

MODULE

03

# Completing the Process

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MODULE

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03

# *Homework*



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# *Self-Process*



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MODULE 03

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# *Bonfire*



# No. 01

*When do we start this?*

# Stages of the Bonfire

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- ▶ Imagine their story like a book on their lap
  - What does it look like? Feel like?
  - How do they feel about that story now?

# Stages of the Bonfire

- ▶ Invite the Adult self and part to convene around a bonfire
- ▶ Imagine their story like a book on their lap
  - What does it look like? Feel like?
  - How do they feel about that story now?
- ▶ Place it in the fire face down allowing the pages of the story to burn.
  - Review key points of their story, thoughts, beliefs and emotions that are now in the fire.

# Stages of the Bonfire

- ▶ As this book burns in the fire imagine that the fire becomes like a magnet to draw out of your body all of the:
  - List the core emotions
  - Influences from others
  - Messages they sent

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# Stages of the Bonfire

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  - List the core emotions
  - Influences from others
  - Messages they sent
- ▶ Have this become like fuel on the fire to make that book burn even harder...
- ▶ And as this book finishes burning, imagine that it releases the energy used to create that story and imagine that energy returning to you, the adult self as well as to your part, becoming the energy to create your life from (name the new emotions and thoughts).

# Stages of the Bonfire

- ▶ Ask your part to expand these new feelings (name them) out from your heart into the body filling up all the spaces left by the removal of all of that old emotion and energy.

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- ▶ Ask your part to expand these new feelings (name them) out from your heart into the body filling up all the spaces left by the removal of all of that old emotion and energy.
- ▶ Instruct your part to begin to grow up inside you to become you at the age of \_\_\_\_ as if when you were (part's age) your future self came back and helped you make these changes. Imagine who you would be today...

# Checking in with the Adult Self

- ▶ Ask how they feel now

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- ▶ Ask how they feel now
- ▶ Ask if all parts of you agree to the changes made today?
  - You may get a doubter or skeptic at this point
  - Ask the doubter/skeptic if it has seen any change in the mind today? In the past when you have worked with them (assuming they were there before)
  - Alternatively, ask if the doubter/skeptic would agree to step back for a period of 2 weeks to see if change is possible.

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- ▶ Ask the mind at large if there are any objections or questions that need to be addressed before we close the session today.
- ▶ Client is now 'back'. You can consciously talk to them about the process.

# What they can Expect

- ▶ Change is already in there. Relax, notice changes in your behavior, thoughts, emotions.
- ▶ There is nothing for you to do except move according to the changes
- ▶ As your part clears out old emotions you may get more triggered for a few days.
  - This is normal – you are now connected to emotion that was buried
  - It needs to heal – energy of old emotions needs to be released.

*If you are concerned...*  
*Call me, Email me.*



# No. 01

## *Client Summary*

# No. 01

*Check-in – at 6 weeks*