



Meet your mind, change your world.

CHANGING THE MIND

This is where change begins. In order to change the mind, the part needs to believe something different than what it believes now. When beliefs change, thought changes, which changes emotion, which changes behaviors which then changes results.

This is all about strategy – You need to determine the best way to help the part and the client accept new thought. Picture a theatrical production in the mind of your client designed to help them shift their beliefs – this is actually what you are doing!

So take a moment – think about the central ‘issues’, emotional patterns and the ‘core beliefs’ that need to shift in order for the client to shift. Once you have determined that, identify the ‘ways’ you can help the client make those shifts in thinking – below is a list of possibilities. But, hey, you are the Director – be creative! What matters is that the part and the client accept a new belief.

Rules for Shifting the Mind

- You need to help them for the most part by ‘asking questions’ – open-ended questions.
- Use their language – in anything you say to the client. Avoid using your terminology or spin on things
- If you are going to suggest some ways that the client/part can see certain things – make a suggestion and invite the part/client to assess the truthfulness of what you say. Example: ‘Ask your part if that resonates...?’ or ‘Does this thought seem truthful to you/your part?’
- If you are going to educate or give wisdom – you can share them but the part and the client need to accept them. You never force the shift in consciousness – you invite it. Example: ‘How does that feel?’ ‘Is your part/you willing to accept this understanding?’

We have any number of ways to affect its thinking.

- **Introduction** – of part to adult self

- Knowing that there is an adult in charge, someone who cares for them can help sort out any number of issues a part has going on.
- **Update** - you can update the part on any number of things
 - The basic update is often about bringing the part out of the past into the present, allowing it to see the progression of its life from where it was stuck.
 - Can be pivotal on many fronts as the part begins to see that it grew, it's OK, things got better, it's not a loser, it's lovable and worthy, etc.
 - Often starts to feel PRIDE in itself – couldn't imagine it could do what it has done – that life could be better, etc.
- **Conscious Dialogue with the part:**
 - You can help parts to see truths that didn't feel like truths back then by having the adult self reflect on how it sees its younger self when it looks through the eyes of the adult it is today:
 - How smart it is/was
 - How capable it was/is
 - How lovable and likable it was/is
 - The fact that the adult self loves and likes its part can be of huge benefit
 - The fact that it had a bright future it didn't know was possible. The fact that the part actually knew what it knew – it was clear that what its parents did, for instance, shouldn't have happened and the adult self is here to tell it it knew the truth even when all the adults in its life didn't know that.
 - You can show the part the relationships the adult now has in their life – how good they are – what the adult learned about being in relationships
 - You can have the client share with their part:
 - how they have changed and why they changed in that fashion.
 - the wisdom the adult self has learned on their journey and how that affected their life
 - the adult self can confirm the 'we are NOT' that addresses fears the part might have held onto.
 - **Inviting** the part to move in with the adult self – really anchoring it in the present – really letting it 'feel' how it feels to be living here – that

can really help the part to completely let go of the past and become connected to the present, its adult self and how the adult self sees things today.

- **Healing old issues** that made the younger self feel a certain way
 - Educating the part about the truth about why someone did what they did
 - Allowing the part to meet that someone today – experience a changed relationship
 - If the part was terrified in the past, bringing them into the present to experience a 'safe' environment feels really good
 - Connecting them into a responsible adult (your client if they are this) can be really beneficial here – many young kids were left alone to figure it all out themselves...
 - If the part was alone in the past – bringing them into the present (assuming the person is no longer alone) helps them to be able to connect to the moment

- **Educating the part:**
 - about the power it actually possesses – look at how a belief that he was worthless has affected the life of the adult?
 - how important it is – but not to others – to ITSELF because the only life it affects completely is its own.
 - it matters – a great deal – because once again, it is affecting the life of the adult self in substantial ways. So IT DOES MATTER.

- **The Original Blueprint (script to follow).**
 - There is a truth that we were before we became limited
 - Connecting the part to its original program can help the potential of this part to begin to bloom in the life of your client again.

- **KEY – Always check to see how the part feels after each 'new' item of information – does it believe it – how does that feel – how does that change things for the part to know this?**

Changing The Part

INTRODUCTION

This section always begins with an introduction – of the part to the client him or herself. For most parts, they are badly out of date. They have no idea that they grew up – that there was a life beyond what they were experiencing back then. They don't realize they are no longer living in that past... they are living as a part of an adult person who lives in the current year.

1. **ATP:** Would you be willing to meet me (*Client's name*) – the 'me' who has been asking you all these questions today?
2. **ATP:** Would you show me an image of how you, the part, see yourself?
3. **Consciously,** when you see this part, do you see them in any particular location? (If not, ask the client to imagine a place where they and their part could meet – a location that would be comfortable for both of them). If the part is already somewhere then....
4. **Read to client:** "**Consciously,** I would like you to take an image of yourself, the way you look today at your current age (or create a hologram of yourself) and imagine yourself into the location with your part. Let me know when your part can see you. You are to remain you at your age and they will be separate from you at their age."
5. **Continue to read to the client.** Introduce yourself to the part. Tell the part, "I am you when you're _____ years old. I'm here because I want to help you (or I want to better understand you or I need some help in our future and you are the source of the help that I need..... complete that sentence as appropriate).
6. **ATP:** How does it feel about what you just said – that you're him/her when he/she is _____ years old? Does the part believe you?
7. **ATP:** How does the part feel having its future self come back in time to help them?
 - Whatever the part says **ATP:** _____ (name of emotion) how?

8. Invite the **Adult mind to reassure the part** that he/she is here to help – if appropriate encourage the adult to hug the part – let it cry, allow it to feel the support of someone who cares...

- **ATP:** How are you feeling right now?

9. Ask the adult mind to reassure the part is no longer alone – the adult is here to take care of it/help it (whatever is appropriate)

- **ATP:** How does it feel to have the support of an adult?
- **ATP:** Do you feel like you can trust this adult?
- **ATP:** How do you know you can trust them?
- **ATP:** Check this adult out – put a probe from your mind into theirs (you are part of the adult's mind – you can do this) and check this adult out – is this someone you can trust?
- **ATP:** What qualities or characteristics do you find in the adult self that you like and/or trust?
 - **Ask appropriate follow-up questions** for each quality or characteristic – what you are trying to do is have the part explore their adult self to see how it turned out!

- **Examples of follow-up questions**

- **ATP:** Confident how?
- **ATP:** How do you feel about the fact that your adult self is _____ (name the quality or characteristic)?
- **ATP:** Could you have ever imagined that you would have turned out this way?
- **ATP:** How did you believe you would turn out?
- **ATP:** What other qualities or characteristics do you discover in the adult self that you like and/or trust?
 - **Keep asking follow-up questions until the part has a few of them listed – and feels satisfied with them**

10. Ask the adult to reassure the part that in its future – none of this is happening – things are much better – name the specific things that are no longer a problem – so that the

part gets more reassurance that it doesn't need to be afraid anymore, it doesn't need to worry...

11. **Consciously**, I would like you to take a really good look at your younger self. He is you – he is a part of your mind. Examine this younger you – look within him/her. We have already discussed the variety of beliefs held by your part. Is there any truth to the idea that you were (name the core beliefs – Eg. Stupid, a loser, worthless, hopeless, etc.)

- If no, **consciously**, then, what was the truth – and please say it in a way that you are saying it to your younger self – so that he/she hears it directly from you.
- **ATP**: How does it feel when you tell him/her the truth?
 - **ATP**: Do you believe me?
 - **ATP**: How does truth feel when you hear it
 - **ATP**: How does it feel when your adult self tells you you are _____ (fill in the blank).
 - **ATP**: What would have been different for you had you understood this?
How would this knowledge have changed your life?

12. Challenge every thought, belief or mindset that the part held that kept it locked in that place using this exchange between Adult and Part.

UPDATE

1. **ATP:** Would you like to know what happened to me after I was your age?
 - If yes, ask the client to take the part on a journey through time, showing him/her the highlights of what happened after that age.
 - You can have the client show the part pictures or video tapes of the various life events. I personally have them take a journey through time like Scrooge does on Christmas Eve – visiting various times and events in the client’s life (being ghosts on the wall to the events unfolding) until they are in the present moment.

2. **ATP:** How do you feel about what your adult self did with their life?
 - **ATP:** Could you have imagined doing what your adult self did?
 - **ATP:** What did you believe your future would be?
 - **ATP:** Check out your adult self- what did he/she know or understand that you did not – that allowed her/him to create this future for themselves
 - ***As the part uncovers beliefs/qualities or characteristics ... ask follow-up questions***
 - **ATP:** Confident how (if a trait or quality)
 - **ATP:** If the adult believed him/herself to _____ (name the belief) – then is it possible that you were indeed _____ (rename the belief) and not _____ as you thought?
 - **ATP:** How does it feel to realize there is another truth about you that you didn’t know?
 - **ATP:** Are you willing to accept what your adult believed and let go of the belief you held onto that you were/are _____ (name that limiting belief)?

3. **Ask the adult self - Bring the part right into your life today** – show him/her around – your house to begin with. (This is especially powerful if the person is in a much better place.)

- **Let the part take it all in The rooms, the yard, the energy of the house – its cleanliness, its order, its decoration, the size of it – point out stuff that might be important to the younger self – that would be an antidote to what they experienced in the past.**
- **If there is more than one residence – introduce them to the BIG PICTURE.**
 - **Ask the adult self to point out the things that are an antidote to key issues in the past:**
 - The affluence
 - The cleanliness
 - The energy of this home (not violent, no drugs or alcohol)
 - The financial well-being (if appropriate)
 - The space – can have their own room ...
 - The lifestyle – travel, hobbies, etc.
- **ATP:** So what do you think about the life you live today – in _____ (name the year)?
 - **ATP:** How do you feel about what you have acquired during your lifetime?
- **Invite the adult self to bring the part to work (assuming it is a positive place) – they are to share with its part what it does for a living – the kind of money it makes and what its financial present is like – the options that are a part of being alive now.**
 - **ATP:** How do you feel about what you chose to become – career wise?
 - **ATP:** How do you feel about what is possible today - financially? What your life is like today?
 - **ATP:** How would this have changed your life – had you lived here with this kind of financial support?
- **ATP:** Explore the relationships your adult self has today
 - **ATP:** Investigate their relationship to:
 - Their spouse (if appropriate)
 - Their children
 - Their friends
 - Their mother/father/brother/sister
 - **ATP:** Describe what they are like?
 - **Ask appropriate follow-up questions**
 - **If they are a parent – ATP:** What kind of parent did I become?
 - **ATP:** How do they feel about this?

- **ATP:** How do they feel about the relationships they have developed in their life – are these ones they can trust?
4. **ATP:** How do you feel about the life you live here?
- **ATP:** Would you like to stay here and live with your adult self – life in this home, with this life (name the things that are there)
 - **ATP:** Would you be willing to let your adult self raise you? To let your adult self be the authority figure in your life – to learn from them, to be supported by them – go grow up under their influence?
5. **ATP:** Now that you have had a chance to see and examine your future, was there any truth to beliefs you held (name the limiting ones)?
- **ATP:** How does it feel to realize there was no truth to any of it?
 - **ATP:** Then what was the truth?
 - **ATP:** How does it feel to realize this was the truth?
 - **ATP:** Had you understood that then, how would that have changed your future going forward? (List the variety of ways – allow the part to re-imagine its future – it is actually re-writing the client’s past while its dreaming of its new future).
6. **ATP:** How are you feeling about yourself now?
- **ATP:** What is the central feeling within you now?
 - **ATP:** How strong does your connection to your adult self seem to be?
7. **ATP:** How would things have been different had you understood all of this?
- **ATP:** How would you have acted?
 - **ATP:** What would your life have been like?
 - **ATP:** How would my life today be different?
 - (You can go through the timeline asking about different ages – having the part imagine growing up in your home, with these new thoughts and understanding – how would it have changed how he/she handled this or that or what their life would have been like).

THE ORIGINAL BLUEPRINT

What you're looking to develop through all of this questioning and examination of the past through the lens of the present is to find the ORIGINAL BLUEPRINT.

Underneath all of the stuff absorbed from other people OR events that happened to them and how they interpreted it lies the truth of who they are.

In general they should begin to find the unlimited, loving, beautiful, kind, wise, smart, accomplished, driven, excited, version of themselves that they always have been.

You want the part to be CLEAR about these qualities and at the end of this section, you will bring this version of them back inside the client's heart to link up into their MIND TODAY to be the resource to the adult MIND that they were always intended to be.

Before you start this next section, you need to review your notes to find the list of 'influences' that have affected this part from its past.

- **Guide:** *take a break – Go back through your notes making sure you are clear of all the information the part absorbed from others or circumstances that affected them.*

The list can include:

- *Beliefs absorbed from other people*
 - *Specific words, phrases learned from others that have left a negative message*
 - *All negative messages sent by others*
 - *Other people's anger, hate, impatience, criticism, rules, control, expectations, shoulds, shaming, violence, etc.*
 - *All of the sounds – e.g. Floorboards creaking, yelling, screaming, ice cubes clinking in the glasses*
 - *The energy of other people hitting, scolding, handling client roughly, etc.*
 - *Specific items – that have been linked to negative memories*
 - *They may throw out yard sticks, belts, hair brushes, sticks – anything used to hurt them*
 - *Tapes of awful messages or incidents in their lives (things that play repeatedly in their head that came from other people)*
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- **Read to the client: Consciously**, do you know what a bonfire is? (Usually the answer is yes). I invite you and your younger self to assemble yourself around a

bonfire. Imagine yourself on chairs, on a blanket, on a log – it doesn't matter. Just be there watching the fire and while you do this, I invite you to close your eyes to make it more 'real' for you both.

- **Read to the client: Consciously** imagine that story – the one you told yourself that has been limiting you – imagine it like a book on your lap. What does that book like? How do you feel about that story now? Does it feel as truthful?
- **When you and your part are ready** place the book face down on the fire such that the pages of that story begin to burn. As the story burns in the fire imagine that the fire becomes like a magnet to pull from your body as well as the body of your part all of the energy of the people and circumstances from that story.
 - **Guide say to the client:** Allow the fire to pull from you... (name the items from that list)
 - **Once all items have been removed say to the client:** Invite your part to come inside your heart, to link up to your MIND as it is today and begin receiving your support. Also ask your part to imagine that through this connection he/she is able to update itself with all of the knowledge, wisdom and experience you have acquired during your years of life until he/she becomes your current age today.
 - **Say to the client:** Ask your part to use its current feelings and aware of itself to support your through this connection, changing your life according to its new beliefs, emotions and ways of seeing itself and the world.
 - **Say to the client:** Ask your part to expand its feelings of _____ (name them) into your entire body, filling up all the spaces left vacant by all that other energy, allow you to feel (stronger? Happier? More fulfilled – Guide you need to decide how this will impact them and complete the sentence).
- **Say to the client: Consciously, as the book finishes burning in the fire** imagine that it releases the energy that was trapped in that old storyline and that energy now returns to you the adult self and through you to your part to empower the creation of your world and reality that will be formed from its new feelings and understandings.
- Consciously instruct your part in its own way and in its own timing to grow up inside of you as if when you were _____ years old your future self came back and helped

you to understand yourself and your life differently. Imagine who you might be today had that happened...

CHECKING IN WITH THE WHOLE MIND

Outcome: Are all parts in agreement with the changes made today? Making sure the entire mind is on board.

1. Consciously, Ask inside: Are all the parts of me in favour of, and willing to support, the changes that have been made today? _____

- *If there is an objection – ask what it is.*
 - i. *Usually it is about negotiating with the MIND that doesn't believe change can happen. Just ask if this part would be willing to step back and see what happens for a period of 2 weeks without 'doubting' it.*
 - ii. *Usually the part will say 'yes'.*
- **Consciously, Ask inside:** *Are there any questions that need to be answered before we close the session.*

TEST

Consciously, how are you feeling now?

REBALANCE

- **Ask the part(s):** to expand this new expression of energy and emotion throughout the entire physical body – and while it is doing this, ask the part to continue this expansion throughout the emotional, mental and spiritual levels.
- **Consciously,** THANK YOUR PART!

Guide: *You have just completed your client's **Belief Change Process!***

*Now proceed with the **Post Process Work** (as outlined on the following pages) to complete your client's session with you today.*

POST PROCESS

Guide: give your client some guidelines about what they can expect moving forward during their integration process. These are usually copied and given to client post session.

Validate The Work You Did

Become aware of the changes taking place – post session. Be aware of changes in perspective, a shift, the absence of an old reaction, or the presence of a new feeling, awareness, etc. – validate the work; validate the fact that you've changed. Validate your part. Notice your changes no matter how subtle they are. If possible, write down the positive changes you are experiencing."

Read Your Session Summary

I will be sending you a copy of the Statement of Desired Change as well as a summary of changes your part made in session. Please read it over – as often as you feel the need. It helps to validate the work that we just did. It supports the changes already made today.

Live the Changes

Please do not analyze the session – just live your life and enjoy the changes. Be patient with yourself as you learn and become accustomed to how it feels as your part integrates its new beliefs, feelings and motivation.

Take Conscious Command

Your healed part is different. After the session, it is important that you take Conscious responsibility for your changes. Take the actions necessary to carry your changes forward. Your part will support you as you do this. This requires that you pay attention – choosing to think, act and speak in ways that support the changes you made in session

Follow Through on Conscious Commitments to your Parts

Be aware of your part – support its changes by checking in with it periodically to strengthen your connection to it as well as to the changes made during the session.

Let Old Patterns Be Replaced

Give yourself permission to have new experiences and different perceptions of old experiences.

2. Although you have changed certain patterns and ways of being in your process, old, automatic patterns that have become habitual may take some time to fall away. You may find that you fall into old habitual patterns. However, your experience of these old patterns will be different. You will have more understanding, more conscious awareness, and more

choice. The pattern won't feel right anymore. The benefits to continuing the pattern will no longer be present. In time, these old habitual patterns will be replaced with the new choices and behaviours of your healed part and become a normal part of how you are in the world."

Ride Out Any Temporary Physiological Shifts

It is quite common to experience temporary physiological shifts after a process. For instance, you may find yourself needing more sleep and downtime after a session. Or you may experience temporary symptoms of detoxification: changes in body odour, urination, bowel movements, etc. Please understand that these changes are only temporary. In this type of work you have made profound shifts on every level – mentally, emotionally, spiritually, physically, and energetically. As your changes integrate within your body-mind, the body may need to clean out the residues of your old belief systems stored physically and energetically. This is very healthy and positive.

Feel and Release Your Emotions

You may notice emotions surfacing after your session. Sometimes emotions that have been long repressed or denied need to make their way to the surface to be experienced and released. Emotions are energy in motion that need to be felt and released - up and out. If you do experience the surfacing of old emotion, rest assured that this is only temporary. Most people report feeling more centered, grounded, and free after releasing emotional residues."

Reassure Loved Ones

The people close to you will energetically and emotionally pick up on your changes, even if no words are spoken. For that reason, I encourage you to reassure these people that everything is fine, you still love them, etc., that you've just made some positive changes for yourself. Reassurance is usually all it takes to smooth the transition. On the other hand, it is possible that some people may attempt to draw you back into old shared dynamics and get you to "change back." This is usually because the other has become destabilized in some way by the changes. Be prepared for the possibility of this predictable reaction, and carry on.

Call Me When Necessary

"If you feel weird, strange, or discombobulated after your session, please call me. Your changes are deep and sometimes other parts of the subconscious react to them. This is usually easily solved over the phone. These calls are an essential part of your therapy and are not inconveniencing me. I will return your call as soon as possible."

Enjoy Your Changes!

SCHEDULING A REVIEW SESSION

Guide: take a moment to schedule a telephone, Skype, or in person review session at this time. Let your client know that the purpose of the review session is to follow up with them in about a month's time to see how they are feeling and doing. You will be doing a big picture overview with them to see the results of their process and to celebrate their changes.

Give them the "Post Process Handout" and ask them to read it over.