

DAILY READING

DAY 16

Spiritual Aspect

The Spiritual aspect of your life may include:

- your spiritual or religious history,
- your current beliefs or practices;
- any inner spiritual resources you may be connected to,
 - Connection with Higher Self
 - Spirit Guides
- any special abilities you have that might be spiritual or psychic in some way,
- your current Worldview, Cosmology or Paradigm.

It may also include any Awakening experiences you may have had or possibly some insights or revelations you may have gotten from your spiritual practice or even some hallucinogenic drug experiences (like LSD, DMT, etc.).

We will now start to include Spiritual in our daily check-ins. This full PEMS check-in might sound similar to the following example:

Example of a brief PEMS Check-in (Check-ins are often longer)

My name is _____,

Physically, I'm feeling tired and worn out.

Emotionally, I'm feeling sad that I have no energy and I'm scared I'm getting worse.

Mentally, I'm aware of being in overwhelm and don't see a way out of this, and

Spiritually, I'm disconnected and alone.

MENTORS SESSION GUIDE

DAY 16

INTENTION

- To practice Active Listening and share your Spiritual history
- To practice sharing what comes up
- B is Mentor as A shares first, Switch

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session. Let's check-in. Please share how you are feeling physically, emotionally, mentally and spiritually today. This is called the PEMS check-in. Remember to confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Today, I will practice Active Listening as you do an extended check-in, on your Spiritual History. After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

Please use I-statements and the 5 feelings and practice sharing what comes up for you without filtering your inner thoughts and comments.

Any questions?

EXTENDED CHECK-IN

Mentor B: (A after switch)

Before you start sharing about your Spiritual life, could you please share with me what you mean by Spiritual?

Thank you. Now, please tell me about your Spiritual life.

This could include:

- your spiritual or religious history,
- your current beliefs or practices;
- any inner spiritual resources you may be connected to,
- any special abilities you have that could be considered as spiritual or psychic in some way,
- or anything else that comes up for you related to this subject.

[A shares, B uses active listening for 10 minutes]

CLOSURE & FEEDBACK

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

Thank you. The essence of what I heard you say is

Are you complete for now? How was that for you?

Is there anything else you need before we continue?

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

What did I do that worked for you, and

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

SWITCH

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

Thank you, lets switch roles.

You (A) can start with the Extended Check-in the section above.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Person A will do the Reading for Day 17.

Person B can do it after the next session.