

MENTORS SESSION GUIDE

DAY 32

INTENTION

- To use the Transformation Process
- Reframe the behavior of a part that feels angry or guilty
- Passions Homework

CHECK-IN

Please check-in using PEMS, Mission & Parts Language.

[mentee and mentor check in]

INTRODUCTION

Today, we will be taking another one of your parts through the Transformation Process.

We will be going to your Sacred Space and ask your Higher Self if it would be useful to work with a part that is feeling angry or guilty. This part may already be present there or we can invite in another part that could use some help right now.

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.

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.

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.

Share that today you will be working with an angry or guilty feeling part to help it optimize its behavior to be more supportive of 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]

ACCESS ANGRY OR GUILTY PART

Now ask your Higher Self if they want us to work with a part that is already present or to invite in a new part that could use some help right now.

(if part is to be invited in, go to welcome center, invite the part in and conduct the transformation process there.)

Ask part to step to the center of the circle.

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] ?

How do you feel about [mentee's] life and your role in it?

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

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.

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?

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.

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