

## DAILY READING

### DAY 30

#### Parts on the Floor Visualization

Use Zoom and record session if possible.

Today we will be diving deeper into this whole idea of Parts and the people that live inside us. We will be doing a Visualization that could take a while.

This Healing Approach is based mainly on working with parts or Sub-Personalities. While we don't want to label parts or put every part in a "box", we do want to show some of the roles they play in our lives and how they may interact with each other.

One way to see how different types of parts may relate to each other is by showing the relationship between the following 7 parts:

1. Divine core, pure soul, original spark from the divine
2. Innocent, golden child (the initial manifestation of soul/spirit)
3. Wounded Child
4. Protector for Wounded Child (may be protector for more than one child)
5. Part that "contains / limits" the protector from hurting others or self
6. Persona or mask that they present to the world while this inner conflict ensues.
7. Controller/Manager orchestrating the whole dynamic.

While we have a theoretical model for the following description, we can let this demonstration evolve organically during the visualization so that it can be confirmed or modified by Mentee's parts.

What we often see with the different roles that parts may play in our lives, is a pattern or dynamic of how these 7 parts relate to each other. In essence, we want to duplicate what may be the sequential development of these parts in our lives.

We start with possibly our original personal manifestation that may come prior to our physical birth. This would be our soul or original divine spark. When this spark or soul first manifests in the physical plane, it may take its first physical form as a fetus and then, when birthed into this world, as a golden child, an Innocent. When this golden child is inevitably traumatized by life, it may split off a wounded part that may get stuck at this age and in this pain and wound.

To protect this wounded part from further trauma, a protector part may split off to keep it safe. Many times this protector takes on the behavior of the perpetrator of the wound and may act out in violent or “unacceptable” ways when it feels the child is threatened. Almost any situation that seems similar to the original wounding situation could trigger this defensive part. Reframing works well with protectors to change their behavior. Regression is usually more helpful with wounded children.

To keep this protector part from hurting you or others, a “Contain” part may be split off. The role of this part is to contain the protector from acting out in unacceptable ways. It may also serve to contain the wounded part as in “Stop crying!”

Parents and other adults may encourage the development of these contain parts when they tell a child to: Stop that! Quit squirming, Be quiet, Contain yourself! Don’t you ever do that again. Etc. etc. etc. Unfortunately most contain parts are actually trained to be “Suppress” parts and tend to isolate us from our feelings as well as from these wounded parts that need our help.

Being able to contain, instead of suppress, our own impulses, ultimately becomes a positive development and leads to greater levels of maturity and to practicing “delayed gratification”. We can use these OPP skills to develop that contain part in a healthier more effective way and minimize our current strategies to hide, repress and deny them.

We also learn as we grow to put up a “front” to the outside world to hide all this inner turmoil. The role of this persona part is to look good and interact effectively with the outside world. Many of us have very competent, successful persona’s no matter how inauthentic they may feel to us and others.

And finally, at least for this demonstration, is the controlling Manager part that may be directing this whole dynamic to maximize a person’s safety and survival.

So the purpose of this visualization is to help this dynamic unfold in the Inner World and allow each of us to see if it resonates with us and our parts, so we can better understand how we can heal and transform our Inner World.

From this exercise, we can see how much energy we may be spending on protecting parts, containing parts, managing dis-functional or wounded parts, covering up and suppressing unacceptable part behavior.

By doing the comprehensive parts work in this healing program we can take a big step towards freeing up all this energy so we can use it to live a life in integrity with our mission and enjoy the peace and joy of being of service to others.

Our goal is to work directly with these parts to resolve conflicts, heal wounded parts, free the protectors, transform all to be in service to our mission. Ultimately we hope to clear much of this chaotic situation and be able to fully access our Higher Self and come from love in all our dealings. We also hope to integrate and align all these parts so that we have greater access to our core Divine Wisdom.

# MENTORS SESSION GUIDE

## DAY 30

### INTENTION

- To do a Parts on the Floor visualization with Inner Circle

### CHECK-IN

Today we will be doing a lengthy visualization so we want to keep our check-ins brief. What are your time constraints today in case this takes longer than usual? We can continue with this tomorrow if needed.

Please check-in using PEMS, Mission and also Parts Language.

*[mentee and mentor check in]*

### INTRODUCTION

Today, we will go to your Sacred Space and experience a demonstration of how your parts may relate to each other.

This OPP Healing Approach is based mainly on working with Parts or Sub-Personalities.

While we don't want to label parts or put every part in a "box", we do want to show some of the relationships they may have with each other.

Any questions before I start the 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 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.

Ask your parts if they'd be willing to help you today with a demonstration of how they might relate to each other.

Please share what each part says after they are complete.

*[mentee speaks]*

## **PARTS ON THE FLOOR DEMONSTRATION**

Ask your parts to form a larger circle and clear the space in the center.

One by one, I'll ask seven parts to come forward and place themselves in this center space.

These parts may already be present in your Sacred Space or may come into this Sacred Space when called.

OK, the first part I'd like to call in is the part of you that holds the role of:

## PART AND ROLE

(1) Your Divine core, pure soul, your original spark from the divine

Invite this part to please take their place in this center space and sit or stand in a way the fits their role.

Please share what you see.

Please have this part share something about themselves and this role.

Ask them how they show up in your life?

Ask if it would be OK for you to merge with them now.

If OK, go ahead and step into the part and fully experience their energy and awareness. Take as long as you need.

When complete, simply step back out of the part.

Is there anything you would like to share about the experience?

Thank this part for being here today and ask them to stay where they are until all 7 parts are all in place.

I'd now like to invite in the part of you that holds the role of:

*[mentor repeats the above for the following roles: 2 - 7]*

### Parts and Roles for Demonstration

1. Divine core, pure soul, original spark from the divine
2. Innocent, golden child (the initial manifestation of soul/spirit)
3. Wounded Child
4. Protector for Wounded Child (may be protector for more than one child)
5. Part that “contains / limits” the protector from hurting others or self
6. Persona or mask presented to the world while this inner conflict ensues.
7. Controller/Manager orchestrating the whole dynamic.

After all the parts are set, ask Higher Self if the Higher Self is different from this divine core part. How so? What is the difference between Spirit and Soul if any?

Ask your Higher Self to share about how accurate or not accurate this portrayal of parts may be.

Ask how it could be modified to more accurately represent what goes on in Mentee's Inner World.

Ask if any other parts would like to add something to this discussion.

Ask Mentee what is coming up for them as they watch this demonstration. Ask if they have any questions for any of the parts.

Ask your Higher Self if the new parts that may have come in may stay and join with the other parts in your Sacred Space.

Thank all the Parts for helping with this demonstration.

## **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**

Please do the Daily Reading for today (Day 30) about how Parts may relate to each other and compare it to your experience of your parts today.