

# MENTORS SESSION GUIDE

## DAY 17

### INTENTION

- To do an induction and visit Sacred Space
- To develop and conduct a welcome ritual for new parts
- To invite in parts from previous work

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific parts. 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.

Note any sensations in your body, any images, insights or messages that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

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.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

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.

Please share what each part says after they are complete.

*[mentee speaks]*

## **WELCOME CENTER**

Ask your Higher Self if they would be willing to help develop a separate Welcome Center and a Greeting Ritual for welcoming in new parts to your Sacred Space.

Ask your Higher Self, if they would like any other parts of you to also take part in this Greeting Ritual.

Ask your Higher Self and the other participating parts to go to this Welcome Center now and set up for this Greeting Ritual.

This may involve “smudging” by a shamanic part, cleansing the space with light, protecting the space with a dome of light, etc.

## **GREETING RITUAL FOR PREVIOUS PART**

When the Welcome Center is ready, ask if you or your Higher Self could invite in a part that you have met in some previous work and take them through this Greeting Ritual as you develop it?

Ask your Higher Self if it has a part in mind to invite in now.

If OK, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see?

Now allow some space and time for this Greeting Ritual to unfold. You may share what you see your Higher Self and your parts doing to initiate this greeting of a new part.

(This may include, inviting the new part to step to the center of the circle.)

Ask your Higher Self, if they would like to ask the initial questions to the new part or maybe another part of you might want to.

Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee] ?

(If yes, welcome them to your Sacred Space.)

(If no or maybe, see instructions in Standard Guidelines, Day 11)

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

Do you feel safe with us?

Are you willing to serve in this Realm?

Are you willing to abide by the rules of this space or stay outside until you are ready?

What do you need right now?

Do you have anything you'd like to share with [mentee] right now?

Thank you for coming forward today; Please make yourself at home.

## **ANOTHER PART** *(if time allows)*

Ask your Higher Self if it is OK to invite in another part today.

If OK, ask your Higher Self if they have a part in mind to invite in now.

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see?

Ask which part would like to conduct the greeting ritual this time. Repeat the previous Greeting Ritual.

## **CLOSURE & RETURN**

When complete, ask your Higher Self to take all of you back to your Sacred Space.

You may want to introduce the new parts and notice how they are received by the other parts.

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 here.

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**