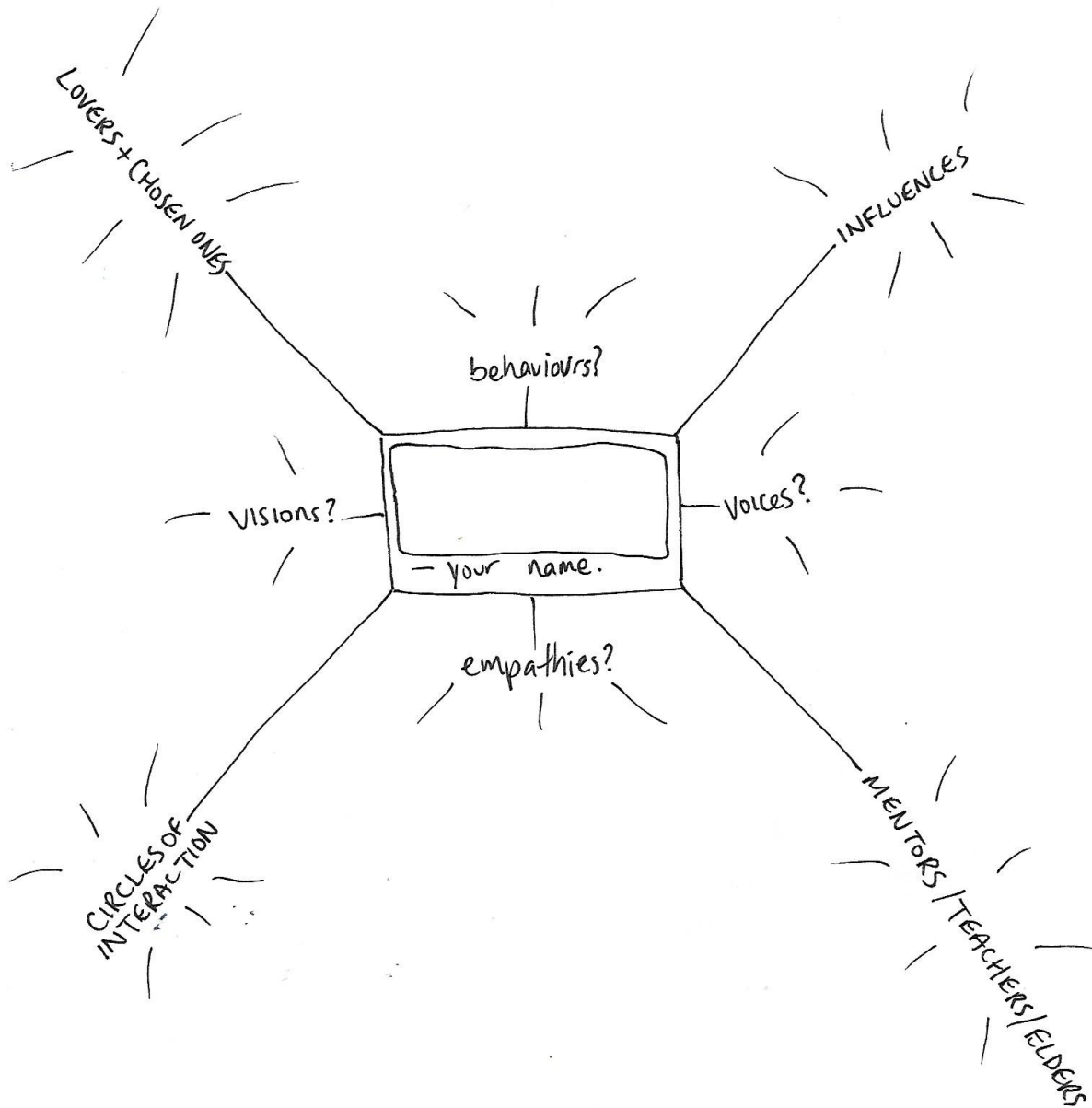


A SPIRIT MEDIUM'S INTEGRATION MODEL:

for multiple personality integrations
dissociative identity holism
and other works of self-mastery.



props to G.A. Fraser.

FILL IN THE PERSONALITIES, ASPECTS OF YOURSELF, OR OTHER
CONCEPTS OF WHAT HELPS, HINDERS, AND OBSERVES.
Mark your judgment: HL , HN or OB .

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TABLE TALK VENN DIAGRAMS FOR SPIRIT MEDIUM INTEGRATION

EG.



* WORKS.
(How to:)

1: A: shadow to inner child
B: inner child to shadow.

2: A: I want...(x)
B: I can...(y)
*(eg)

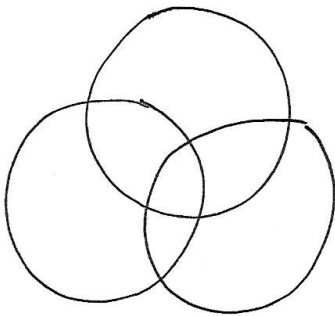
3: A: _____
B: _____

4: A: _____
B: _____
C: _____

ACTION POINTS:

QUESTION: " _____ "

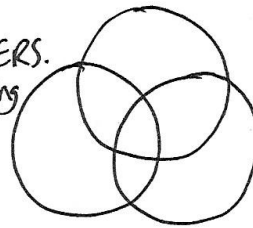
MAIN TALKERS: either evoked or invoked



QUESTION: " (OR CHALLENGE) _____ "

_____ "

CROSS-CHATTERS. interjecting



NOTES:

JN 2020 props to G.A. FRASER

Q: " _____ "
/C: _____ "

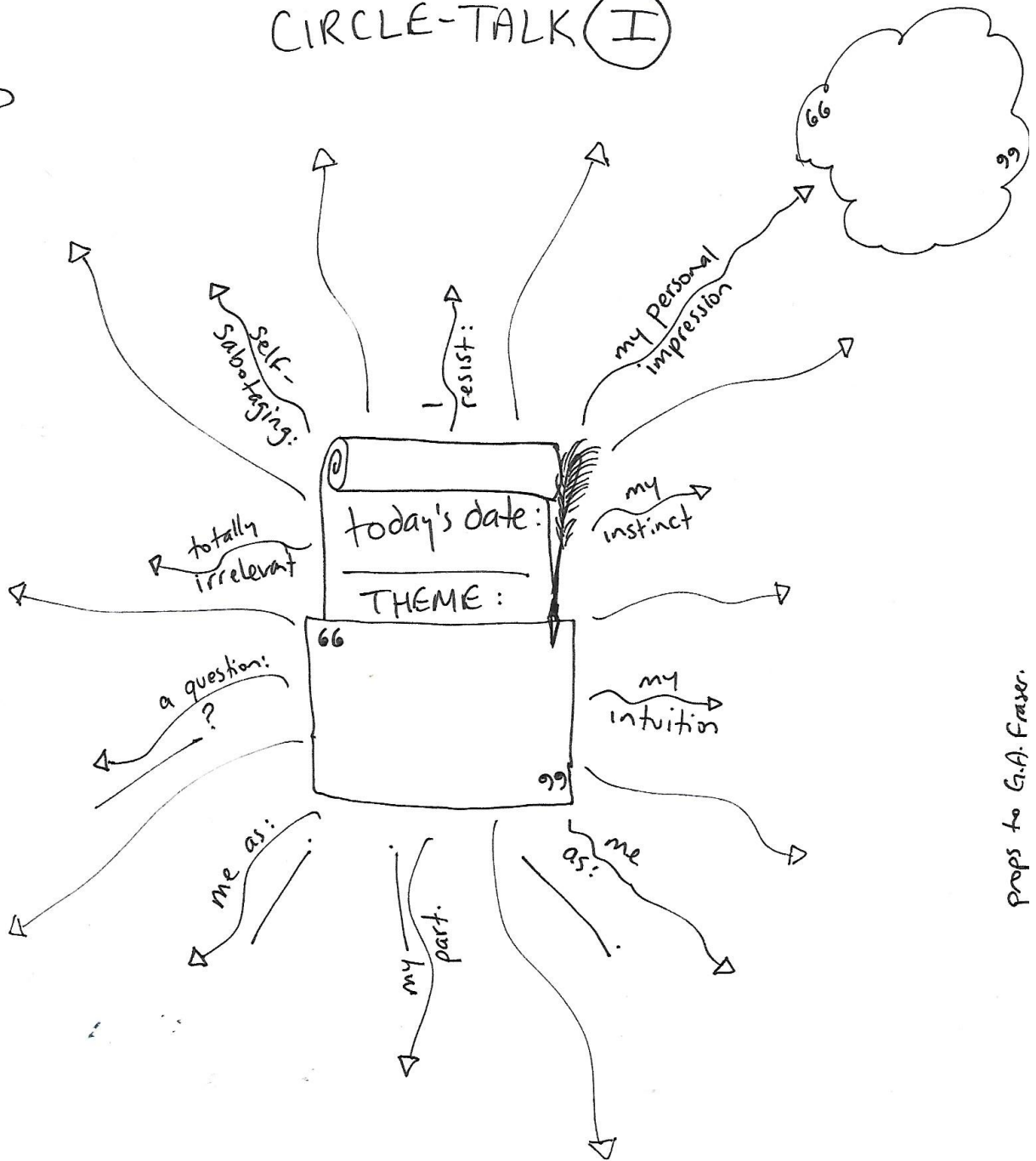
"

A SPIRIT MEDIUM'S AUTOMATIC WRITING CIRCLE-TALK (I)



 2020



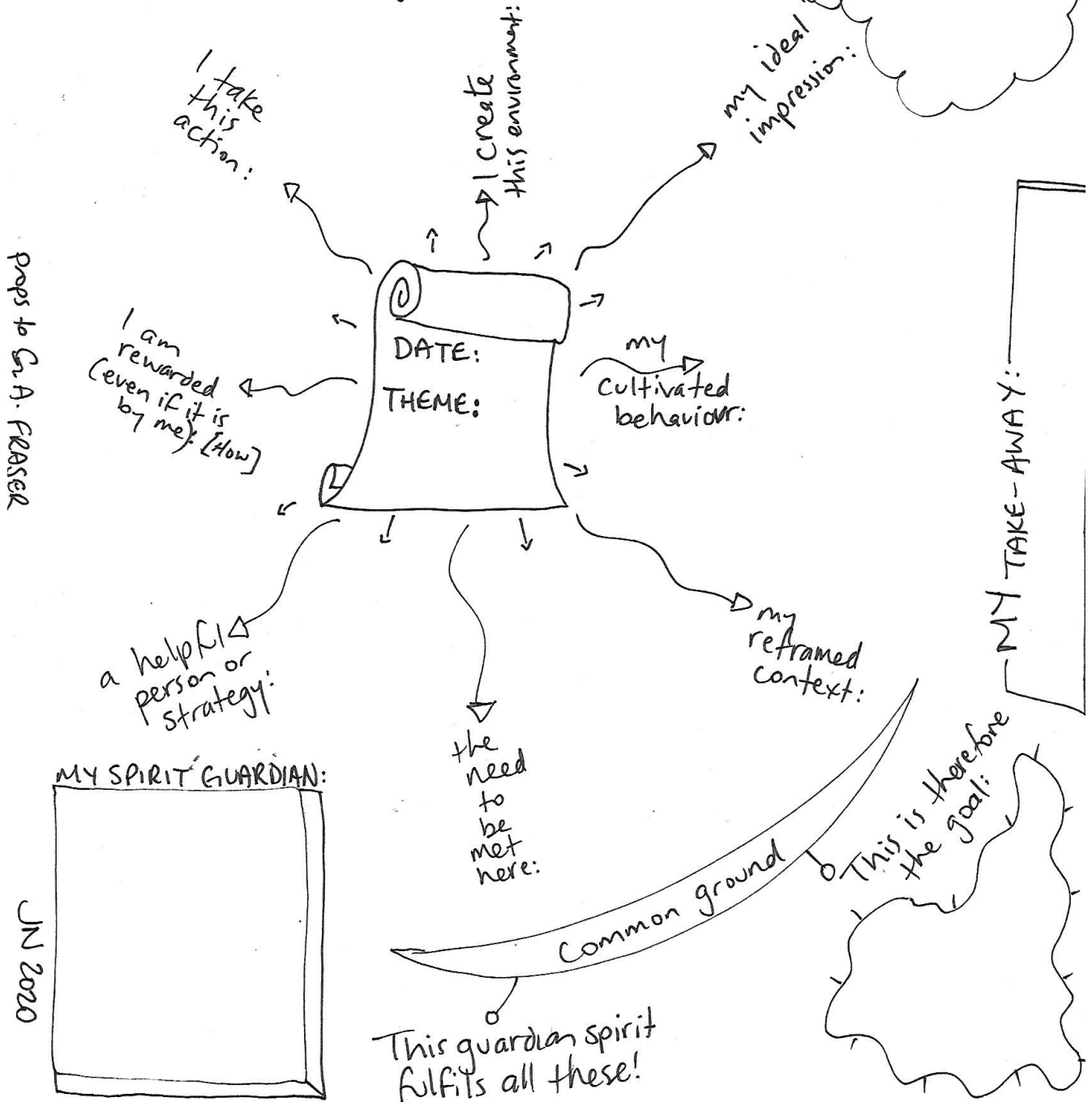


props to G.A. Fraser.

- LABEL IMPORTANT ARROWS WITH NICKNAMES OR ASPECTS.
- Describe thoughts, opinions, behaviours, impressions, or characteristics
- leave blanks if a strong voice/personality is absent or weak one is shy to participate.

A SPIRIT MEDIUM'S CIRCLE TALK SKILLSET FOR INTENTIONAL RE-IMAGINING!

Which strategies are ideal, helpful, or nurturing/nourishing?



props to G.A. Fraser

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FROM HORRIFIC TO TOLERABLE

WORKSHEET: (B)

for spirit mediums to explore past healing



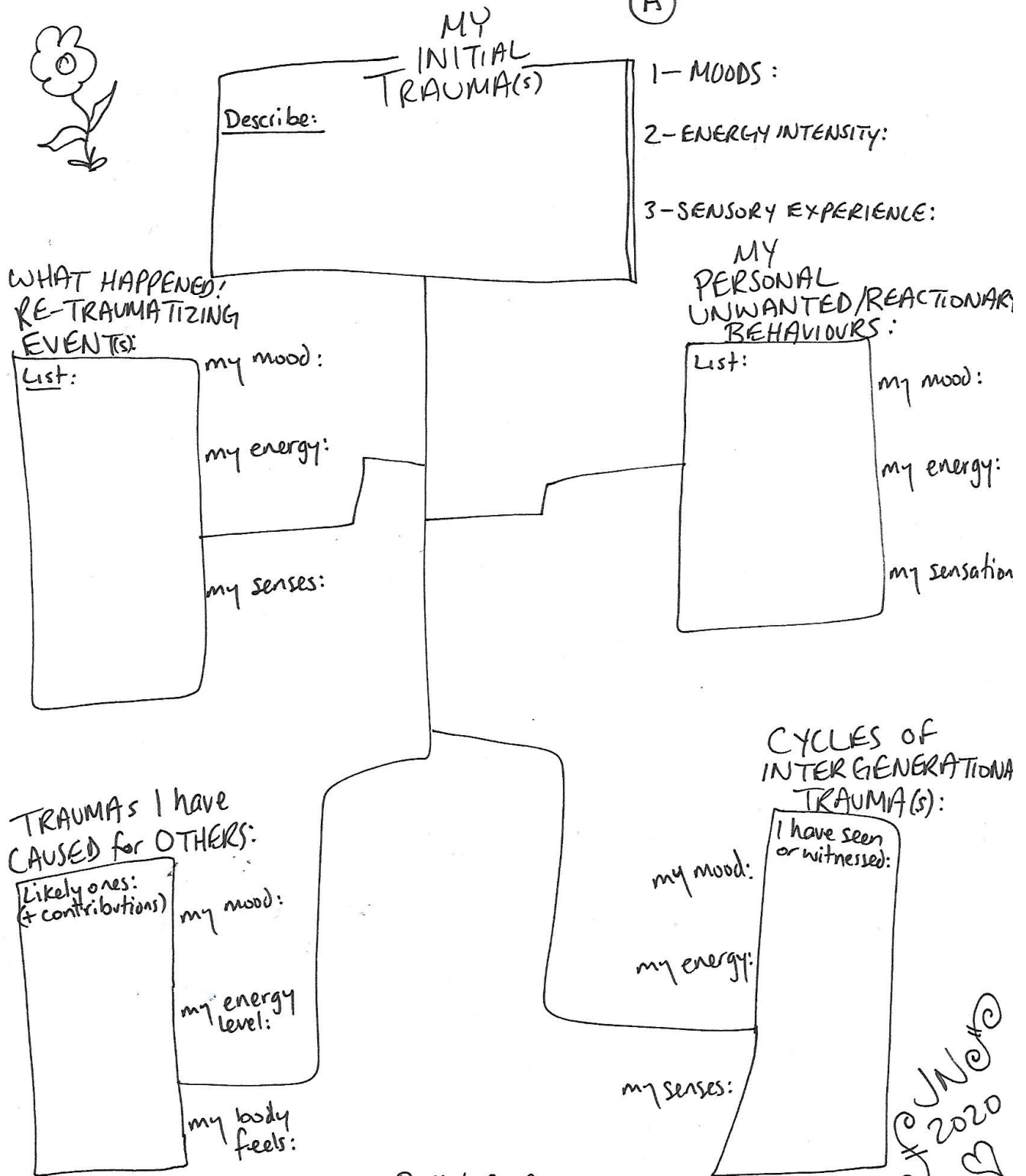
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CARTOGRAPHY OF TRAUMA RETRIEVALS

((Work for Spirit Medium Integration))

(A)



Props to G.A. Fraser.

JUN 2020
 ♡