

the

OPP

The Omega Point Program

Phase Two

the
OPP
MENTORS GUIDEBOOK

a

DAILY READING

and

MENTORS SESSION GUIDE

for

Phase 2

Days 21 to 40

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Omega Point Program Session Guide

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Note: The OPP Phase One, Days 1 – 20, are included in a separate document.

Omega Point Program Protocols

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DAILY READING

DAY 21

Standard Guidelines: Releasing Energies from Sacred Space

When working in Sacred Space, we may run into energies or entities that are not a part of us. An energy or image that is not a part, it is often an intrusive energy that can be released.

These energies can be identified in two ways while doing this program:

1. They will not have a Positive Intent.

When following the Positive Intent Process and the “voice” or “part” continues to be negative after many rounds, it is probably an intrusive energy. To verify this, you may simply ask it: Are you a part of [mentee] ? You may then respond to their answer as explained below.

2. When asked in Sacred Space if they are a part, in almost all cases, these energies will tell you the truth.

When in Sacred Space with a current part or when greeting a new part, you may ask them directly: Are you a part of [mentee] ?

Often times it is best to ask a few preliminary questions before asking this direct questions. These questions include: What role do you play in my life? How would I recognize when you are active? What do you want?

Once you do ask if they are a part of you or Mentee, respond to their answer as follows:

Are you a part of me (or Mentee) ?

If Yes: Continue with the Positive Intent Process or whatever you are doing with them in Sacred Space.

If No: Ask the forces of light to surround this energy in a capsule of white light and take it to a better place.

- continued on next page -

If Maybe or anything but a clear yes or no:

You have three options which all work and you can choose any one of the following three options:

Options for Dealing with Intrusive Energies

Use any one of the following:

1. Ask the forces of light to surround the image, in a capsule of white light and take what is not a part of you, to the light, leaving anything that is a part of you behind. (Check on what's left behind)
2. Ask the forces of light to surround the image, in a capsule of white light and ask whatever is a part of you to step out of the capsule. Ask the light to take away what is left inside the capsule. Encourage the part of you to focus on letting it go.
3. Ask the image to split into two images
 - One that is a part of you, and one that is not.
 - Ask the forces of light to surround the image, that is not a part of you, in a capsule of white light and take it to a better place.
 - Encourage the image that's a part of you to focus on letting it go.

Often a child part has invited these energies in for protection. Having the child let it go is sometimes an important aspect of Release.

If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come and get it and take it home.

These approaches are sufficiently effective for working this program. Additional information on these energies and more advanced techniques of working with them are covered in Phase Three of the OPP.

Instructions for Recording Sessions

Most of the OPP sessions involve the Mentee entering into a relaxed state with eyes closed.

The information that emerges from these sessions can be a valuable resource for the Mentee who is not able to take notes during the session may not be able to recall all of it after the session.

To capture this information for future reference, requires the Mentor to take copious notes during the session or for the session to be recorded.

There are some sessions where a lot of information is shared and recording the session is highly recommended.

Recording sessions can be done by the Mentee or Mentor. Both parties need to agree on if and how they want to proceed with recording the sessions.

If sessions are conducted on Zoom, or on a similar video program, recording can be done easily by simply clicking on the “record session” button.

Recording on smart phones is more difficult as most phones do not provide recording capability in order to avoid legal issues.

The best approach to finding out how to record incoming or outgoing calls on your mobile phone is to search Google.

Each type of mobile phone differs on what apps you need and how to use them.

Another option for any mobile phone is if you have a phone that has “speaker phone” and another device available that can record audio like an ipad or home computer, you can play your call on speaker phone and record it on another device.

There are also transcription apps available to transcribe your recorded phone call to text. Some of the mobile phone recording apps also include this service.

For saving these session recordings and for sharing them with your Mentee or Mentor, you can use an app like Dropbox.

Reviewing these recordings can extend and add to your OPP experience. There are many moments and numerous sessions where a recording is invaluable. Again, make sure you have full agreement between Mentor and Mentee for either of you to record the sessions.

MENTORS SESSION GUIDE

DAY 21

INTENTION

- To visit Sacred Space
- Take a journey up into the sky and find a new part
- Invite Ruler

CHECK-IN

Please check-in using PEMS and remember to include your Mission Statement.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to experience going on a journey from your Sacred Space and see what you may find.

We'll also be inviting in one more important part of you if we have time.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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, messages or insights 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.

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.

JOURNEY

Ask your Higher Self if it is OK for you to go on a journey from your Sacred Space today. Say that you would like to take a journey straight up from your Sacred Space to see what adventures or parts can be found in the sky above.

Follow any suggestions or directions from your Higher Self .

When you are ready, you may want to start at the center of your Inner Circle.

Take a deep breath and you may soon find yourself rising up from the floor or ground and easily going through whatever ceiling or roof there may be to your Sacred Space.

Continue to rise slowly above your Space and allow yourself to observe your Sacred Space and the surrounding area from this higher perspective.

Make note or feel free to share whatever grabs your attention as you go.

As you continue to rise, allow yourself to be with this feeling of moving away from the landscape below and into whatever may lie ahead of you.

Notice whatever clouds might be present and anything else that you may notice as you continue on your upward journey.

As you move into and maybe past some local clouds, you may sense that there is something or somewhere that is pulling you toward it.

Allow yourself to float up or over to this attracting force and notice that you may be speeding up or slowing down as this attracting force continues to pull you toward it.

As you allow yourself to come closer to this unknown destination, notice what you begin to see ahead of you.

As you start to near this destination, allow yourself to slowly approach what appears to be a landing spot of some sort.

Look around and you may notice what has been pulling you towards this place. See what may be the reason you've been brought here.

Take a few moments to observe who is there and what is happening.

What do you see?

If you see any structures or places, continue on your adventure until you meet someone or some being that you can interact with.

Greet them warmly and ask if they have something to say to you.

Get to know them and if appropriate ask the usual questions:

Are you a part of me? (if not, ask if they have a message for you)

What role do you play in my life?

Would you like to come with me to my Sacred Space?

Bring to Sacred Space.

Welcome them in and introduce them to your parts.

Ask if any parts have a question for them.

Ask your Higher Self and Guardian if it is OK for this new part to stay.

Have them make themselves at home.

INVITE IN SOVEREIGN (if time allows)

Ask your Higher Self if it would be OK to invite in a new part today?

If OK, ask your Higher Self to invite in your King/Queen, the part of you that embodies the Archetype of the Sovereign or Ruler.

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.

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 Inner Circle Guidelines)

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

Are you willing to serve in this Realm?

Do you have any questions or requests of us?

Do you have something you'd like to share with [mentee]?

(when questions are complete, mentor says to mentee)

Ask Higher Self if they would like to address the new part.

Thank your new part for coming forward today and have them make themselves at home.

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?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

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

DAILY READING

DAY 23

Reframing

Reframing a Sensation with Positive Intent in Sacred Space

As reviewed earlier, the essence of Reframing is 3 Questions:

1. What do you want?
2. What are you doing to get it?
3. How's that working?

Reframing is an excellent way to mentor a person with ineffective behaviors without triggering emotional resistance. Reframing can be done in many ways.

The following is a reframing process for working on a physical sensation in a simple way using symbols. This process works well with children and avoids going into deep emotions or heavy processing. It could be done over lunch in a restaurant if you wanted.

Like all the processes in this program, it works on the knowledge that the person doing work has all the answers they need inside.

The following process reframes a sensation in its simplest form. A longer version, that adds in Positive Intent and does this work in Sacred Space can be found in the sessions guide and is what we will do in today's session.

Reframing a Sensation

Locate in Body: “Close your eyes. I’m wondering if there is a part of your body that is trying to get your attention right now?”

Feeling / Sensation: “I invite you to let your focus move to that particular part of your body... notice the feeling... notice the physical sensation.”

Shape, Size, Color: “If that sensation were an object, what shape would it be? What size is it? What color?”

Voice: “Now give it a voice. What words is it saying?”

Now ask it: “What do you want?”

Put your hands out in front of your palms together.

See a symbol – something that represents this positive intent

Now take that new symbol and hold it out to one side

See the old symbol in your other hand.

“Are you willing now to take on a new way of being to get what you truly want?”

Bring them together and now open your hands and see a new symbol.

What do you see? Feel and be with this new symbol.

When you are ready, bring this symbol into your body and anchor it.

For Reference:

Symbol Reframing Example - True Story

5 year old boy

Grandpa

“Mom! My ankle hurts”.....

Next to boy in car: "Show me where it hurts.....

If that pain was a bird, what bird would it be?" (Symbol)

“A little blue jay”

“What's the little blue jay want to do?” (Positive Intent)

“To fly away”

“Is that ok with you?” (new behavior)

"Sure".....silence

Waits.... "Did it fly away?"

Boy hesitates, "Yeah" (acts like it was a dumb question) ... How is your ankle now?

“What do you mean?” (acts like it was another dumb question, had forgot about pain)

Today's Homework

- List the top 15 fears, dislikes or dissatisfactions that you live with.
- Email the list to your Mentor prior to your next session.
- We will be reframing these fears in an upcoming session, Day 27.

Background Information

Additional Uses of Reframing: Reframe Fears into Wants

Reframing can be more fully understood using the example of a painting. As the term “reframing” implies, we could have a valued painting and change its frame to better match its new environment. Re-framing changes how the painting interacts with its environment, though the painting itself (the essence of the part) stays the same.

An example of this could be a painting of a Mother and Daughter that had a pink shiny frame when it was hung in the daughters room when she was a child. As an adult, the daughter might re-frame the painting to match the décor of her dining room where she now hangs it to remind her of her mother.

Similarly, some behaviors we take on as children no longer serve their original intention when acted out in an adult environment. As adults, we can re-frame these behaviors, beliefs, ideas, etc. to an updated version which is more effective in our current environments, relationships, etc.

In addition to The Mentoring Process, which we've already experienced, Reframing can be used in many ways. One of these ways is to change a negative perspective to a positive one.

We will be using today's homework in an upcoming session to Reframe our Fears (a negative perspective which may lead to worry and disfunction) into Wants (a positive perspective which may lead to effective actions).

Here is an example of this type of re-framing:

FEAR: I fear dying before I have grandchildren.

WANT: I want to live a long, healthy, life with lots of grandchildren around me.

Please encourage mentee to complete this homework and email it to you promptly.

MENTORS SESSION GUIDE

DAY 23

INTENTION

- To Reframe a Sensation with Inner Circle
- Assign Fears Homework

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

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 then do a different type of re-framing to address any physical pains or sensations you may be experiencing.

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 on a sensation in your body, maybe even a chronic pain that you have suffered for years and 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]

REFRAMING A SENSATION

Ask your Higher Self if it is OK to proceed now with this reframing a sensation process.

Look around your Sacred Space now and find a comfortable place to sit down and simply relax.

Close your eyes and take a deep breath and let it out slowly.

Allow your consciousness to move fully into your body.

Become aware of any sensations or feelings in your body.

See if there is a part of your body that is trying to get your attention.

I invite you to let your focus move to that particular part of your body... notice the feeling... notice the physical sensation.

Allow yourself to fully be with that sensation.

If that sensation were an object, what shape would it be?

What size is it?

What color?

Any texture or smell to it?

So this sensation is like a [echo the shape, size, color]

Now give it a voice. What is it saying?

[mentee speaks]

POSITIVE INTENT PROCESS

Echo back to the voice and then ask it what it wants. [mentee answers]

I will now speak directly to the voice.

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 voice gets to a Core State: Peace, etc.)

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 WITH SYMBOLS

I now invite you to put your hands out in front of you with your palms up.

Take a deep breath and as you let it out slowly, see a symbol for this [core state] form in the palms of hands.

What do you see?

Now take this new symbol in one palm and hold it out to one side.

In your other hand, see the old symbol or object that represented the original physical sensation (i.e. previous shape, size, color).

When you are ready to take on a new way to get what you truly want, take a breath and slowly bring your palms together, merging both symbols inside your hands.

Take another breath and like opening a book, slowly open your hands and see a new symbol in the palms of your hands.

What do you see?

Feel and be with this new symbol.

When you are ready, bring this symbol into your body and anchor it, possibly where you first felt the physical sensation.

Thank your parts for their support and ask if any part wants to comment on what they saw.

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 full of energy as you slowly return.

Start moving your fingers, your legs, arms and now open your eyes and be fully back in your room.

How do you feel?

How was that for you?

How is the pain or sensation you worked on?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

- List the top 15 fears, dislikes or dissatisfactions that you live with.
- Email the list to your Mentor prior to Day 27.
- We will be reframing these fears in another session (Day 28).
- Prepare to record the next session. Instructions for recording can be found in the Daily Reading for Day 21.

MENTORS SESSION GUIDE

DAY 24

INTENTION

- To visit Sacred Space
- Do an Extended check-in with Parts
- Discover the Primary emotion, wants & mission for each part

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to visit with your Parts in your Sacred Space and do an extended check-in.

We want to give you an opportunity to get to know your parts better and find out how you can best work with them. We'll also have each part share what their primary emotion is as well as what they most want and what their mission is as a part. Please begin to record this session if you can.

(If recording is difficult for Mentee, Mentor may record session with Mentee's permission.)

This check-in may take more than one day to complete so we may stop at some point and continue the check-in during our next session. What are your time limits for today?

Thank you, let me know when you are ready to start.

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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, messages or insights 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.

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 EXTENDED CHECK-IN

Ask your Higher Self if it is OK for you to an extended check-in with all your parts so you can get to know them better and learn how best to work with them. We'll also ask them to share their primary emotion, what they want and perhaps their mission as a part of you.

Ask your Higher Self if they have any suggestions or concerns about this process.

If OK to proceed, please ask all your parts to form a circle for this check-in.

INVITE IN PERSONAL ASSISTANT PART

Before you start the check-in, ask your Higher Self if they would be willing to invite in a part of you that could be a Personal Assistant part, who could help you remember everything that will be said during this check-in and help you fulfill any commitments you make during this process.

If your Higher Self says OK, you may soon see something or someone coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)

What role do you play in my life?

Is there anything you would like to share with me right now?

Would you be willing to help with me remember what is said in this check-in today and help me be true to my commitments?

Is it OK if I refer to you as my Personal Assistant or would you prefer another name?

Thank you for coming forward today and please make yourself at home.

When complete with this part, ask your Higher Self if they would like to check-in first.

HIGHER SELF

If OK, ask if they'd like to start their check-in with how they are feeling and anything they'd like to share with you right now. Please share what they say out loud if that's OK with you.

Ask them what they want most for themselves and for you.

Ask them if they have or would like a mission statement for themselves as a part of you.

Ask if there is something you could do to help them live their mission.

Ask what their primary emotion is.

Ask if there is something else they'd like to share with you.

Optional: Ask your Higher Self if you could merge with them and see your Sacred Space and all your parts through their eyes.

If OK, merge with your Higher Self and take as much time as you want experiencing this feeling and perspective. You may share your experience out loud or simply take it in for now.

Let me know when you feel complete with this. When complete, step back out and again share how that was for you.

When complete, say your thanks and add anything else you want to say.

RULER

Ask your Ruler (King/Queen) if they would like to check-in next.

If OK, repeat the above check-in for your Higher Self.

PARTS CHECK-IN

When your Ruler is complete, ask which part would like to check-in first.

For each part repeat the above check-in for your Higher Self.

When all the parts are complete, you may want to share with them your thoughts on what you heard them say and anything else you want to say to feel complete.

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?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Draw Inner Circle and note what each part shared today.

Share list between Mentor and Mentee prior to next session.

MENTORS SESSION GUIDE

DAY 25

INTENTION

- Continue the check-in started last session and/or
- De-brief the extended parts check-in,
- Review list of parts, wants (mission), emotions, requests

CHECK-IN

Please check-in using PEMS and Mission. *[mentee and mentor check in]*

INTRODUCTION

Today, we will continue the extended Check-in with your parts that we started last session. When finished we will de-brief this extended check-in. We'd also like to record this session. What are your time limits for today?

Thank you, please let me know when you are ready for the induction.

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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, messages or insights 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. 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 EXTENDED CHECK-IN

Ask your Higher Self if it is OK for you to continue the extended check-in with all your parts. Ask your Higher Self if they have any suggestions or concerns about this process. If OK to proceed, please ask all your parts to form a circle for this check-in. When they are ready, ask if any part, who hasn't check-in yet, would like to go first.

PART CHECK-IN

Ask if they'd like to start their check-in with how they are feeling and anything they'd like to share with you right now. Please share what they say out loud if that's OK with you.

Ask them what they want most for themselves and for you.

Ask them if they have or would like a mission statement for themselves as a part of you.

Ask if there is something you could do to help them live their mission.

Ask what their primary emotion is. Ask if there is something else they'd like to share with you.

Optional: Ask your part if you could merge with them and see your Sacred Space and all your parts through their eyes.

If OK, merge with you're the part and take as much time as you want experiencing this feeling and perspective. You may share your experience out loud or simply take it in for now.

Let me know when you feel complete with this. When complete, step back out and again share how that was for you.

When complete, say your thanks and add anything else you want to say.

Ask which part would like to go next.

(For each part repeat the above check-in.)

PERSONAL ASSISTANT DE-BRIEF

When all the parts are complete, you may want to share with them your thoughts on what you heard them say and anything else you want to say to feel complete.

Ask your Personal Assistant part to come forward and add anything they'd like to share about what they heard, and any main themes or key follow-ups that they want to mention now.

When complete, thank your assistant and add anything else you want in order to feel complete with this process.

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.

DE-BRIEF (time permitting)

How was that for you? What stands out for you after hearing from all your parts?

Did you notice any pattern in what they shared?

What are the main messages you received?

Which actions do you want to plan to honor their suggestions and requests?

Is there anything else you need to feel complete for today?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Draw Inner Circle and note what each part shared today.

Make a note of your plans to follow-up on this check-in.

MENTORS SESSION GUIDE

DAY 26

INTENTION

- To visit Sacred Space
- To talk with sad part

CHECK-IN

Please check-in using PEMS and Mission. *[mentee and mentor check in]*

INTRODUCTION

Today, we will be going to your Sacred Space and spend some time with a part of us who feels sad or maybe shame. So please get comfortable and begin to relax. 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'd like to spend some time with a sad part of you or maybe a part that's feeling shame. Perhaps you could take a walk with this part, which could be a young part of you.

Ask for any comments they may have about this as well as anything else they want to say today. Please share out loud what each part says. *[mentee speaks]*

Ask your Higher Self if there is a part of you that is feeling sad or shameful and could use a little time with you. This part may already be present in your Sacred Space and or may need to be invited in today. Ask the part to come forward and sit near your Higher Self.

WALK WITH SAD PART

Ask the part if they would like to go for a walk with you. Offer that they could bring along your power animal or any pet they'd like to invite in to go with you.

Ask the part if they'd like to take the lead and maybe show some path outside that you haven't experienced yet. Follow the parts lead (or lead if they prefer) and simply spend some time together. Use Active Listening and follow your heart and caring instincts.

Take as much time as you want and you can share out loud or simply let me know when you are complete. When complete, take the part (child?) back to your inner circle and invite the Caregiver and others to be with it now and make sure they have everything they need.

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? Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 27

Introduction to The Transformation Process

Reframing the Behavior of a Part

So far, in this program, we have covered the 4 basic skills that most of our facilitation work will use.

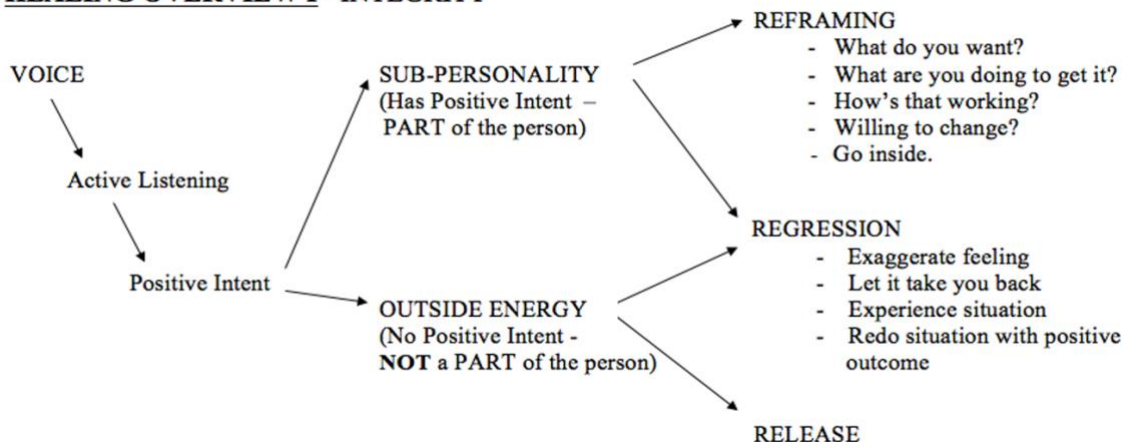
- Active Listening (Be Silent, Echo & What do you mean by...)
- Positive Intent, (What do you want?, Imagine having that...what get?)
- Reframing (What want?, What doing to get it?, How's that working?)
- Regression. (Down into Pain)

We've also shown how we can work with Parts of ourselves as a way to quickly move into deeper states of consciousness and do more effective work that can often lead to a deep healing of some of our wounds.

We now want to combine all of these into one complete healing and transformation process called The Transformation Process. This process is an A to Z, step by step process to reframe the behavior of a part. It's intention is to transform shadows into allies in support of your mission or to put it another way, transforming what could be a major obstacle or resister to you living your mission to a powerful supporter of you fully living your mission is service to others.

It uses all of the elements we have learned by combining them into a sequence which makes each element even more powerful. This sequence is shown in the following chart:

HEALING OVERVIEW I - INTEGRITY



THE TRANSFORMATION PROCESS
Reframing the Behavior of a Part

Facilitator's Words

What issue would you like to work on? (may use active listening)

I'm wondering if there is a part of you that ... (describe a role related to issue).

Access Part (Voice)

I invite you to move your chair and your body and become that part. - **OR** -

I invite you to have an image of that part come up for you.

Now allow yourself to become that part and speak as that part.

Active Listening

Welcome. Thank you for being here with me today.

Are you the part of "Mentee" that does not support Mentee's mission?

What role do you play in X's life? (X is name of person doing work)

If you had total control, what would X's life be like?

What do you think of X? What do you think of X's mission statement?

By what name would you like to be called?

Positive Intent

WHAT DO YOU WANT ?

1. Their Answer is **Y** (i.e. Freedom, Use their answer where you see a **Y** below.)

2. Now imagine yourself having **Y** fully and completely. Breathe that in. (pause)

Now having this **Y** fully & completely, what do you get from that?

Repeat above (1 and 2) until person gets to Core State: **Z** (i.e. Peace, Love, etc.)

Allow part to spend some time enjoying this Core State.

Reframing

WHAT HAD YOU BEEN DOING TO GET THIS : Z (**Z** = Core State) ?

How has this shown up in X's life? (X is Mentee's name)

How has this behavior helped X in the past?

I can see where you've been a real asset to X.

Thank you for helping keep X alive so they could be here today. I honor you for that.

HOW IS HOW IS THAT WORKING NOW?

Does this behavior still get you what you really want?

Does it bring you the Z (Core State) that you want?

- If resistance, emotional or stuck, do a Regression (Child Rescue)

ARE YOU WILLING TO CHANGE YOUR BEHAVIOR

to a new, more effective behavior that will get you what you want?

Inner Circle

I invite you to go inside - to your Inner Circle.

Ask if any part there has another behavior choice that might be more effective?

Call forward a creative part, a fun part, or the Higher Self if necessary. (pause)

Do any of these ideas resonate with you?

WHAT CHANGE DO YOU CHOOSE?

Are you willing to take on this new behavior to help you get what you truly want?

How does that feel? What name would you like to be called now?

Now, I invite you to go to your Inner Circle.

Where do you sit? What is the reaction in the circle?

Does any part have objections to this new behavior?

Is there a part there that could coach you on practicing this new behavior?

Mission

Do you know what X's mission is? Are you willing to support it?

Thank you for being here today.

Please move your chair back now to your base position.

When Mentee is back in "whole" person: How do you feel? How was that for you?

Is there something else you need to feel complete with this process?

For Reference: Example of The Transformation Process

- "I'd like to speak to the part of Dave/Mary that _____.
- "Take a breath, check in with your body and move to a place in the room and physical posture you are drawn to right now." (Make sure the person shifts their position)
- "Let that energy come up, accepting it as it is."
- "So.... are you the part of Dave/Mary that thinks, feels, etc. _____?"
- "How are you doing today? How are things going?"
- "What role do you play in Dave's/Mary's life? What's your job?"
(Acknowledge: So you really have something important to offer Dave, don't you?)
- "How do you go about doing your job? What usually happens?"
- "What would be an example?" (Now I understand better. Thank you.)
- "In doing this job, what is it that you are trying to get, what do you want?"
 - *I want Dave/Mary to work harder, I want him/her to get everything done.*
- So, for a moment, imagine Dave/Mary working as hard as they possibly could, working so hard that they get absolutely everything done. Breathe that in, everything is done. Can you feel that? Good. Now what do you get from that. What do you want now that is even more important?
 - *I get satisfaction. Yeah, satisfaction.*
- Good. Breathe that satisfaction in. Feel it throughout your body. Everything is done and you're completely satisfied. Pause. Now, what do you get from this satisfaction. What do you want now that is even more important?
 - *I feel complete.*
- Great. Breathe that feeling of completion in. And in being totally complete, what do you get from that?
 - *Peace. I feel very peaceful.*
- Good. Keep breathing in that feeling. Be with that peace for a moment – you deserve it --- you've wanted this for a long time, haven't you?
 - *Yes it feels good, I didn't even know that this is what I wanted. It's nice.*
- "So once again, what do you do to get this peace that you want?" *I push really hard.*

- “And all this pushing, this pushing really hard, Is this getting you the peace that you want?
No, no, it doesn't seem to at all. It seems like we are at war most of the time.
- "I'm curious, how old do you feel? When in Dave's/Mary's life did you come on the scene? What were the circumstances?" That makes sense to me that you would have made those choices. And I imagine at some time, this behavior did work for you. Can you tell me a time when your pushing really did work? ---- thank you, I honor you for doing such a good job and working so hard for Dave/Mary. I get that if it wasn't for you he/she might not be here today.
- “Is the strategy you adopted back then still working OK for you? Are there any drawbacks to the way it's working these days?”
- “Are you open to a change in behavior. Are you open to the idea that there might be something you could do differently that would be more effective in getting you the peace you want.”
- Good. I invite you to go to your Inner Circle. Ask the parts there if any of them have a suggestion for a new behavior that you could take on that would help get you the peace that you want. You might want to ask a creative part that not in the circle or even your Higher Self to come forward with a suggestion. --- pause –
- “Do you hear any suggestions that you like, that resonate with you.”
- “Are you willing to take on that new behavior so that you can get what you want?”
- “Great, I invite you to go back to your Inner Circle with this new behavior – and what is the reaction of the circle to you.” “Does any part have objections to this new behavior?”

“Thanks for talking so honestly with me. I appreciate getting to know you. By the way, if you were to give yourself a name, as the part of Dave/Mary that you are, what would it be?” ---

And when you sit in the Inner Circle, what do you look like, what would Dave/Mary see? Do you have any comments on Dave/Mary's mission?

" Now I'd like to just speak to Dave/Mary for a minute." (Change seats back to base.)

Then ask the adult personality if there is anything they need to say to the sub-personality. Is there anything that needs to change on the adult's part to improve the relationship between him/her and this sub-personality.

MENTORS SESSION GUIDE

DAY 27

INTENTION

- To introduce the Transformation Process
- Reframe the behavior of a part

CHECK-IN

Please check-in using PEMS and remember to state your mission.

[mentee and mentor check in]

INTRODUCTION

Today, we will be taking one of your parts through a process we call The Transformation Process.

This is a reframing process to help a part look at its current behavior and see if there might be a better way for it to help you live your mission.

We want to help the part become a more active and supportive part of your life.

We will be going to your Sacred Space and ask your Higher Self if it would be useful to work with a part already present there or to 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 a 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]

THE TRANSFORMATION PROCESS

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.

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 Reading)

ACTIVE LISTENING

Welcome. Thank you for being here with me today.

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

If you had total control, what would [mentee's] life be like?

What do you think of [mentee] ? What do you think of [mentee's] mission?

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: Peace, etc. - if no positive intent, see Standard 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?

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

HOMEWORK

Please review the Daily Reading for today (Day 27).

DAILY READING

DAY 28

Reframe Fears into Wants

The Homework from Day 23 was:

- List the top 15 fears, dislikes or dissatisfactions that you live with.
- Email the list to your Mentor prior to your next session.
- We will be reframing these fears in an upcoming session, Day 28.

Mentor:

When you receive your mentee's list of Fears, print them out with extra spacing so you can take notes during today's visualization.

If Mentee has not done the homework, use today's session to develop the list with Mentee as Mentor takes notes and uses Active Listening. Then return to this page tomorrow.

We will be using Mentee's homework in today's session to Reframe their Fears into Wants

- Fears: a negative perspective which may lead to worry and disfunction
- Want: a positive perspective which may lead to effective actions

Here is an example of this type of re-framing:

- FEAR: I fear dying before I have grandchildren.
- WANT: I want to live a long, healthy, life with lots of grandchildren around me.

MENTORS SESSION GUIDE

DAY 28

INTENTION

- To Reframe Fears to Wants with Inner Circle

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today, we will be applying Reframing in a different way than before.

We will take your homework list of Fears and reframe them into wants with the help of your Inner Circle.

When we reframe fears into wants, we may start to move our focus from a worrisome state of mind to a positive and possibly inspired attitude.

By engaging our parts we can get an idea about what makes them excited as well.

Also by gaining clarity on what we want, we seem to invite help from unseen forces that may now move in our favor to help us get what we want.

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 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 them to share whatever is up for them and also if they'd be willing to help you re-frame your list of fears into wants today.

Please share what each part says after they are complete.

[mentee speaks]

REFRAMING FEARS INTO WANTS

Now I invite you to share your first fear with your parts and ask them to help you reframe this fear into a relevant want.

An example of this is:

FEAR: I fear dying before I have grandchildren.

WANT: I want to live a long, healthy life with lots of grandkids around me.

Your first fear or your first group of fears is:.....

You may want to check-in first and share more about this fear and then invite your parts to share what they want around this issue.

[mentee speaks, mentor takes notes]

Repeat for each fear or until time runs out.

CLOSURE & RETURN

When complete, thank all your parts and 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 Day 29 Reading on Parts Language

Also, please develop a list of the 10 biggest issues that you struggle with in your life and list the wants from today's exercise..

DAILY READING

DAY 29

Introduction to Parts Language

One of the quickest ways to take someone deeper into their work is to invite them to use Parts Language. When I use Parts language, I begin to separate myself from my distress and pervasive emotion and can start to relate to a part of me that is in distress.

Parts language is basically saying that a Part of me feels or believes or wants something rather than I feel, believe or want something.

While this initially may seem like avoiding responsibility to a part of you, another part of you might realize that this language may allow you to separate yourself from an intense emotion or belief and be able to deal with it from a more centered place.

We already use Parts Language in our normal conversations when we say something like: "A part of me wants to go with you and another part just wants to fall asleep on the couch right now". Or "A part would love to go sky diving and another part of me is scared as hell".

Here are a few examples of how we could use Parts Language in our check-ins:

INSTEAD OF SAYING: "I am in overwhelm"

SAY: "A part of me is feeling overwhelmed right now"

INSTEAD OF SAYING: "I'm feeling very sad"

SAY: "A young part of me seems to be really sad and crying right now"

INSTEAD OF SAYING: "I am so angry."

SAY: "A teenage part of me is really pissed."

Notice how your body feels when you use parts language. In most cases, it helps to take a person from a victim mentality and helpless attitude, to a compassionate attitude and a desire and ability to be helpful.

Instead of being IN the part and the feeling, I can separate myself from both and move into an outside perspective of the situation. Once I relate a feeling to a part, I can see it as something I can work with and help. I can use the tools from this program to help the part and relieve the feeling I have. Ideally, I'd be able to step into my Higher Self and help the part from that loving and wise place.

At times in this program, we may choose to do our check-ins using part language.

Introduction to Child Rescue

Child Rescue is a shorter version of The Regression Process we experienced earlier.

The Regression Process starts with a person in a fully conscious, awake state of mind and includes a type of induction within the process. It starts with an issue, connects the issue to a feeling and then uses “shape, size, color” to exaggerate the feeling and follow it back to its source.

Child Rescue, starts with a part that is already in an altered state and experiencing a strong emotion.

When working with a part in an emotion, it is a simple matter for it to go back in time to almost any time in its past.

When facilitating a Reframing Process and a part becomes emotional enough to interrupt the more cognitive reframing approach, you can simply use that emotional feeling to follow the Child Rescue Process.

While this process is helpful when facilitating another person, it is extremely helpful for facilitating yourself.

If I'm doing something and suddenly I start to feel anxious or afraid, I can "reframe" my thinking with parts language and realize that a part of me, probably a wounded young part of me, has been triggered by what I'm doing, who I'm with, or simply from a noise or smell in my environment.

I can then focus my attention on that part and feeling, follow it back in time and rescue the child that was triggered.

I can quickly relieve this feeling by following the Child Rescue Process.

REGRESSION II --- CHILD RESCUE

Simplified Regression Process

Child Rescue works well when working with a part – already in altered state.

Child Rescue can also be used as a quick and simple way to address a feeling that suddenly comes up into your awareness.

1. FOLLOW THE FEELING BACK TO A CHILDHOOD EVENT.

- Go back to an earlier time when you felt that way.
- Go back in time, maybe back to the first time you felt this feeling.
- Let your body take you back, let this voice take you back, back in time.

2. RUN THE EVENT.

- What's happening? Who's there?
- How old are you? What's happening?
- REPEAT "And then what happens...?" Until trauma is complete. (Go slow)

3. HAVE YOUR ADULT SELF ENTER THE EVENT.

- Turn the clock back to just before the beginning of the event.
- Bring in your adult self.
- Tell the child you are from its future and are here to help.
- Re-run the event with the adult handling whatever comes up.

4. TAKE THE CHILD OUT OF THIS EXPERIENCE.

- Ask the child if it would like to come with you to a safe place where it will never have to go through this again.
- Take the child to your inner circle and create a special place for it to play.

MENTORS SESSION GUIDE

DAY 29

INTENTION

- To introduce Child Recue, a shorter version of Regression
- To work on a major issue with a charge
- To introduce Parts Language

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today we will start to use Parts Language as a way of deepening our check-ins and other aspects of this work.

PARTS LANGUAGE

Were you able to do the Homework Reading on Parts Language?

As the reading says, the essence of parts language is saying “a part of me feels or believes something” rather than “I feel or believe something”.

To experience the difference this language can make, we will repeat our check-ins for today and use parts language this time.

I will model this first and then you can check-in again using parts language.

[mentee and mentor check in using parts language]

Thank you. We will be using parts language for our PEMS check-ins for most days now.

REGRESSION

One intention for this program is to share some fundamental facilitation skills that can not only be used by therapists and facilitators, they can be used by almost anybody who is choosing to take greater responsibility for their lives.

Most of these skills can be used in everyday conversations and in intimate discussions with someone who may need a friendly or helping hand.

For anyone who wants to maintain a relationship with their Inner World and parts, the use of these skills is essential.

Today, we will cover one of our last specific Healing Processes called Child Rescue, which is a shorter version of Regression.

We can use this shorter version when we are working with a part who is experiencing a strong emotion.

We will be taking you through the process using whatever emotions that may be present for you. OK?

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 go deeper and deeper into a state of total relaxation, 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.

Ask your Higher Self if there is a part of you that is feeling a strong emotion and could use some attention right now. This part may already be present in your Sacred Space and or may need to be invited in today.

Ask the part to come forward and sit near your Higher Self.

I will speak directly to the part and you may simply speak for them.

CHILD RESCUE

Thank you for being with me today.

How are you feeling right now?

Can you tell me a little about how often you may feel like this?

Is there anything else you want to share about this feeling?

Thank you. For right now, I invite you to allow yourself to fully be with this feeling.

It's OK right now for you to just feel it and express whatever comes up for you.

You're doing good. Now I'd like you to go back to an earlier time when you felt this way.

Go back in time, maybe back to just before the first time you felt this feeling.

Let your body take you back, let this feeling take you back, back in time.

What's happening? Who's there?

How old are you?

Now slowly move the clock forward in time.

What's happening now?

Now, please take a breath and I'd like you to turn the clock back to just before the beginning of the event.

This time, I'd like you to see your adult-self there with you.

This is you when you get older, and have come back here to help you with this.

Do you see them there?

Is it OK for them to help you now?

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening?

(Repeat "and then what happens" until complete.)

What thoughts are coming up for you now?

Is it OK if I speak to your adult self now?

Ask the child if they would like to come with you to a safe place where it will never have to go through this again.

Take the child back to your inner circle and invite the Caregiver and others to be with it now and make sure they have everything they need.

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

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.

DAILY READING

DAY 31

Your Top Ten

Homework Request: As a resource for imagining and creating your ideal future, please make a list of the following:

Your Top Ten:

- Passions
- Talents
- Skills
- Wants

And finally, what you may be a genius at (even if it is currently unrealized).

Consider the possibility that your talents and abilities may be related to your purpose in this lifetime. Maybe what you are attracted to, what you do well, what you like to do, what fires you up, what makes your life worth living are all clues to your ultimate life of fully living in service to your mission.

Please have fun with this exercise and ask your “humility” and “fear” parts to step back for a few moments.

Develop these lists and then create one fantasy life scenario where most, if not all, are part of your future life.

Please develop your 4 top ten lists and email them to your Mentor. These lists will be used on Day 34.

The following is offered as another Induction choice.

Imagine Induction

I will soon be starting an induction
To take you to your Sacred Space.
Please get comfortable and close your eyes.
Let me know when you are ready to start.

I invite you to
Imagine
Taking three deep breaths
Feel the air going in and out so slowly
Feel your mind moving into your body
Feel your body becoming more and more relaxed
Imagine
Taking two more deeper breaths
Deeper down into your belly
Deep, deep into your heart
Deeper down and down even deeper
into your very soul
Deeper down, down and down
Imagine the air
Flowing deeper into your expanding lungs
Like Spirit finally coming home again
Imagine your body
Becoming one with your thoughts
With your feelings
With your hopes and dreams
Becoming fully aligned
with Spirit and the Universe

Imagine your Spirit
Now floating out from
That same body
Bringing your hopes and dreams with you
Imagine floating higher and higher
Away from
That same body
Imagine
Being free now
To float
To flow
To move with the winds of Spirit
Imagine coming closer
To what Spirit has in mind
For you today
Imagine being
Right where you are now
Imagining
Being
Seeing
In your
Sacred Space
Imagine what
Beyond Imagination
Would look like right now
Right now in your Sacred Space
See that now, present in your Sacred Space

MENTORS SESSION GUIDE

DAY 31

INTENTION

- To visit Sacred Space and follow cords as a Soul Retrieval
- To re-visit Mission Symbol

CHECK-IN

Please check-in using PEMS and Parts language. *[mentee and mentor check in]*

INTRODUCTION

Today, we will be doing an extended visualization. So please get comfortable and begin to relax.

Today we will be doing the OPP version of Soul Retrieval. We will be following cords from your Sacred Space to bring back lost parts or fragments of yourself.

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 following cords from your Sacred Space to find any lost parts you may have.

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]*

FOLLOW CORDS

Observe your Inner circle from a sight distance now.

You may notice some thin silver like cords leading from the center of the circle outwards and past the circle and out of your Sacred Space.

Do you see any such cords?

If not, ask your Higher Self to point out any cords that may lead to lost parts of yourself.

Follow one of the cords to wherever it leads. Ask if any of your parts want to go with you. Ask your Higher Self if this is OK?

When you follow the cord, what do you see ahead?

Continue until the end of the cord and you may find something attached to it. What do you see?

This may be a lost part of you. Provide whatever help or nurturing the part needs.

Now slowly merge with the part and become this lost part.

I'll be speaking directly to you as this lost part.

CHILD RESCUE

Thank you for being with me today.

How are you feeling right now?

Can you tell me a little about how often you may feel like this?

Is there anything else you want to share about this feeling?

Thank you. For right now, I invite you to allow yourself to fully be with this feeling.

It's OK right now for you to just feel it and express whatever comes up for you.

You're doing good. Now I'd like you to go back to an earlier time when you felt this way.

Go back in time, maybe back to just before the first time you felt this feeling.

Let your body take you back, let this feeling take you back, back in time.

What's happening?

Who's there?

How old are you?

Now, I'd like you to turn the clock back to just before the beginning of the event.

Now this time, I'd like you to see your adult-self there with you. This is you when you get older, and is here to help you with this.

Do you see them there?

Is it OK for them to help you now?

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening?

(Repeat: "And then what happens...?" Until event is complete.)

Is it OK if I speak to your adult self now?

Ask the child if they would like to come with you to a safe place where they will never have to go through this again.

Take the child back to your inner circle and invite the Caregiver and others to be with them now and make sure they have everything they need.

OTHER CORDS (If time allows)

Follow any other cords in the same way, one cord at a time.

When finished, ask your Higher Self if you have missed any. If so, continue with this process.

MISSION SYMBOL

When complete, look for the mission symbol in the middle of your circle.

See what it looks like now. Notice any difference from before.

If you don't have one there yet, allow a symbol for your mission to emerge now.

You may give it a voice and ask if it wants to share anything about your mission right now.

Now state your Mission Statement and see how the symbol reacts.

Now, you may want to create some way to display your Mission Statement in your Sacred Space.

Ask your parts if they have any ideas about that and ask them to go ahead and create something. Simply observe what they do and describe what they came up with.

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?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the reading for today (Day 31) and start to develop a list of your Passions, Skills, Wants and Talents

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

MENTORS SESSION GUIDE

DAY 33

INTENTION

- To visit Sacred Space and Welcome Center
- To invite in parts related to a Major Issue

CHECK-IN

Please check-in using PEMS and Parts language.

[mentee and mentor check in]

INTRODUCTION

Today, we will be doing an extended visualization.

So please get comfortable and begin to relax.

Today we will be inviting in parts that are related to a major issue in your life .

We will use whatever healing skill is appropriate to help each part.

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 working with parts that are related to a major issue in your life. Ask for any comments on this intention and any suggestions on what issue you could work on today.

If you have an idea on what issue you'd like to address, you could ask for their comments on this issue.

Please share what each part says after they are complete.

[mentee speaks]

WELCOME CENTER

Please share with your Higher Self what issue you would like to work on today.

Ask your Higher Self to take you and any parts that would be helpful to your Welcome Center.

When the Center is prepared for the Greeting Ritual, ask your Higher Self to invite in a part or a few parts that are related to the issue you would like to work on. These parts may already be present in your Sacred Space or can be invited in by your Higher Self.

When Parts arrive, have them step to the center and ask the forces of light to contain each in a capsule of white light.

Ask each if they are a part of Mentee.

If yes, they are a part of Mentee, ask the part to step out of the capsule of light and stand with your Higher Self.

If no, ask the forces of light to take it away to the light.

If maybe, ask whatever is a part of you to step out of the capsule and stand with Higher Self.

Ask the light to take away what is left inside the capsule. Encourage the part that stepped out of the capsule, to focus on letting it go.

If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come for it and take it home.

When just parts remain, have each share what their role is in Mentee's project.

Ask the most troublesome part to step to the center of the circle.

(Take part through The Transformation Process as follows.)

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?

If you had total control, what would [mentee's] life be like?

What do you think of [mentee] ?

What do you think of [mentee's] mission?

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?

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.

CLOSURE & RETURN

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?

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

MENTORS SESSION GUIDE

DAY 34

INTENTION

- To Discuss Top Ten Lists for Passions, etc.
- To develop a scenario that activates all your passions, skills, etc.

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

INTRODUCTION

Today will be a little more light hearted than usual.

For the next few days we will be initiating a project that you and your parts can all work on together.

Something you want to create or move along to a successful completion.

This project could range from writing a book, to finding a new career, to becoming a better parent or building a tree house for your kids or grandkids. It could also be anything from your list of “Wants” that you would like to take action on.

Our intention is to work on bringing something that you imagined into physical manifestation by working with both your Inner and Outer worlds. We also want to take positive action towards living in alignment with your mission.

Today, we don't need to decide on a specific project. What we want to do, is discuss your passions and strengths that could become activated and used to complete this project while enriching your life with activities you enjoy and are good at.

So we will be going over your Top Ten lists and you can share more about the items that you are particularly interested in pursuing. I will be mostly doing active listening and once in a while adding suggestions based on what I've learned about you during this program.

Any questions?

TOP TEN LISTS

OK. I invite you to start out with your list of passions and share what you like about any or all of them.

[mentee speaks, mentor uses active listening with some suggestions]

Thank you. Please continue with any highlights from the other lists.

Your Top Ten:

- Talents
- Skills
- Wants

PROJECT AND LIFE SCENARIOS

Now, what kind of life or Project scenarios could you imagine where you would be able to make use of your skills and talents and create something in alignment with your mission that would involve enjoying a number of your passions.

[mentee speaks]

Now, I invite you to close your eyes and take a deep breath.

Allow whatever wants to come up now.

It could be an image of one of these scenarios, it could be comments from your parts or any number of things.

Please share anything that feels important to you.

CLOSURE & RETURN

When complete, allow yourself to slowly come back to this time and place.

Is there anything else you need to feel complete for today?

How was that for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 35

INTENTION

- To create a Project Center
- Invite in new parts related to Project

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today, we will be going to your Sacred Space and creating a new separate space for your project.

This will be a space where all your supportive parts can meet to work together on whatever project you and your parts choose to pursue.

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 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 all your parts are there. If not, invite them to come in now. You may also want to invite your King/Queen to join you here as well.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these parts. You may want to check-in first.

Tell them that you'd like to create a separate project center and you may want to enlist their ideas on a project to work on or share the project you already have in mind.

Ask for their comments, suggestions and anything else they want to share with you today.

Please share what each part says.

[mentee speaks]

PROJECT SPACE

So, please state clearly what project you'd like your parts to work on in this new project space.

Ask your Higher Self and Ruler if they would be willing to help set up this Project Space.

Have them take you to this place now. What do you see?

Ask them to invite into this space, whatever current parts can be most helpful to this project.

Give them some time to set up and consecrate this space. Set-up may include a conference table with chairs, a campfire, living room or any other type of meeting space.

Ask them now to invite in any new parts that could be helpful to this project.

Have the new parts check-in with whether they are a part of you and what role they could play in developing this project.

(release any energies that are not a part of mentee)

Welcome all the parts and thank them for being here.

Describe once again what you want to create with this project and ask for the support of all your parts.

Now, do a full check-in with each part sharing how they could contribute to this project and what they need from you to be most effective.

When complete, ask the parts to work together on this and that you will meet with them regularly to learn how they are progressing and to provide updates from your end.

Now, allow an image for this project to emerge in the center of this space.

Thank everyone for their support and offer any words of inspiration you may have.

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?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 36

INTENTION

- To visit Sacred Space and Welcome Center
- To invite in resister parts related to Project

CHECK-IN

Please check-in using PEMS, Mission and Parts language.

[mentee and mentor check in]

INTRODUCTION

Today, we will be doing an extended visualization. So please get comfortable and begin to relax.

Today we will be inviting in parts that are resistant to your Project.

We will use whatever healing skill is appropriate to help each part.

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 working with parts that may be resistant to your project and maybe to 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]

WELCOME CENTER

Ask Higher Self to take you and any parts that would be helpful to your Welcome Center.

When the Center is prepared for the Greeting Ritual, ask your Higher Self to invite in a part or a few parts that are most resistant to your project and possibly your mission.

These parts may already be present in your Sacred Space or can be invited in by your Higher Self.

When Parts arrive, have them step to the center and ask the forces of light to contain each in a capsule of white light.

Ask each if they are a part of Mentee.

If yes, they are a part of Mentee, ask the part to step out of the capsule of light and stand with your Higher Self.

If no, ask the forces of light to take it away to the light.

If maybe, ask whatever is a part of you to step out of the capsule and stand with Higher Self.

Ask the light to take away what is left inside the capsule. Encourage the part that stepped out of the capsule, to focus on letting it go.

If the light doesn't take it away, ask it again if it is a part of Mentee.

If not, ask for someone from where it came from to come for it and take it home.

When only parts remain, have each share their role in Mentee's project.

Ask the most troublesome part to step to the center of the circle.

(Take part through The Transformation Process as follows. Include positive intent as time allows.)

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's] project and mission?

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 / PROJECT

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.

CLOSURE & RETURN

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?

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

MENTORS SESSION GUIDE

DAY 37

INTENTION

- To visit Sacred Space
- To do a Child Rescue on a part related to Project

CHECK-IN

Please check-in stating Mission and using PEMS.

[mentee and mentor check in]

INTRODUCTION

Today, we will go to your Sacred Space and do the Child Rescue process again.

We will work with an uncomfortable feeling that may come up for you as you pursue your project.

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 go deeper and deeper into a state of total relaxation, 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 a part that has an uneasy feeling about your project and maybe towards your mission.

This could be a feeling of fear or anxiety, sadness or anger or maybe some kind of tension in your body.

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]

CHILD RESCUE

Ask your Higher Self if there is a part of you that is feeling a strong emotion around your project and could use some attention right now.

This part may already be present in your Sacred Space and or may need to be invited in today.

Ask the part to come forward and sit near your Higher Self.

I will speak directly to the part and you may simply speak for them.

Thank you for being with me today.

How are you feeling right now?

Can you tell me a little about the feeling that comes up for you around the project we've been discussing?

How often do you feel like this?

Is there anything else you want to share about this feeling or the project?

Thank you.

For right now, I invite you to allow yourself to fully be with this feeling.

It's OK right now for you to just feel it and express whatever comes up for you.

Just breathe into this feeling and for a few moments allow yourself to totally be with it.

You're doing good.

Now I'd like you to go back to an earlier time when you felt this way.

Go back in time, maybe back to just before the first time you felt this feeling.

Let your body take you back, let this feeling take you back, back in time.

What's happening? Who's there?

How old are you?

Now slowly move the clock forward in time.

What's happening now?

And then what happens...?

(Repeat "and then what happens?" until trauma is complete. Allow release of emotions as they come up.)

What are the messages you are getting right now?

What decisions are you making?

Now, I'd like you to turn the clock back to just before the beginning of the event.

Now this time, I'd like you to see your adult-self there with you. This is you when you get older, and have come back here to help you with this.

Do you see them there?

Is it OK for them to help you now?

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening?

And then what happens...?

(Repeat "and then what happens" until complete.)

What messages are you getting now?

What decisions are you making?

What new behavior choices do you have available now? That's great.

Now you may hear your adult-self ask you if you would like to come with them to a safe place where you will never have to go through this again.

Now you may see your Adult-self's Sacred Space. Can you share what you see?

Now, you may be hearing your adult-self saying that you can make yourself at home here and be with any of the other parts that are here. Let me know when you feel safe and taken care of.

Thank you, now I'd like to talk to your adult-self.

Please make sure your child has everything they need.

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

MENTORS SESSION GUIDE

DAY 38

INTENTION

- To visit Sacred Space
- Conduct Mentoring Process on Project

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

INTRODUCTION

Today, you will get to experience Reframing and The Mentoring Process again. We'll be using this process to sort out issues related to your Project.

We will add in Positive Intent to the process and visit with your Inner Circle to get their input.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

So, is there a specific issue concerning your project that you may be currently struggling with or do you want to address the whole project today?

Please describe this situation or issue.

What is the data or what are the facts concerning this issue?

How does it show up in your life?

Relative to this issue, what do you want? *[mentee answers]*

What does [answer] mean to you?

What would that look like?

How will you know when you have it?

POSITIVE INTENT PROCESS

So once again now, in a few words, 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 voice gets to a Core State: i.e. Peace, etc. - if no positive intent, see Standard 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

What are you doing to get this [core state] ?

What does that current behavior look like? Please be as specific as you can.

How is that working? Are you getting the [core state] you want?

How do you know that?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What other behavior choices are you aware of right now?

INNER CIRCLE CHECK-IN

Are you willing to go to your Inner Circle now to get input from your parts?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

As you begin to breathe normally now, allow yourself to move into your Sacred Space and your Inner Circle.

Take one more deep breath and as you exhale slowly, find yourself fully aware and present with your Inner Circle.

Do a check-in now with your Parts.

Ask if they have some suggestions on a new behavior you could adopt to get what you want concerning your project.

Please share what each part says after they are complete.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What actions will you take?

What will you do this week to act on your choice?

Is there someone or a part of you, you can ask for support?

Is there something else you need to feel complete with this for today?

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your arms and slowly open your eyes and be fully back in your room.

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

MENTORS SESSION GUIDE

DAY 39

INTENTION

- Inner Circle Check-out

CHECK-IN

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

[mentee and mentor check in]

INTRODUCTION

Today we will start moving towards closure on this 40 day program.

We will go to your Inner Circle and do an extended check-in with your 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.

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 BLESSING

Ask your Higher Self if it would be OK, if today we do a few rounds of check-ins with your Inner Circle.

Tell everyone that this is one of our final days in this program and from now on you'll be visiting them on your own.

To start off, we will do a check-in round which will be a type of Golden Hot Seat for you (Mentee).

Each part can check-in with three things:

- What they see as your Poison, things you still need to work on.
- What they see as your Medicine, what you are especially gifted at, or what they especially like about you. And then,
- What their graduation gift to you is.

So please conduct this check-in and I'll help remind you where you're at and what to say.

I'll also be taking notes for you.

SACRED NAME

Our next item is for your Inner Circle and everyone gathered here to give you (Mentee) your Sacred Space name.

If they like they can simply present you with a name, an image of the name, or they can invite in a part that embodies your Sacred Space name.

So invite them to take some time and let you know when they are ready.

If they need more time to do this, they can present it to you on another day.

BLESSINGS FOR MENTOR

For the next round, each part can share something directed to me, your Mentor.

This can be anything they like, a blessing, suggestion for improvement, the name you will use in the future when you might refer to me etc.

So please conduct this check-in and I'll help remind you where you're at and what to say.

PARTING GIFT FROM MENTOR

I would now like to offer all of you a parting gift.

I'd like to offer you an expansion on your Sacred Space which might look like creating a number of buildings around your space that you all might enjoy.

We could create:

- a University building for teaching and learning,
- a health center for rehab and healing,
- a Library for research,
- an athletic center and spa and play area for the children,
- and anything else you might want.

Does anybody have any requests?

(Fulfill any requests by asking Mentee to go ahead and direct the creation of what was requested.)

When complete ask the Higher Self if they could create a large banner with your (Mentee's) Mission Statement written on it and install it somewhere in the Sacred Space.

PARTING GIFT FROM INNER CIRCLE TO MENTEE

Now ask your Higher Self if there might be a graduation Gift from all of those present here today for you (Mentee) and if they would like to convey that gift to you now?

When complete, ask your Ruler to make a closing statement and convey a blessing from Spirit to you and all your parts.

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

MENTORS SESSION GUIDE

DAY 40

INTENTION

- To do the Ideal Day Visualization

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

INTRODUCTION

Today, we will be doing an extended visualization. Do you have any time limits today?

So please get comfortable and begin to relax.

We will be doing a visualization of your Ideal Day in your Ideal Next Life. This next life will start with a clean sheet of paper where there are no preconceived limits or conditions dictated by your current life. You will have free reign to allow your perfect next life to emerge through this visualization.

As we go through this visualization, please say “Pause” to me when you want more time to experience what is coming up for you. Simply say “OK” when you want me to start talking again.

You may share with me what is coming up for you at any time or you may simply be silent as you take in this experience.

At the end of the visualization, I will offer to leave you with your reflections on the experience. Simply say “OK” and I will hang up. Say “Stay” if you want to continue as usual. Any Questions?

So please let me know when you are ready for me to begin.

INDUCTION

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.

Notice how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax. Breathe into your chest and torso and feel all those muscles letting go and relaxing even further. Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

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, messages or insights 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.

INTER-LIFE

Now as you go deeper and deeper into relaxation, you may notice that it seems like you are starting to float upward from your body, slowly moving upward, feeling lighter and lighter as you go.

As you slowly move upward away from the earth, you may notice a spark of light in the distance, you hear an inner voice saying: Go through the darkness to the light. As you find yourself moving more quickly now, you see the spark of light growing larger and larger until you find yourself inside it, inside a tunnel of light.

You now start to see faces you recognize, ancestors, friends that have passed on before you, family you have known who have passed before you and now there is now one face that stands out to you, the one person you'd hoped to be with in the afterlife and they greet you lovingly and tenderly.

They take your hand and you feel a comforting squeeze of your hand and take a moment to be with this special person.

As you gratefully feel this familiar presence you also feel another gentle squeeze of your hand and almost instantly you find yourself with a group of people that feel like you've known them for ages, some you may even recognize from the life you just left.

You hear one of them describe a plan for your next life and this time it doesn't seem to be about lessons or missions or even about being of service as part of some grand plan.

They say that **this** next life is about you experiencing who you truly are. It's about living a life that is the perfect expression of your true self; Your authentic, true and full potential self.

They say there is nothing to plan, and that in a moment, you can see that life before you as if it had already unfolded and manifested itself fully in the physical universe. They motion for you to relax and gesture towards a seating area.

As you take a seat, you notice that you are now in an ancient looking theater made of marble and stone and woodwork that takes your breath away.

As you look around, to your delight and surprise, you see the seats around and behind you are filled with your parts from your Sacred Space and some parts that you have never seen before.

You see your Higher Self and your Ruler eating their popcorn and waiting for the movie to start.

You even see your power animal off to the back of the theater . It is as if they all wanted to be here for the great unveiling of the future you.

IDEAL DAY

You are surprised to notice that instead of feeling trepidation about what's coming up, you feel yourself relaxing even deeper and deeper, now at a deeper level than you can ever remember.

A deep peace comes over you and very slowly, almost imperceptible at first, you see images of this ideal life start to flow before you.

As the image of a bedroom scene comes on the screen, you feel yourself being pulled into the future as you become a part of this movie.

You realize you are now going to be able to fully experience and actually get to live through your ideal day, in your ideal home, in your ideal next life and all you need to do is to be fully present in this new life as it unfolds today.

You feel yourself in bed now - slowly waking up.

You notice who you're with and feel delighted with your choice of a bed mate in this ideal day.

You look around and see the beautiful way you've created this perfect home for yourself.

As you glance out the window you are again amazed at the ideal setting in which this ideal life is taking place.

You wonder if you could have even imagined such a beautiful view and this feeling of warmth that flows through you as you begin to take this perfect life experience in.

You start to realize that you may have now gone Beyond Imagination and begin to delight in everything that is unfolding before you.

You slowly walk through your home taking in all the surprises and unimaginable ways this future home has been created just for you.

The design and decoration and furniture feels like someone read your deepest thoughts and created the perfect environment for you to relax into who you truly are and you begin to celebrate the uniqueness that is you.

You seem to be moving outside now, traveling along in a way that makes you feel like you are on some new adventure, being taken somewhere where time seems to be irrelevant and simply the experience of being alive in this moment, in this place, is all you care about right now.

Up ahead new surprises and delights start to come into focus.

You realize that this must be where you spend your days and as you gaze at the buildings and the incredibly beautiful surroundings.

You seem to be moving towards a specific area now. As you approach, you take in the beauty and power of this approaching scene.

You arrive at what was the one building that most caught your attention. You move towards and now into the most charming work place, studio, home away from home that you could have dared to imagine.

You take a few moments to take it all in and notice the specific details that could only have been meant for you.

People start coming in to talk with you about all the things you love to talk about. You can't remember being around people like this.

No one has ever been able to share these ideas and concepts with you like these magnificent people who are now with you.

Some of them even feel familiar as if the favorite people in your current life got upgraded along with you to this ideal life 2.0, or more likely 12.0 the way it feels to you right now.

After some time has passed, you may find yourself spending some time alone now doing what you couldn't dare imagine before.

You are taking your time and creating your masterpiece for this lifetime.

Somehow you know the world will not only accept it, they are waiting anxiously for you to finish it and share it with them.

You revel in being able to create something that only you could ever bring into this world. You sit in wonderment that this is the something so special that you never even dared dream about it and how much it means to you.

You go outside now and it seems like a campus has been built just to suit every passion you have ever had.

New companions arrive to share your favorite activities and games with you.

Somehow the freedom and joy you feel in this place seems to be healing and transforming you.

Your body seems to be able to do whatever your mind can imagine as you seem to become one with the activities you are immersed in. You become aware of sensations and movements that you never knew existed.

Your body seems to know how to do things that your mind cannot keep up with. After a few hours that feel like minutes, you realize its time to move on from this special place.

You slowly transition from this place and now start to arrive at a scene that takes your breath away. How did they know?

How could this have been created to fulfill your every dream and then some.

You take in the people, the activities and the feeling in your body as you finally get to be the person you had only glimpses of in your most far out dreams.

Hours go by in what seems like minutes, as you find yourself expressing yourself, enjoying yourself and simply just being yourself in this ultimate fantasy of living, being and creating joy.

As you relish every second of this experience, you realize that not even your ultimate fantasies could touch what you now know as your perfect life; you living and realizing your true potential and possibly the potential that is meant for all of humanity.

You treasure these next few hours as if they were pumping joy and love directly into your soul.

As you realize you might never get enough of this ecstatic experience, you also realize its time to move on.

With that thought, you now find yourself back in your home with the most special people in your life.

As the evening slowly unfolds, you find yourself being treated with special care and warmth and even respect for who you are . You then realize that you are doing the same for these special people.

You truly feel at home with them. It's as if this family of people have been together forever as fellow travelers and adventurers, facing more challenges and celebrations than you can take in right now.

As you enjoy some food and drinks with them, you also realize that this ideal day is slowly coming to an end.

You close the day in the most peaceful and fulfilling way that you could have ever hoped for.

This turns out to be an unexpected highlight for the whole day as this precious time before this day ends brings gifts of connection and heartfelt rewards beyond anything you could have hoped for.

These last few moments before bedtime become a surprise and a delight. Your heart takes in these moments as the nourishment its yearned for as long as you can remember.

As you fully relax now and take a moment to reflect on this glorious day, you quickly fall asleep in your sumptuous bed and find yourself waking up before you know it.

As you walk to your breakfast table you are surprised to see your past self, your current self, sitting there waiting to be with you.

You hear their questions to you even before they are spoken.

What's it like to live like this? What did you do to get here?

Do you have any advice for me? What's your Mission?

You take a deep breath and look into their eyes and somehow you now find yourself in their position, you become this past self, in your previous body and mindset.

And in this most familiar body, you hear your answers, the answers from your now future self, as if they are coming from some deep unknown place within.

You hear your future self, answering your every thought and question. And for now you simply listen and take in all these answers.....

After a while you realize that they all confirm what you already know at some level and simply never articulated in this way.

The answers seem about trusting your Higher Self, letting them guide you and work through you.

The answers encourage you to care for, love and respect the people in your life as you have been learning to care for your parts.

To see others in the same light as your lost parts who just needed some compassion and understanding to help them find their way.

And above all, you hear the advice to trust yourself; that every passion, every want you ever had was a step towards finding your way to this perfect life and this culmination of you becoming who you truly were meant to be.

You realize that Beyond Imagination isn't just a simple phrase anymore, it's the vision from the other side of the mountain. The mountain you are now climbing.

And with that realization, of course you hear your future self saying right now:

You're doing good, keep going! I know you will find your way and your mountain to climb, because I'm here now and you got me here. Thank you.

And you stand up and look you're your future self in the eye and say: You're welcome.

And as the images fade away and you find yourself present again in this ancient theater, you realize you are surrounded by your parts and animals, all anxious to take you back with them to the perfect life you are leading right now.

And all you want to do is spend some time with them in your perfect Sacred Space with all the beings that love you and will do anything for you.

And you finally get it. You created this. You are a god here.

And you know it because you love like god when you are here among the different energies and entities and beings that make up who you truly are.

And the only way you seem to be able to anchor this moment is by saying out loud to all who can hear you: My given name is... and I am the one who co-creates.....

And as you say this three times and kick your heels, you find yourself back in your home, fully back in your body and you open your eyes knowing that you have been changed, that you are different now.

You are loved and you finally can say, I love myself and every one of my little selves and higher selves and future selves, and past selves.....and for just a moment you dare say: I am love and love always wins, it's the way and the means and the end. All you ever needed was to learn how to love and you found a way to do that in this lifetime.

And as you sit with that and let it sink in.....somehow you hear the sounds stop and you are left with the silence, your new friend, silence, and the peace beyond imagination that it now brings you.....

(Pause for a few minutes or until Mentee says something.)

Is it OK with you if I end the call now and give you some time here on your own?

(If OK, quietly hang up. If not, say I'm still here, take as long as you want. When Mentee is ready, continue as usual.)

CLOSURE & RETURN

Is there something else you need before we return?

Now slowly come back into this time and this place. Know that you will remember everything that you want to remember from this experience.

Move your body, open your eyes, and come slowly back into the room feeling more refreshed and alive than you have felt in a very long time.

Please take your time and be very gentle with yourself.

Would you like to have some alone time now to journal and contemplate or would you like to talk for a few minutes?

If Mentee wants to be alone: Mentor says goodbye, see you tomorrow.

If Mentee wants to talk, Mentor can use these questions if needed.

How was that for You? What is coming up for you? Anything else you need to feel complete with today's experience?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the Reading for tomorrow's Wrap-Up. Go to OmegaPointProgram.com and fill out the feedback form and email a copy to your Mentor.

Also, please click on "ASSESSMENT" at the top of the Home Page and consider repeating the Archetype Assessment in the next few days. Your progress may be worth noting.

DAILY READING

WRAP UP

Post Phase Two Logistics and Future Plans

WEBSITE AND EMAIL

For more resource information and updated protocols, please visit the OPP Website: OmegaPointProgram.com

MENTEE AND MENTOR FEEDBACK

On the Omega Point Program website are forms requesting feedback on this program from Mentees and Mentors. Go to OmegaPointProgram.com/feedback

Please visit the website and record your feedback there.

This feedback will help us make improvements to this program.

We also request that you leave a “quotable quote” that we may use to encourage others to experience and mentor this program.

A Certificate of Completion is also available. See the bottom of the feedback form.

With your Certificate, you are invited to enroll in the Omega Point Academy which is for OPP Phase 2 grads only. Please join our OPP and OPA Family and gain access to advanced OPP Phases and other resources.

Please go to: OmegaPointAcademy.com for more information.

OPP FOLLOW-UP

As of June 1, 2021, OPP Phase 3 is available on the Omega Point Academy (OPA) website for a nominal fee. Phase 4 is planned for release on July 2, 2021.

Additional resources are also available on this OPA website.

What follows is a form letter that you can place in an email to your friends to let them know of the OPP and encourage them to pursue it. Simply insert the text into an email, attach Phase Zero (download it from the website), add your own personal touches to the wording and send it out.

Thank You!

Email Form Letter to send out to friends about the OPP

Dear:

I want to share with you an opportunity to engage in a new program, The Omega Point Program, which I think is incredible.

Don't worry, it's free and you don't have to sign anything. The only commitment you make is to the other person you do the program with and how you do that is between the two of you.

Here's a quote, from an OPP grad, that captures just one aspect of the program:

"I finally learned how to love myself at my core. I'm now aware that all the parts of me that I repress and deny are the ones that need my love and attention the most. Negative voices that trigger guilt and shame in me are my whistle to find them and fully love them. Self-love is much more easy in my life and helps me love and welcome others as they are. I'm becoming a more loving man each time I practice this way of being with myself."

The Omega Point Program is a 40 day program for two people to share an authentic, no bull-shit connection, by phone (or Zoom) for 30 to 40 minutes each day. Each day has a unique script for one person to read as they take their partner through a step by step healing process or Inner World exploration. Each day builds on previous days scripts, to provide a path for incremental deep healing and profound self-discovery.

This combination of a daily approach, unique scripts, leading edge healing and communication skills, an almost shamanic approach to Inner World exploration and a direct connection with whatever you might consider Divine, is historically unprecedented.

When you add in the opportunity to deeply connect with another person and find yourself actually being able to love and care for them in a gentle and effective way, many people are left with simply describing their OPP experience as magical, enchanting and life changing.

And it's all free, no hidden fees, no games.

[Insert your personal experience with the OPP here if you'd like]

If this resonates with you, please download the attached Phase Zero, call a friend and start tomorrow.

It's that simple. That's all you have to do.

If you do want more info, you can read through the Home Page, the FAQ and the Feedback section on the website: <https://omegapointprogram.com>.

Please do it. With all the crap that's going on in the world today, this is one real concrete thing you can do for yourself and someone you care for.

[add your personal closing and send it before you chicken out :)]

MENTORS SESSION GUIDE

WRAP-UP

INTENTION

- To reflect on and integrate Mentee's experience of the program.

CHECK-IN

Please check-in using PEMS and remember to state your Mission.

[mentee and mentor check in]

READING AND LOGISTICS

Having completed this 40 day program, today is about reflecting on your experience, and preparing for any follow-up to the OPP that you may want to pursue.

Did you take some time to look over the Daily Reading for today?

(If not, briefly cover the Reading.)

Do you have any questions or anything you want to discuss about this information?

MENTORSHIP PREPARATION

What is your current status with Passing On the OPP as a Mentor?

Is there anything you'd like to discuss about your current experience of Mentoring or your plans for taking on a Mentee in the near future?

DAILY PRACTICE

Have you been able to visit your Sacred Space on your own, possibly as a Daily or Occasional Practice?

Are you interested in continuing with this approach of working with your Inner World?

Is there anything I can help you with so you can continue to develop your relationship with your Parts and your Higher Self on your own?

REFLECTING ON PHASE 2

To help you integrate what you've experienced so far, I'd like to go over the feedback you submitted on the website.

(If Mentee has not submitted feedback, you may want to take notes on their answers today and encourage them to input them on the website.)

As I ask you a few questions, feel free to share whatever comes up for you.

Describe your experience of the program, in your own words.

How much of this experience was new to you?

What did you learn about yourself ?

What did you learn about your parts?

How are you different now from when you started the program?

How is your life different?

Did you encounter any conflicts with your current belief system?

Have you made any changes to your worldview or paradigm?

Please share any additional comments you have about the program.

What kind of follow-up to this program would you be interested in?

On a scale of 1 to 10 (outstanding), how would you rate this Program?

Please share any feedback you have for me as your Mentor.

Would you like my feedback on having you as my Mentee?

CLOSURE

Is there anything else you need to feel complete for today?

Thank you. Now, let's check out.

FINAL CHECK OUT

Addendum A

Induction and Inner Circle Check-in:

Find a comfortable position. Close your eyes.

Take a deep breath and let it out slowly. As you let it out allow your consciousness to start moving into your body. Feel your body relaxing as you do this.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully move your consciousness into your body. Become one with your body.

Inhale one more time and let it out even slower. Even more relaxed now. Note any sensations in your body, any images that may come up, any messages or insights that may come up.

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

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now. You can simply allow yourself to follow 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 emerge. 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.

Now, I'd like you to facilitate a Check-in with everyone at your circle. Allow whomever wants to go first to start. For today, ask them to give their name, how they're feeling and anything they'd like to share with you. You may want to model the Check-in first.

When all the parts are complete, say goodbye till next time and slowly come back to the room, feeling alert and refreshed, rejuvenated with lots of energy.

Slowly come back to this room, stretch your arms and legs and now open your eyes.

Tools Summary

INNER CIRCLE

- use as a base for inner journeys & adventures
- go up through the roof into clouds/stars
- go out back door into the dark, down into basement etc.
- provide play area for inner child
- use as your personal sanctuary

INNER CIRCLE CHECK-IN

- use to resolve problems
- use as 'advisory board'
- identify causes in your life, process parts involved
- identify issues between parts, establish facilitator, have them resolve
- give vision, share Mission, get consensus/ alignment

LOST FRAGMENTS

- find cords leading from table
- follow and rescue / recover part of self

EXTERNAL CHARACTERS

- fragments from others, parents, etc.
- find cord – send back along cord

SUB-PERSONALITIES or PARTS

- be mindful to love, accept, acknowledge, welcome.
- when reframing, embrace, transform, empower, integrate and align with mission

INTRUSIVE ENERGIES (Not part of self)

- ask if part of you - If not, surround in capsule of white light and send to the light (see Standard Guidelines, Day 1 Reading)

Additional Mentor Guidelines

Dealing with Resistance

1. Permission to resist is permission to process. Remember, the greater the resistance, the greater the wound, and the greater the intention to protect the inner child.
2. Build Rapport. Ask what it needs to feel safe.
3. Admire ability to resist you. Admit defeat. Ask what it would do if it was you.
4. Switch places. Let it facilitate you as you play its role.
5. Ask it to move chair and become a part that can help you, that knows what to do.
6. DURING REGRESSION:
 - Put scene on movie screen / create distance from trauma
 - Bring in friends, power animals, heroes w/ weapons - rescue child
 - Make **X** larger, others smaller

Regression Techniques

Ask about details:

Where are you, inside or outside? Is it light or dark?

Look at your feet, what are you wearing?

How old are you? What's happening?

Talk in present tense:

What's happening? What/who do you need?

How does that feel? What do you want to do now?

Turn clock forward/backward.

Do active listening (echo their statements)

Trance Work

When participant is in “emotions” or in a sub-personality, they are in altered state

Rules of working with an altered state (trance work):

Do not confront, Do support / pace / follow