

## DAILY READING

### DAY 11

#### The Echo Process (including Positive Intent)

The Echo Process Turns a Negative Voice Inside Your Head into a Positive Feeling.

The Echo Process is simply using the ECHO from Active Listening about 5 times and then when the voice settles a bit or when the voice says what it wants, going to the Positive Intent Process.

#### THE ECHO PROCESS

Listen ..... Notice what a voice inside your head is saying to you.

ECHO ..... Say to the voice: So I hear you saying that [what voice said]

Listen ..... Notice what the voice is saying now

ECHO ..... Listen and ECHO a few more times.

#### POSITIVE INTENT PROCESS

Ask voice: What do you want? (Start the Positive Intent Process)

Listen for answer....

**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 **words in bold** until the voice gets to a Core State: Peace, etc. If part does not have a Positive Intent, see Standard Guidelines, next page)

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.)

# 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.

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 is 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.

# MENTORS SESSION GUIDE

## DAY 11

### INTENTION

- Mentee experiences the full Echo Process with Positive Intent
- Review Mentee's plans for being a Mentor, if applicable

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### ECHO with POSITIVE INTENT

Earlier, we did an Echo Process with a negative voice in your head and with a sensation.

Today we will add Positive Intent to the ECHO Process.

This full Echo Process is simply using the ECHO from Active Listening about 5 times and then when the voice settles a bit or when the voice says what it wants, going to the Positive Intent Process.

- i.e. if the voice says, I just want you to be safe!
- You say: I hear you want me to be safe. I'd like you to imagine now, that I'm safe, I'm fully and completely safe.....and then continue with Positive Intent.

So, for right now, I'd like you to simply breathe with me.

Take a few breaths and let yourself relax and let go of all of this.

I'll help you do this. All you need to do right now is become aware of a voice in your head that is trying to get your attention.

Do you hear a voice?

(if not, ask Mentee to imagine a voice that they are familiar with.)

## ECHO PROCESS

Listen ..... Notice what the voice is saying to you.

ECHO ..... Say to the voice: So I hear you saying that [what voice said]

Listen ..... Notice what the voice is saying now

ECHO

Listen and ECHO a few more times.

Now, ask the voice what it wants. Say the response out loud and then I will speak to the voice.

You may simply answer for the voice now.

*[mentee answers]*

## POSITIVE INTENT PROCESS

**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 **words in bold** until the voice gets to a Core State: Peace, etc. If no Positive Intent, see Standard Guidelines, Day 11 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.)

How do you feel?

How was that for you?

Anything else you need right now to complete this?

## **MENTOR PREP FOR MENTEE**

Now, I'd like to briefly discuss your plans for passing on this program. One of the initial agreements in doing this program is that you will pass it forward to two other Mentees.

Please note that the timing for taking on a Mentee is flexible and everyone will have their own preference on when to start.

Do what you can and know that for many, sharing this program with a Mentee is the best part of this project.

You could do this at any time while you are a Mentee in this program or after you complete the 40 days.

You can pass it on to two Mentee's at once or do them sequentially, one at a time.

What are your current thoughts on passing it on?

What kind of support do you need to begin passing it on?

Please review the Instructions on Choosing a Mentee on page 8.

(Once the Mentee has taken on the role of Mentor with their own Mentee, Invite them can to share any concerns, or questions they may have as part of their daily check-in.)

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please review the Daily Reading for Day 11.

You may want to become familiar enough with the full Echo Process so you can do it on your own.

You can do the full Echo Process with a voice in your head as often as you want or until you find Peace of Mind.