

ADVANCED SKILLS NOTES

A. Before the Journey process

Make an appointment and honour it - remember they'll be cooking

B. Prepare

- Remember to send directions
- Invite them to read the book, so they can decide
- Sacred space - clean, water, tea, flowers, pray - in your way - know that 'God' is coming, meditate, tissues
- If they come they are ready to work with whatever comes up
- **Grace** brings them, **you facilitate** an opening
- Reassure all the time
Reassure all the time
Reassure all the time
- ***Be the process***
- Open wide yourself

C. Elicitation

- Ask 'What's been coming up?'
- Elicit emotion - if behaviour is described, roll the cameras back to the emotion
- Remember to both use the bathroom
- Either pray, or put out the highest intention, or whatever is, and feels, appropriate

EMOTIONAL JOURNEY

- Gentle Welcome (unless strong emotions are present, in which case go straight into effortlessly opening through the layers)
- Effortless Opening - subtle emotions are enough and strong emotions are welcome too!
- No unknown zone? No problem
- Go with what is showing up in every moment
- Reassure at every level
- If client is experiencing body sensations, ask if that sensation had words, I wonder what they might be?
- Unknown Zone – may come up as resigned, numb, rigid, stuck, pseudo – peace, black etc – GREAT!!
Name it - eg: numbness – using numbness as a 'cover-up' invite them to pull blanket back and explore what's beneath. What's being avoided?
Help mind become curious i.e., ask to describe any boundaries and/or what's suffusing the cracks? Be fascinated with their answers and communicate back with your responses. Dive into the core and ask what's in the heart? Invite them to expand. Subtle is enough
- Rest in Source for a few moments
- Washing back up through the levels - all consciousness washes through the illusion of limitation
- If no one showed up at the campfire, go to the strongest emotional level.

D. Working with the mind

- Enter their world. Always make their world right
- Take the mind from resistance to assistance
- You cannot fight the mind – it will win!

E. Campfire

- Invite as many you want – speak to 1 (maximum 2)
- If no one shows up, ask who should be here?
- If a group, ask for a representative of the group
- Empty out - both the words and the consciousness
- BE the process
BE the opening
- If an animal shows up that's not a childhood pet, look into its eyes, see who it really is
- Give resource balloons at any time
- Give guardian angel any time – as appropriate

F. Safety

- Can offer resource balloons at any time during the process
- Can offer guardian angel at any time
- Can introduce a force field/glass wall or whatever it takes for younger self to feel safe

G. Facilitating expression

- If the younger you is a baby, give a balloon of communication
- Ask, 'What really needs to be said here? What else needs to be said? What must be said?'
- Check non-verbal communication/body language of the other person at the campfire – ask 'What does that say to you?'
- Invite client to empty out in mother tongue

ADVANCED SKILLS

1. INSIDE/OUTSIDE

- Inside the body, experience their pain, go two levels deeper into emotions
- Inside the heart/shining diamond, experience truth
- Look out through their eyes at the younger you
- Younger you looks up into their eyes, opens chest and receives truth, love etc

2. OUTSIDE/INSIDE

- Mentor or person steps inside your body, feels pain – they speak first
- Check appropriateness – use mentors as a surrogate

3. SWEEPCLEAN

- Mentor or person steps inside, using vacuum, brush, mop etc sweeps out all negative beliefs, puts them in a box, ties the box with ribbon, steps outside and throws the box onto the fire
- Step back out and throw box into the campfire

4. ENERGETIC CORD CUT

- Cut the negative energetic cords
- Seal all ends with Source
- Look into their eyes and see the relief, gratitude etc
- Cord cut can continue along the generations

5. ACADEMY AWARDS!

- Recognise the roles that have been played
- Give Oscars or Academy awards all round!

6. KARMA MENTOR

- Gives your soul lesson, so you can live your life from this new realisation
- It creates completion

H. Change memory

I. Forgiveness issues

- Clarify what is meant by forgiveness (not condoning behaviour)
- If not able to forgive, as 'What would have to happen in order to forgive?'
- Can also ask 'How much would you be willing to forgive right now? On a scale of 1 to 100, what percentage are you willing to forgive? By when would you be willing to complete forgiveness?'
- Explain true nature of forgiveness as self empowerment – not forgiving causes you pain, it's like drinking poison and expecting the other person to die
- Test run the decision using future integration method; holding onto the pain vs. life after letting go

J. Completing the Campfire

- Saying anything else that needs to be said for completion
- Send blessings
- Merge and grow up with new resources and freedom
- Source washes through the remaining layers

K. Future pace

- Checking that healing continues
- If opening not happening at one year, return to the campfire and ask ‘What would have to happen in order to forgive/for the campfire to be complete?’
- Be the consciousness of the future you and integrate that into *this* moment
- Finish with a positive embedded command
- They open their eyes

and then.....

Acknowledge and praise – wholeheartedly!

L. Support after the process

- Give tea or water and go through process and positively anchor
- Write down:
 - Resource balloons
 - New and healthy commitments
 - Help create their action plan
- Offer small journal for recording positive changes
- Going home advice reminders:
 - They will be tested
 - Invite further emotions and memories to come up and leave paper tigers
 - Related pearls
 - Reassure and celebrate
 - Positively reframe and positive embedded commands
- Pour wisdom onto page - they may or may not share - praise and reassure

PHYSICAL JOURNEY

- Suggest Emotional Journey first – if they haven’t done one
- Give balloons anytime
- They choose what level they want to be on the thermometer. If they choose zero you can invite them to step into an elevator and go down into the basement – open the elevator doors and step into a crashing realisation of source
- Mentor appears and can be invited at anytime – you can have many Mentors if necessary
- Get creative with space shuttle button
- No specific issue - no problem – programmed to where soul wants to go
- No shuttle? Walk where you are

Visual	-	see	}	be at their pace, be with them
Kinaesthetic	-	feel	}	and remember their
Auditory	-	hear	}	pace may change!



- Bring space shuttle in for a slow, soft landing
- Feel how feels under feet, can touch surroundings if it helps access the emotion
- Access emotion. If positive emotion ask the mentor (check, check, check with mentor)
- Access memory - up onto screen. If no memory, get it at the campfire
- Go to campfire
- Give creative balloons
- Up on screen - how it *would* have happened
- This change memory process re-programmes the brain
- Empty out at the campfire
- Release stored consciousness and ultimately forgive – releasing any pain stored at cellular level
- **Include advanced skills as for Emotional Journey**
- Past life memories may come up - clear out the issue then bring the teaching to THIS life
- Campfire disappears; using torches shine all around, experience transformation
- Back up steps with new embedded commands
- Open eyes - congratulate, positive anchors, going home advice as for Emotional Journey

M. Future pace

As for Emotional Journey

Grace brings them, **you facilitate** an opening

CONGRATULATE! CONGRATULATE! CONGRATULATE!