

# MENTORS SESSION GUIDE

## DAY 22

### INTENTION

- To Release External Characters from your Sacred Space
- Draw Inner Circle

### CHECK-IN

Please check-in using PEMS and Mission.

*[mentee and mentor check in]*

### INTRODUCTION

Today, we will be doing an extended visualization.

So please get comfortable and begin to relax.

We will be working inside your Sacred Space and with your Inner Circle, to help develop it as a safer home for all your parts to visit, to live, and to communicate with you and each other.

We also want to make it a space for just your parts, free of outside influences.

As always, every action we take in your Sacred Space, we take with reverence and care and with total respect for all the parts and entities.

We know that sloppiness, carelessness, or any purposeful manipulation of this Inner Circle tool is dangerous and can have powerful negative consequences.

We want your Sacred Space to be your Sacred Space and include only parts of yourself, along with some animals and possibly guides that may visit from time to time to be of service to you.

Today we will release energies that we call Externals.

These are people that are alive today and with which you may have certain attachments which may be clouding your relationships.

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 releasing what may be parts or fragments of other people.

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]*

## **EXTERNAL CHARACTERS**

Ask your parts to gather in a half circle or horse shoe shape with an opening on one side.

Tell them that we want to work with them to help make this Sacred Space a safe place for all your parts to live or to visit as they wish.

We also want to keep this space as theirs only and want to help any energies that are not a part of you to leave in a good way and go to a better place.

Ask your Higher Self if they would be willing to help you with this.

Today, we want to let go of any, what we call external characters, which are people alive in your life right now, they could be a parent, spouse, friend, etc.

While you may want these people to be in your life, we invite you to make your Inner Circle your own.

Working with your own parts will help you to choose which relationships you want to be in rather than being in a relationship because of an obsession, enmeshment, co-dependency, etc.

If you have any external characters in your Sacred Space, ask your Higher Self if it's OK to let them go today and if they have any comments or concerns they'd like to share before beginning this release process.

(If you currently have no external characters, you can ask your Higher Self to invite in any external characters with which you may have an unhealthy attachment and may be in your energy field.)

## **RELEASE PROCESS**

When ready, invite the external character to come forward and stand at the circle opening.

You may notice that the external character may have a cord attached to them that leads out of your Sacred Space and another one that is attached to you, a part of you or to your Sacred Space somewhere.

Tell this person that this is your Sacred Space and you want this to be a safe and private space for your parts only.

Tell them that in a moment, you'll be asking them to return to the person they came from.

You can pull out the cord attached to your space and ask them to pull out the end attached to them.

Ask your Higher Self to wrap the cord in white light and send it away.

Now, ask if there is a part of you that wants them to stay. Spend some time with that part and see what they need to feel safe without them there.

Now, say your goodbyes to the external character and let them know that you'll be with them in other ways.

Ask them if there is anything they would like to say to you before they leave.

When goodbyes are complete, ask them to follow the other cord back to their own bodies.

When complete, ask your Higher Self if they would like to invite any other external energies, which may be in your energy field, to come forward.

Sometimes a group release of all these types of attachments is useful. If so, have your Higher Self invite them in and repeat the same RELEASE PROCESS you just completed.

When the releases are complete, ask the healing light to come in and fill up all the empty spaces left from their leaving.

## **CLOSURE & RETURN**

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.

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**

Draw Inner Circle