

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