING

Welcome. Thank you for being here with me today.

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

What do you think of [mentee's] project and mission?

By what name would you like to be called?

POSITIVE INTENT PROCESS

Thank you, [name] .

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 the voice gets to a Core State: i.e. Peace, etc. - if no positive intent, see 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

I invite you to take a breath and if you'd like, please share what is coming up for you right now.

Thank you. Is it ok for me to ask you a question now?

What had you been doing to get this [core state] ?

How has this shown up in [mentee's] life?

How has this behavior helped [mentee] in the past?

I can see where you've been a real asset to [mentee].

Thank you for helping keep them alive so they could be here today. I honor you for that.

How is that working now?

Does this behavior still get you what you really want?

Does it bring you the [core state] that you want?

(If resistance, use active listening, exaggerate contradictions.)

Are you open to a new, more effective behavior that will get you what you want?

INNER CIRCLE

I invite you to look at the other parts in your inner circle.

Ask if any part there has another behavior choice that might be more effective?

Ask your Higher Self if they have a suggestion. (pause)

Do any of these ideas resonate with you?

What change do you choose?

Are you willing to act on this new behavior to get what you truly want?

How does that feel?

What name would you like to be called now?

What is the reaction from your other parts?

Is there a part there that could coach you on practicing this new behavior?

MISSION / PROJECT

Do you know what [mentee's] mission is?

Are you willing to support it?

What role could you play in supporting [mentee's] project?

What do you need from [mentee] to be more effective in your support?

Thank you for working with me here today.

Please move back into the circle with the other parts.

I'd like to speak to [mentee] now.

CLOSURE & RETURN

Is there anything you would like to say to [part] right now?

Please ask your Higher Self if there is anything else needed here to be complete for today?

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How do you feel?

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