

## Classroom Process

Find a comfortable position for your classroom process. Feel this joyous feeling as you know you will feel so great afterwards.

### **Magical Staircase**

Close your eyes ... find a nice comfy position ... (and you might find the language a little different) ... just open into the consciousness of a child, now ...

Are you ready for an adventure .... a different, magical adventure .... great ... so taking a nice deep breath in ... and letting it out ... and another one in ... and out ... Just allowing yourself to relax ...and if you don't hear anything ... and if no pictures come up ... that's allowed too ... just relax.....and seeing or sensing a magical staircase now which can take you to a place of love and beautiful warm light .... an exciting place ... it has 10 steps ...stepping down now onto 9, 8, 7, 6,... feel your self relaxing and knowing something special is happening ..... 5, 4, 3, 2 just knowing there is something special taking place ...

And step onto one.... feel this huge love, relaxing .... vast ... boundless ...

### **Superhero Mentor**

WOW ... what is that in front of you .. it's a special door ...you're doing so well .... just know that there is someone the other side of the door ...your own superhero who will guide and support you on this magical adventure.... great you doing really well ....Open the door and step through now and say a big hello now because here's your superhero „fantastic ... you are such good children ...

### **Amazing shiny car!**

WOW ... to the side of you is a beautiful amazing shiny car ... it can travel magically inside your body even going into your bones, heart, lungs .... anywhere inside your body .... and it knows exactly where to go .... Get inside with your superhero .... You can see on the panel in front of you a bright green button .... When you are ready ... you can push the button ... whizzing around ... then ...

### **Landing in the body ... accessing old memory**

slowly coming in for a gentle landing ... it might be quite dark ... you might wonder where you are ... might not know or you might even know .... either way is fine ... it is OK .. just check .... what does it feel like under your feet ....fantastic. ... turn the light on on the side ....lights up the whole place .... you might just imagine it ... or you can just rest here .... As you look around you might see an area a bit different .... doing really well .... where is this place .... well done great job .... can you describe this place? Great .... you can describe this out loud if you want to .... check what it feels like .... where are you ,, how old are you ... let a memory come up and put on television screen .... switch off the TV letting screen going blank .....

## **Campfire**

Imagine a campfire ... as you sit with your special superhero ... switch on the TV and watch what happened playing out in front of you .... letting the screen go blank

now ask what special balloons would have helped .... could be confidence, playfulness, crystal dome .... just breathing them in .... You are a star ... well done. Now step back into the TV and see how it would have been with these wonderful new qualities .... fantastic .... and if you want to whisper out loud you can .... great.

Now the Younger You can come back to the campfire now ... just notice who else is there ... check .... the Younger You has so much to say to others at the campfire ... pick someone who you need to speak to ... whisper out loud .... great ....doing great .... what else needs to be said .....knowing that that person was doing the best they could with the resources they had at the time .... what would they say to you .... what would you say to that .... if they could reply from their heart ... what would they say .... what would you say to them from the heart.

If they were to say sorry to you from their heart .... what would they say.... you are a star .... doing really, really well. Ask your superhero what else needs to be said .... what would they say to you....keep going then until everything is said..... nodding your head when you ready to go on....

## **Forgiveness**

And what would the older you say at the campfire .... and the other person from their pure heart ....what would they say. And knowing that all is said ... are you able to forgive them from the bottom of your heart?... what percentage .... now you know what their position is.... you are great I'm so proud of you .... let them know that forgiveness is here ... what do they say ... let them forgive themselves ... They can all disappear now into the campfire of unconditional love ....

Say to Younger You "I'm so sorry you had so much pain ... I did not have all the useful tips then that I do now .... I promise you will never have to go through that pain again .... because from now on I will protect and love you ... Give the younger you those beautiful balloons again and know that the younger you has access to them any time.

Check area .... what look like now ... if that part of the body had any final advice to give you , what might it say? What might it want you to know ....?

## **Getting back into your magical car**

So you and your Mentor can get back in your magical car now and .... get ready to zoom back to the original doorway you first came through ... you can get out now ... thanking your superhero from the bottom of your heart ... going through the door ....

## **Back up the Magical Staircase**

Seeing in front of you now the magical staircase .... And look at the 10 steps shimmering in front of you .... Feel all the light and love surrounding you ... let the light and love fill your entire being ...

Now step onto step 1 ... step 2 .... Knowing that with every step you take you're coming back into the full wholeness and joy of the present moment ... 3 ...4...5... feeling relaxed, refreshed and grateful you went on the internal journey ....6 .... 7 .... Happy that you have all your balloon qualities inside your body ... filling your very cells. ... .and grateful that your forgave .... 8 ....9 ... and when you step onto step number 10 you will only be able to open your eyes as soon as all parts of you are fully complete, ready to carry on the healing perfectly, naturally on their own .... And when all parts of you have decided to heal, you'll find when I say '10', you will be able to open your eyes .... 10 excited, happy knowing always loved, special and taken care of .... nice deep breath in ...out ....

Excellent job! ... Well done! ... You did an amazing process ....

(Give time, Be encouraging, full of praise. Make sure they remember all their balloons. Let them know how amazing they were and what a privilege it was to work with them.) They can draw before and after pictures if they want to).