

A New Paradigm

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The Interview

I prefer a full interview for a new client but with a returning client I might start by asking:

When you're no longer feeling stuck, unable to make a decision and fearful about the future, what will you be doing? What qualities will you have?

How will you know you have it?

Give a short pre-talk on Parts Therapy.

The qualities they mention are already inside, otherwise they wouldn't even recognize them as possibilities. And this primes the pump for the session.

The Steps

1. Red/gold earth energy induction
2. Enter heart sanctuary
3. Imagine a circle
4. Invite in supportive parts
5. Describe parts
6. Invite in part that's struggling
7. Surround stuck part
8. Future pace
9. Re-alert

1. Red/gold earth energy induction

Very grounding, especially useful with returning client

Place your feet flat on the floor and imagine a comfortable wave of red/gold earth energy coming up through the soles of your feet, filling your body and shooting out through the top of your head. *Pace thru body*

Next, imagine waves of silver/blue energy coming down through the crown chakra, elevating your vibration, quieting your mind, softening the outside world. Breathe.

Send a wave of relaxation from the top of the head all the way down to the toes letting in more of this calming energy. *Add your favorite deepener.*

2. Enter heart sanctuary

Take a moment to explore, feeling safe and secure. Everything they experience here takes them deeper.

3. Imagine a circle

Before stepping into your circle, cut any threads to the *past/old world paradigm*, as they show up some may be thick and heavy, others may be thin and fragile. Cut through them now.

Next, shine a light on any negative threads to the past that were hidden. Cut them as well.

When clear, step into the circle. Feel the elevated vibration. Breathe.

4. Invite in supportive parts

Limit it to three or four parts or three parts and the Higher Self. In can be overwhelming to invite in more.

These parts may be: Loving, comfortable with change, powerful, kind, gentle, strong, resilient, caring, assertive, hard-working, reliable, honest, practical, responsible, loyal, mature, creative, consistent, appreciative, capable, sensitive, perceptive, patient, competent, confident, thoughtful, trustworthy, motivated, versatile, or something more... *Nod your head when the circle is complete.*

5. Describe parts

Tell me about the parts that show up for you. What qualities do they represent?

Step into the strongest part. How do you feel and where do you feel it? Stand up inside this part.

6. Invite in part that's struggling

Invite in any part who wants things to stay the way there were. Any part who can't make a decision leading to this change.

7. Surround stuck part

Surround any parts who are uncomfortable, absorb the positive qualities. Feel this incredible support. Find out what this part needs to feel okay with making a decision. Then mention qualities available to the negative part.

8. Future pace

Take your client into the future... two weeks, four weeks, two months, three months and beyond if it feels appropriate.

What are you doing now? What qualities do you have? How do you know you have it? Where do you feel it in your body? How do you interact with others now? What has changed in your relationship with yourself? Stand up inside this new version of you. Breathe. You can have this new way of being right now. In fact, you can carry it back through time and share with it with all the previous versions of yourself, right up to this moment in time.

9. Re-alert

Count from 1 up to 10, using the qualities they've mentioned.

Ask: what's possible now that hasn't been possible before?

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