



## **The 9 Steps to the Physical Journey**

1. Guide your partner down the staircase into Source.
2. Take Magical Vehicle on Journey of Discovery.
3. Walk around and explore the region.
4. Uncover emotion and associated memory or people.
5. Guide partner through Memory Process.
6. Guide partner through Campfire Process. Dialogue, empty out & forgive
7. See how region has changed/get advice from the body.
8. Take shuttle back to doorway where we started. Farewell to mentor
9. Guide partner back up steps to waking consciousness.



## Staircase into Source:

*(Whenever you see ... give your partner sufficient time to fully experience it and then move on. Lengthen capitalized words)*

Allow yourself to find a comfortable position, and when you're ready, you may close your eyes ... As you feel yourself sitting in your chair ... and as you hear the sounds in the room ... and as you feel your breath gently going in and going out, you may begin to feel yourself RELAX ... And as you hear the sound of my voice ... and as you feel your back resting against the chair ... and with every breath you take, you may begin to notice that it is CAUSING you to RELAX ... deeper and deeper ... more and more relaxed ... into your very essence ... into the vast, boundless presence of your own self ...

Imagine a downward facing staircase in front of you ... there are 10 steps ... Can you see it? ... or get a sense of it? ... *(let answer)* ... Good ... This is a very magical staircase because it can carry you ever deeper into the vast, boundless presence that is your own essence. And the good news is, you don't have to do a thing ... just step onto each step and the staircase will carry you ever deeper. So when you're ready, go ahead and step onto step number 10, the top step ... Now step onto the next step - step 9 ... now 8 ... With every step you take it is drawing you deeper and deeper into the boundless presence that is Source ... Now step onto step 7 ... 6 ... Just allow yourself to relax ever deeper with every step you take ... 5 ... 4 ... 3 ... expanding and allowing yourself to go deeper and deeper ... 2 ... and now, as you get ready to step onto the bottom step, step 1, allow your awareness to expand spaciously in front of you ... Now feel a boundlessness expanding behind you ... a vastness expanding infinitely to all sides of you ... a spaciousness opening beneath you ... and a vast expansiveness above ... Just rest in the ever-deepening boundlessness ... as a vast open sky of presence ... opening



ever deeper into the boundless embrace of Source ...just rest here ... (*let your partner rest here for a few moments then move on*)

Now, imagine a thermometer in the ground. It has numbers going from 1 to 10 ... 1 is the deepest you can open into Source, and 10 is more shallow. If you can't exactly see the thermometer, that is perfectly fine... Just get a sense or knowing that it is there ... Now, if 1 is the deepest and 10 is more shallow, can you get a sense of where you are on the thermometer? ... You may actually hear a number, or see it rise to a certain level, or just get a sense or a knowing of the number you are at ... So where are you on the thermometer? ... (*let answer*) ... Go ahead and let the thermometer rise by a half point ... Have you done that? (*let answer*) ... Great ... Now let it fall by 1 point ... Have you done that? ... (*let answer*) ... Good ... Now that you know exactly who's in charge, what number would you like it to rest at? ... (*let answer*) ... Great! ... You can just allow that to happen naturally of its own accord, letting the same part of you that makes your heart beat, your eyes shine and your hair grow draw you ever deeper into your deepest self, into the vast, boundless presence in the core of your being ...

As this is happening naturally, imagine a door in front of you ... behind that door is a great blazing light ... the light of your own Being ... the nature of this light is boundless love... Also behind this door is a mentor - It could be someone you know, or someone you would like to know, or someone imagined ... a saint, a sage, an enlightened master but it is someone in whose divine presence you feel safe... Someone in whose wisdom you trust. So, when you are ready, you may step through the door into the light of your own Being and greet your mentor ... (*give time*) ... Have you stepped through? ... Good ... Have you greeted your mentor? ... Great.



## The Magical Vehicle Ride:

Now imagine a very magical vehicle in front of you ... what makes it so magical is that it can carry you to *any* part of your body - no matter how small or large, and not only that, it knows exactly where it wants to go ... It can go inside your organs, bones, veins, muscles or tissues – anywhere! - in a very graceful, safe and protected way ... Now go ahead and let you and your mentor step inside ... Are you inside? ... Good ... Now strap on your seat belts, and when you are ready push the green button and let it take you to your first stop - it may not be where you expect to go - so just allow the vehicle to be your guide. It is powered by your own body wisdom ... so let your wisdom take you where it wants to go, and when you arrive, be sure to bring it to a full stop, pull on your handbrake, take off your seat belt, and let me know ... (wait for answer)

## Discovery Process:

So, do you have a sense of where you've arrived? ... *(let answer)* ... Great ... With your mentor go ahead and step outside the vehicle with big flashlights (torches) in your hands ... What does it feel like under your feet? ... What does it look like? ... Describe what the area is like? ...Do you get the sense that you are inside or outside the organ? ... *(if outside, and they would like to go inside, read the following - "Imagine a small doorway somewhere, and let you and your mentor step directly into the core of this organ (or muscle or tissue)"*) ... Now put your flashlights, your torches on high beam ... What's it like in there, ... just explore the whole region ... get a sense of what it's like and describe it to me ...*(be encouraging and let them continue to describe the area as they look around)*... check behind you ... and in front of you ... are there any areas that sort of stand out to you – that look different to the rest of the region. You don't have to see it exactly, just get a sense or knowing that it is there.



Now, go over to the area that is somehow different and stand there, right next to it and allow all the feeling that is there to spontaneously come pouring over you and your mentor now ... If there were an emotional feeling beginning to flood you now, what might that be? Allow it all to come flooding and then ask yourself, “When have I felt like this before?” and in answer to this question, in your mind's eye, look down at your feet and see what, if any, shoes you are wearing ... “When have I felt like this before?” and in your mind’s eye look down at your feet and see what you’re wearing or not wearing. Look at your legs and your clothes ... Get a sense of how old you feel yourself to be, and where you might be ... Who else is there? ... Do the person or people evoke a certain memory or a series of memories? ... *(give sufficient time to answer)* ... Great. (go to Change Memory Process)

*(If series of memories arise, put whole series up on the screen and then go straight to Change Memory Process. If when they look at their feet, no memory arises, repeat the above paragraph and if they still don't get a sense of the memory, just go straight to the campfire and they can welcome people at that time)*

## **Change Memory Process:**

Now that you have uncovered a memory or series of memories ... go ahead and put the whole scene onto a big movie screen, but for now let the screen go blank, knowing that you can have access to this memory in a moment ... Is it on the movie screen? ... Good ... Have you let it go blank? ... Great.

Now imagine that you and your mentor are sitting by a campfire right here - right where you are in this organ. The nature of this campfire is unconditional love and peace - Source itself ... You and your mentor are filled with the love and peace of your



own Source as you sit here by this fire getting ready to view the scene or series of scenes being played on the movie screen ... When you are ready, go ahead and play the scene, and when it's over, let the screen go blank and let me know ... *(give lots of time)* ... Please describe to me what took place in the scene ... *(let answer)* ... Now let the younger you step down off the screen and come over to the campfire and sit with the present you and the mentor.

As you all sit embraced in the peace at this fire, ask the present you or your mentor what kinds of resourceful states **would** have been useful in the scene ... *(give time to think and come up with resourceful states - be encouraging ... let them name them, and write down. If needed, make helpful suggestions, but they need to decide if they're useful and wanted)* ... As you receive each balloon, breathe in the quality in the balloon ... let it suffuse your whole body and being. You should have a whole stack of balloons!

Now, step back onto the video screen and this time play the scene the way it **would** have happened if you'd had access to all these inner qualities and resources. Notice how even though the external circumstances might not have changed, still your internal response is much more healthy and wholesome ... so how is the scene playing itself out now? Please describe it to me ... *(be encouraging)* ... Good

Now let the younger you and the other people step down off the screen. The younger you probably has some things that need to be said which were not said at that time, and the other people in the memory have some things they need to hear.



## Campfire Process:

“Now, remember the campfire ... it is set up right here inside the organ or tissue ... You and your mentor are present at this fire ... Now bring to the fire the specific people who are involved with your issue ... Do any other people need to be at this campfire? ... *(let answer)* ... Who else is there?” ... *(let answer, and write down all the names so you can refer to them specifically)*.

“Ask the younger you or the mentor of the people involved with your issue, to which **one** would you like to speak today? ... in the knowledge that anyone else there will hear what needs to be heard ... To whom would you like to speak?” ... *(let answer)*

## Dialogue and Empty Out:

*(Processor says)* “Sitting in the presence of this protective fire of unconditional love with your mentor, I’d like to speak to the younger you. This younger you has gone through a lot of painful emotions *(you can even name them)* and its time to give the younger you a voice; a chance to really empty out all of these strong feelings that you may previously not have felt safe to express. Feelings that you may not have had a chance to speak out before and let the other people at the campfire open and listen. Let the younger you or the mentor choose which person sitting at the fire you wish to speak to”.

“So if the younger you could speak from the heart, really open up and let come up and out what needs to be said, to get it all off their chest and out of their cells, what might the younger you say? Let the younger you empty it all out” *(make sure they speak out loud. Give plenty of time to answer, be encouraging and ask them to speak in the voice of the younger them, in the first person and once emptied then say)*.



“Knowing that the other person was probably doing the best they could with the emotional resources they had at that time, what might they respond if you could give them a voice. Let them speak *not* from the ego or personality, but from some deeper place...*(be encouraging, let the other respond)*

“If the younger you could respond, what might you say?” *(let them empty out)*

“If the other person could respond, what might they say?” *(again let them respond... keep dialoguing and continuing to empty out until both parties are **completely** empty)*

“Now ask the mentor, if the mentor has anything that needs to be said? What might the mentor say?” *(let answer).*

“Now it’s time to go to the present day you, and if the present day you could really open up, get it all off your chest, out of your cells, what might the present day you say to this other person... *(let answer)*

“And if they could respond, what might they say?... *(let answer)*  
*(keep dialoguing until all are empty...then ask)*

“If the mentor had anything to offer, what might the mentor say?” *(let answer then say)*

“Is there anything else that needs to be said by anyone in order to feel complete? Let them speak that now” *(let them empty out more if needed).*



## Forgiveness:

“Now say to the younger you ‘even though you might not be able to condone the other persons behavior, even if its totally unacceptable by *anyone’s* standards, I’d like to ask you if you’d be willing to completely forgive the *soul* of the other person from the bottom of your heart?’ (*let answer*) then go ahead and forgive them in your own words, out loud, from your whole heart (*let them forgive*)

“Then ask the present day you the same: ‘Even if you in no way condone this other person’s behavior. Even if its not acceptable by *anyone’s* standards, are you willing to completely and utterly forgive the soul of this person with all of your heart?’ (*let answer*) Then go ahead and forgive them in your own words, whole-heartedly, out loud (*let them forgive*).

“Now if *you* need to be forgiven for any reason let the younger you open your chest and let the other person forgive you wholeheartedly... And you can let the present day you do the same”

“Now its time to let that person and any others sitting by the fire merge now into the light with a prayer for them that somehow they can find forgiveness for themselves” (*let your partner speak aloud this prayer*)

“And now there is just the younger you, the present day you and the mentor here at the campfire and there is still a short dialogue that needs to happen here.”

“So letting the present day you turn to the younger you and repeat after me ‘I am so sorry for all the previous pain you went through...you just didn’t have access to the wisdom that I do now, and I promise you will **never** have to go through that previous



pain again because from now on I will love you and protect you and you can have access to this wisdom, this love, this forgiveness any time you like. And I forgive you for anything you need to be forgiven for'... *(let them speak that out loud)* Now hugging the younger you, let the younger you merge inside, growing up now in this love, acceptance and forgiveness.”

## **Final Advice:**

“Now, let the campfire disappear ... Only you and your mentor are left ... take out your high-beam flashlights (torches) and shine them all around ... What do you see? ... How are things changing? ... Check the entire area ... How are things continuing to change now ...*(be encouraging and give time)* ... Great ... If there were any final communication the organ, area or tissue itself might want to make, what might that be? ... *(give time to answer fully)*... Great! It's up to you to follow your own advice ...

Knowing that your body will continue to heal perfectly, automatically, of its own accord and that the part of you responsible for making your heart beat and your eyes shine and your cells replicate will continue the healing process perfectly, without you even thinking about it - the way it does all the time, quite naturally while you are sleeping ... you and your mentor can leave with grateful hearts.”



## **Back to Waking Consciousness:**

“Having completed your healing Journey for today, get back into your magical vehicle and let it take you and your mentor back to the doorway you first came through. Now step outside it and thank your mentor with all your heart, knowing you can go on this inner Journey any time you like ... Now walk through the doorway ... there you will find the staircase and the thermometer in the ground ... Can you get a sense of what number you are at? ... Great, that’s perfect.

Now, step onto step 1 ... and as you step onto each step you will feel yourself becoming more refreshed, alive and joyous ... 2 feeling more at peace, everything integrating ... 3 feeling grateful for having forgiven, grateful for all the balloon resources that are now a part of you ... 4 ... you can stretch and let your body feel more energised ... 5 ... 6 ... 7 ... becoming relaxed, refreshed, ready to come to full waking consciousness ... grateful to yourself for having taken your inner Physical Journey ... 8 ... feeling alive, whole and at peace ... 9 ... and you may open your eyes ONLY as soon as all parts of you are fully integrated and ready to continue the healing process naturally on its own ... 10 ... you may open your eyes.

Congratulations! Beautiful work!” ...

*(Take a moment or two to take some deep breaths. You may want to move about some, get some water, stretch and to share with your partner your joint experiences and then if you like, you can switch)*