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OPP

The Omega Point Program

Phase One

the
OPP
MENTORS GUIDEBOOK

a

DAILY READING

and

MENTORS SESSION GUIDE

for

Phase 1

Days 1 to 20

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OmegaPointProgram.com

May 28, 2021

Omega Point Program Protocols

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Days **shown in bold** (above) can be skipped by Mentor/Mentee pairs who have completed Phase Zero.

The OPP Phase Two, Days 21 – 40, are included in a separate document available on the OPP website: OmegaPointProgram.com

Omega Point Program Protocols

Daily Readings and Homework by Day

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Daily Readings **shown in bold** (above) can be skipped (or reviewed briefly) by Mentor/Mentee pairs who have completed Phase Zero.

Note to both Mentor and Mentee: Please Register as a Mentee or Mentor on the OPP site. As you begin Phase One, simply click on this link: <https://omegapointprogram.com> and scroll down slightly to Quick Links. Click on “Register” and enter your information. Thank you!

The Omega Point Program

a 40 day *Pay It Forward* experience

An Invitation

Pierre Teilhard de Chardin is often quoted as saying:

“We are not human beings having a spiritual experience, we are spiritual beings having a human experience.”

He is also famous for predicting that at some time in our future, there will be an Omega Point, a time of spiritual and psychic convergence for all of Mankind.

"Remain true to yourself, but move ever upward toward greater consciousness and greater love! At the summit you will find yourselves united with all those who, from every direction, have made the same ascent. For everything that rises must converge."

In this dark time of massive separation and isolation, we can all hope that the current world situation represents a climax to the divisions that plague our world. It may now be time for the inevitable turnaround from peak divergence towards this predicted spiritual convergence, the Omega Point.

This Omega Point Program is one way, that we as humans, can empower and participate in this turnaround. We can share a common hope. We can participate in a common action. We can come together to get us through these trying times. We can make the most of the opportunities that these times present.

Essentially, we can now learn and share basic human skills that can help us be more kind and loving to each other. We can each start by going inside to heal and love ourselves. We can then go outside of ourselves, to be of service and help others do the same.

This program is about using many of the most effective ways known today to love ourselves and to communicate lovingly with others. Hopefully, through this program, we can all discover our common humanity, and with that as a foundation, start to come together as Teilhard predicted 80 years ago.

This program has been developed by Bill Wich and a group of people who have been helping others heal and transform for almost 30 years as part of The Next Step Training. This is simply another step in our efforts to pay it forward. We hope you'll get as much joy in passing this on as we have gotten from giving it away.

Thank you for your interest in reading this far. We hope you'll join us in this unprecedented effort.

The Gift

1. 40 days of personal mentoring for 30 minutes per day. To be shared by phone, Zoom, in person, etc.
2. Your Mentor will follow a set program designed to share skills and processes to help you grow, develop healthy relationships and establish an active inner life. Most of all, your Mentor will listen to you.
3. This program is secular and not based on any religious or spiritual discipline.
4. This program is designed to help us be with each other, in a loving and effective manner, develop a deep one on one connection and communicate in ways not usually possible in our culture.
5. This program is a unique integration of many leading edge skills and processes, providing an effective and efficient way of facilitating yourself and others. They provide a firm foundation for any other type of healing approach.
6. This program is a giveaway to you and only asks that you give it away to two others.

Depending on your time constraints, you could start mentoring two people after a week or more as a Mentee; you could take on one Mentee after finishing the program and then another after finishing with your first Mentee; or anyway that works for you. Many participants say that they learned and grew as much from mentoring as they did as a Mentee.

7. This program revitalizes the Oral Tradition of passing on wisdom like our ancestors may have done. It also emphasizes teaching as an essential component of learning.
8. This program is a gift to our planet as well as to each participant. It is a "Pay It Forward" type of distribution approach and each participant is an important piece of reaching as many people as possible.
9. This program was initiated in April of 2020 as The 2020 Omega Point Project (<https://2020omegapointproject.com>) in response to the Covid lockdown. It's had such a profound effect on its graduates, that we are re-launching it as The Omega Point Program (the OPP), to make it available to more people.

WAYS TO CONDUCT PROGRAM

1. Mentor to Mentee

Mentor has done or is doing the OPP, or has experience in doing or facilitating personal growth work.

2. Round Robin – for 2 to 5 people.

For groups of 2 or more, who are beginning the program, a Round-Robin can be set up where each person Mentors another and is also Mentored by the same person (in the case of 2 people) or by a third person (in the case of 3 or more). It is recommended that one person in a Round Robin has some experience with personal work or has access to someone who does.

3. Begin with Phase Zero – For 2 inexperienced people.

The Phase Zero program provides facilitation experience as preparation for mentoring the OPP; available at: OmegaPointProgram.com

PROGRAM DIRECTIONS

This is a daily program which takes between 30 to 45 minutes a day for 40+ days.

It requires two people, a Mentor and a Mentee, to be in voice contact for the complete Daily Session (usually phone, zoom or in person).

Most of the sessions involve doing visualizations of some kind. So the Mentee needs to be in a relaxed, almost trance like state, during much of the session. It works best when Mentee and Mentor can work from a quiet place where they won't be disturbed.

1. Program contains two elements for each day:

A daily **Mentors Session Guide**: A Mentor's script that can be simply read.

A **Daily Reading**: A context for the days topic (selected days only).

To be read by Mentor prior to each session,

To be read by Mentee after each session as Homework.

2. Mentor will guide Mentee through each session after doing the pre-reading.

3. Sessions are mainly experiential with no or little preparation required from Mentee.

For most sessions, Mentee can simply relax and follow Mentors instructions.

Mentee will often receive homework assignments, usually the Day's Reading.

Instructions on Choosing a Mentee

A. Choose Mentee(s)

Before its time for you to start passing on this program to others, spend some time choosing your prospective Mentees.

You will be spending many hours with your Mentee(s). It is recommended that you choose someone you would like to spend quality, heartfelt time with. Someone you want to get to know better and who you trust and trusts you.

It is recommended that Mentees be:

- over the age of 17
- willing to commit time to the program
- capable of passing on the program
- receptive to working on themselves and psychologically stable

Note: This is not therapy for serious mental illness. It is a sincere effort to connect and work with mentally stable adults.

If you know someone who is struggling, needs help and may not be stable enough to pass on this program, consider adding them as a third Mentee and modify the program to focus on facilitating them. Skip the sections designed to have them learn and use the skills.

If you choose to pass this project on to only one Mentee due to time concerns, consider passing it on to another Mentee when you are complete with the first one.

B. Contact Prospective Mentee

Once you've chosen who you would like to work with, initiate contact with the prospective Mentee and share the first few pages of this document or speak from your heart.

Choosing a Mentee who also chooses you is not to be taken lightly. Best thing you can do is be authentic. Share your fears and uncertainties as well as your passion for this. Allow Spirit to be part of this process.

General Facilitation Guidelines for Mentors

1. You don't need permission to do Active Listening with someone. You do need permission to process them. Listen and follow their lead.
2. If you do plan on facilitating or processing someone, make sure you are doing your own work on a regular basis. The more work you do on yourself, the more you will be able to be present for others and not project your own stuff on them.
3. Know that the answer they are seeking, is already inside them. Your job is to help them discover that answer for themselves, not to give advice unless specifically asked to.
4. Follow the do's and don'ts for Active Listening during any process. Learn to contain your impulses and emotions while listening and facilitating. Stay with the process.
5. Be aware that every piece of work is a process. Healing processes have a recognizable pattern. Knowing where you are in the process is a learned skill.

Specific Mentor Guidelines for this Program

1. If you are new at mentoring this program and unsure of any day's protocol, please know that the protocols have been prepared so that you can simply read through them and they will remain effective.
2. Because this Program is planned for 30 minute sessions, there may be times when the Mentee will be in an emotional place or a feeling of not being complete at the end of 30 minutes.

Please know that you may allow the Mentee to be in that space and simply sit with it. It will usually resolve or evolve on its own. Simply reach an assurance with Mentee that although they are uncomfortable and even disturbed, they will not do anything to hurt themselves and can keep themselves safe.

The next day you will be able to assess what the mentee learned or gained from the experience of being with the discomfort. One of the skills that is valuable to develop, is self-containment when emotions are intense. These situations can help develop that ability.

DAILY READING

DAY 1

Active Listening

Active Listening is the foundation for everything that we will do in this program.

The intention of Active Listening is to hold space for another person and support them as they work through an issue in a way that can lead them to find the answer to their problem on their own. Our core belief when doing Active Listening and most every process we will use in this program, is that the person has the answer they are seeking inside of themselves. Our job as facilitator is then to provide time and space and support while they go on their own journey to find what they are looking for. We want them to go through their internal process without the listener having an agenda for how they get there. We do this by seeking to understand what they are saying and letting them know we hear them.

The OPP approach to Active Listening is to mainly use three simple elements:

- Be Silent (offer space for them to talk and even pause without interruption)
- Echo (feedback what you heard them say)
- Ask Meaning (What do you mean by ?)

Active Listening can help someone move deeper into their real truth by being heard and more importantly, hearing themselves when you echo back their words and thoughts. The sharing and the echo complete a cycle that allows the person to go down deeper into their own truth. In fact, by using Active Listening, we can help them develop their own neuropathways into their sub-conscious so they can learn to better access this wisdom on their own.

This skill is often cited as critical for improving our relationships, our parenting, our leadership and anything that involves communication between two people.

It is the foundation of most approaches that teach communication skills like: Parent Effectiveness Training, Steven Covey's 7 Habits (#5 - Seek to Understand and then to be understood) and most every Facilitation and Therapy approach.

If a person can master this skill, they will notice a vast improvement in almost anything they do. It is also key to becoming a more kind and loving person who can actually be effective in helping others with whatever they are dealing with. By practicing the guidelines on the following protocols, you could soon become an effective listener in this kind of work and in every aspect of your life.

ACTIVE LISTENING

Active Listening (also called: Reflective Listening) may be most powerful when it is the disciplined use of only the following 3 elements:

1. BE SILENT (SILENT and LISTEN have the same letters)

2. ECHO (So, what I'm hearing you say is ..)

3. ASK MEANING (What Do You Mean By -----?)

While focusing on the above actions, as a Listener we also want to:

Maintain Eye Contact

Be Curious

Seek to Understand

Get to Clarity

Go on a Journey --- the Other Person's Journey

Secondary actions we can use in our Listening are:

- Start with Open-Ended Question: i.e. What do you want?
- Ask Clarifying Questions like: How old is your son? – follow with Echo
- OK to slow person down (more details) or speed up (less details) – Echo

Instructions for Speaker (The person sharing and doing their work):

Allow yourself to share whatever comes up for you. If a thought comes into your mind, no matter how irrelevant it may seem, please share it with your Listener.

What To Avoid During Active Listening

Active Listening could be considered simple, as it only requires doing three basic things. Actually, it may be quite difficult at first because of all the things you want to avoid doing.

When we listen to another, we may have impulses to say or do things we've learned from our culture and our childhood. Most of these impulses are not useful when we want to be caring, understanding and helpful. These impulses can be avoided with practice and awareness.

The responses that are best to be avoided when doing Active Listening are shown below. With practice, these impulses can be minimized and you'll find yourself naturally being with others in a more compassionate, loving and effective way.

1. Asking Why - "Why did he beat you?"

Asking WHY something happened or WHY did you do that, is a question looking for a rational answer. This drives the person back into their rational mind to find a logical answer, i.e. it puts them back into their head. We want to move them deeper into their heart, and their feelings. Also, most rational answers are not the true source of a problem.

2. Giving Advice - "I think you need to forgive your wife."

There are times when someone will be asking for your advice, due to your expertise or experience with an issue. This is not to be presumed. Unless specifically requested, Giving Advice is disrespectful and short circuits a person's process. Giving Advice usually will involve your own projections and implies a judgement that the person can't find their own answer inside of them.

3. Sharing Your Story - "I used to hate my wife too, but I ..." , "I was just like you, I ..."

When someone shares something that relates to your own past, it is natural to want to share your story with them. This is not helpful when you are working with or simply holding space for someone who needs your attention on THEIR issues and THEIR experience. When you share, it takes the person out of their process so they can respond cordially to your story.

4. Negating / Minimizing - "That's all he did? That doesn't seem so bad."

Many issues are based on experiences that may seem unimportant or even trivial to others. Saying things like: "That's all he did? That doesn't seem so bad." is disrespectful at best, in most cases, it will end the process and any trust they may have had with you. Judging the depth of a wound or the impact of an event is always to be avoided.

5. Projecting Your Stuff onto Another – "I'm so stupid"; "you've got a mean critic"

Any judgement, diagnosis, interpretation or advice that comes up for you around what a person says, is most likely based on your own thought processes and experiences. They are therefore projections of what you would do or why you would do something. Please avoid.

6. Judging Anything or Anybody - “That was a vicious thing to do.”

To share any moral or quality assessment is simply projecting your beliefs, values and limitations on another. Saying things like: "That was a vicious thing to do." are not helpful to human relations of any kind.

7. Rescuing - “I hate my looks.”..... “I think you look great.”

When a person says something that seems overblown or just not true, let it be their truth for them to process. If they say: "I hate my looks" don't Rescue them from their feelings by saying "I think you look great." Let them have the feeling or judgement so they can find the true source of where they took on this negative opinion.

8. Diagnosing - “I feel like hurting somebody.” - “I bet you were an abused child”

When someone describes an issue, it is your responsibility as a friend or facilitator, to listen and perhaps guide them through a process where they can discover what the issue truly is and how they can resolve it. To assume what the issue is or how or why it came about is to cut off hundreds of other possibilities and limit the healing potential of any process.

9. Fixing Their Problem - “Let me talk to your wife.”

People often need to share what is happening to them. They need to hear themselves talk about it. In this way, they often gain insights into an issue and ideas of how to work with it. Offers to fix their problem or how they could fix it themselves are usually received as insulting and only increases their emotional distress.

10. Consoling Someone During Processing – “It’s OK, don’t be sad.”

We want a person who is sharing sad feelings to allow for these feelings to lead them to some insight or resolution. The feelings are often a gateway to their inner world or subconscious where the true source of their distress can be revealed. Consoling or gently touching someone in distress takes them away from this healing opportunity.

11. Telling or Teaching Information without Permission

Giving direction or information to someone who is in their feelings takes them out of their heart and puts them back into their head to receive the teachings. It is the task of the listener or facilitator to create a context or process for the person to discover this information for themselves.

MENTORS SESSION GUIDE

DAY 1

INTENTION

- Mentee shares current situation and experiences being listened to
- Mentor & Mentee make confidentiality agreement

ACTIVE LISTENING

Mentor:

Thank you for this opportunity to be with you today.

Before we get into a regular format for these 40 days, I'd like to focus today on the one thing that is the foundation of everything we will do in this program.

And that is to listen to you and connect with you, wherever you are at right now.

Also, we will be making some agreements with each other as we pursue this program.

For today, I commit to keeping everything you share with me confidential.

Do you have any question about this and are you willing to make that same commitment to me today?

[mentee commits]

Thank you. So with that said, I'd like to ask you: how are you doing with everything going on in the world today?

What is your current living and working situation? How are you feeling emotionally about your life right now?

Or you may simply share what is up for you right now.

[mentee shares; mentor uses active listening until 8 min. left]

How was that for you?

How was that to be listened to in this way?

I'd like to hear your feedback on my listening:

- What did I do that worked for you, and
- What did I do that may not have worked for you?

WANT DO YOU WANT?

One more thing for today; what do you most want to get from this Omega Point Program?

Imagine the best possible thing you could get from this experience: A new job, the perfect partner, full blown enlightenment, freedom from an addiction, etc.

I invite you to go BIG!

[mentee shares]

CHECK OUT

We will end each session with a check-out.

It is an opportunity to release the energy of the moment and to transition to everyday life.

Each of us will share how we are feeling and any reflections on what we just experienced.

Usually, when we check in and check out, we do not interrupt or offer observations. I will model it now.

SCHEDULE THE NEXT SESSION

HOMEWORK

Please start a journal for this program.

You could record your notes from these exercises in a notebook or a document on your computer or phone.

I'll also be taking notes for you as we go along.

DAILY READING

DAY 2

PEMS Check-In

Introducing the PEMS check-in and the use of I-Statements and the 5 feelings.

PEMS: P = Physically E = Emotionally M = Mentally S = Spiritually

To make the most of our check-ins and our sharing, we want to use language that brings out more of what is happening for us beneath the surface. For the rest of this program, we therefore want to encourage the use I-Statements and the 5 Emotions or Feelings.

I-Statements

When checking in and doing any kind of sharing during this program, please use I-Statements: Say "I" instead of "you" when sharing feelings, thoughts, etc.

When expressing a thought or feeling, most of us have learned to use the word “you” instead of “I”. This might sound like: “You know how you feel when somethings not right and you get that crummy feeling in your gut?”

We find it to be more powerful when we use “I” instead of “You” and say “I feel as if I just got punched in the gut. I’m feeling fear that something terrible is going to happen.” We call this making I-statements. Please remind each other to use I-statements as you move through this program.

Feelings

When describing your feelings, please name a specific emotion. For now, please keep it simple and use one of these 5 basic emotions:

5 Core Emotions: Mad, Sad, Glad, Fear and Shame

In our culture, we often use language to distance ourselves from our feelings by saying things like, “I feel a little blue today.” We find it more useful to say, “I’m feeling sad right now.” The five fundamental feelings we use are mad, sad, glad, fear, and shame. Somehow, using these basic words invites us to drop some of the resistance we may have to being vulnerable with another person. Please encourage each other to use these five feelings to describe your emotions.

MENTORS SESSION GUIDE

DAY 2

INTENTION

- To introduce check-ins, the five feelings, and I-statements
- Mentee does an extended check-in and experiences being listened to by someone using Active Listening.

CHECK-IN

Mentor:

Good (afternoon/morning, etc.). Welcome to Day 2.

Normally, when I connect with someone on the phone, my impulse is to say Hi, how are you doing? In this program, we will formalize that greeting a bit and I'll be inviting you to check-in, which will be your opportunity to share how you're doing.

Normally check-ins are not interrupted with questions or comments. It's a chance to express what is coming up for you without any interference. For today, we will keep our check-ins fairly simple and will share how we are feeling right now.

I'll be using what we call I-statements and I'll focus on one of 5 basic emotions which we refer to as: mad, sad, glad, fear and shame.

I'll check-in first and then you will check-in. *[mentor checks in]*

Before you check-in, do you have any questions about how to do this?

(Answers to probable questions are found in the Days Reading.)

OK, let's have you check in. *[mentee checks in]*

EXTENDED CHECK-IN

So now I'd like to use this same check-in approach and expand on it, so we can get to know each other a little bit more. This time we'll start with you.

This extended check-in will focus on four aspects of your life. The four aspects are how we are doing Physically, Emotionally, Mentally and Spiritually.

I will be using a simple listening approach, we call Active Listening. We will be covering it in more detail in later sessions. For today, you'll notice that I will be mostly silent while you speak. Once in a while I may confirm what I hear you say and I may ask you what you mean when you use terms that could have multiple meanings.

MENTOR CHECK-IN

So let's start with Physical. I invite you to share anything you'd like about your physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues or whatever comes up for you around how you relate to your physical body.

[mentee checks in, mentor uses active listening]

Now, please tell me about your Emotional life.

[mentee checks in, mentor uses active listening]

Now, please tell me about your Mental life.

[mentee checks in, mentor uses active listening]

Now, please tell me about your Spiritual life. This could include your spiritual or religious history, your current beliefs or practices; any inner spiritual resources you may be connected to, or any special abilities you have that could be considered as spiritual or psychic in some way.

[mentee checks in, mentor uses active listening]

CLOSURE

Are you complete for now? Is there anything else you need before we continue?

How was that for you? How did it feel to have me listen to you in this way?

I'd also like to hear your feedback on my listening: What did I do that worked for you, and what may not have worked for you?

Thank you. I'll share my story in a few days after you have learned more about how to do active listening and can practice on me. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 3

INTENTION

- To teach Active Listening
- For Mentee to experience sharing whatever comes up for them

CHECK-IN

Mentor:

Yesterday you did an extended check-in on 4 aspects of your life; You shared how were doing Physically, Emotionally, Mentally and Spiritually.

We will start with our check-in today and use these same 4 aspects.

We call this approach, the PEMS model, with the P for Physical, E for Emotional, M for Mental and S for Spiritual.

We will be using this PEMS model for most of our check-ins during this program.

I'll also be coaching you on using I-statements and the 5 feelings.

I'll model this first and then ask you to check-in.

[mentee and mentor check in]

ACTIVE LISTENING

We have previously touched on the skill of Active Listening.

This is the one skill that is the foundation for everything that we will learn in this program.

Are you familiar with Active Listening, sometimes called Reflective Listening?

(If so, what kind of experience do you have with it?)

This skill can be used for improving our relationships, our parenting, our leadership and anything that involves communication between two people.

If a person can master this skill, they will notice a vast improvement in almost anything they do.

It is also key to becoming a more kind and loving person who can actually be effective in helping others with whatever they are dealing with.

You've experienced me using this skill already and today, we will go a little deeper in exploring what goes into Active Listening and how to use the skill.

Active Listening may be most effective when it is the disciplined and consistent use of the following three elements:

BE SILENT.

It's interesting to note that the words Silent and Listen have the same letters in them.

ECHO back what you've heard.

This might sound like: "What I hear you say is...". Some approaches call this: Reflect back what you heard.

ASK: "WHAT DO YOU MEAN BY...?"

Clarify the meaning of a word or term that could have more than one interpretation.

When doing Active Listening, we usually start with an open ended question and then hold an attitude of curiosity and seeking to understand.

SHARING WHAT COMES UP

Today, I will use Active Listening while you talk about whatever is up for you right now.

Tomorrow, you will have the opportunity to practice Active Listening as I do an Extended Check-in like you did yesterday.

Before you start to share today, I invite you to take a moment and breathe with me for a few deep breaths..... (take two breaths)

As you share today, I invite you to share whatever comes up for you in this moment and then continue to allow yourself to share whatever is coming up for you as you observe your thoughts and any images that appear in your mind.

As thoughts or images come into your mind, try not to filter them. Share them no matter how inappropriate or irrelevant they may seem.

This may allow you to hear what your subconscious mind wants to share with you and begin to develop a relationship and trust between you and your subconscious.

So when you are ready, please take another deep breath and begin.

[mentee shares, mentor uses active listening]

CLOSURE

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

How did it feel to have me listen to you in this way?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Mentor:

For our next session, you will be leading me in an extended check-in.

In preparation for that, please review the Daily Reading for Days 1 & 2.

Also review the Mentors Session Guide for Day 4.

MENTORS SESSION GUIDE

DAY 4

INTENTION

- To have Mentee practice Active Listening
- Mentor does an Extended Check-In

CHECK-IN

Mentor:

As usual, we will start with a check-in using PEMS.

As we move through this program, some days will be tight for time and I may suggest we do brief check-ins of one or two sentences.

For today, please check-in as usual.

[mentee and mentor check in]

ACTIVE LISTENING

Today, you will practice Active Listening as I do an extended check-in as you did on Day 2.

This will give you the opportunity to get to know me better and also hear how I use I-statements and the 5 feelings.

You will practice using the 3 elements of Active Listening that we covered yesterday. These are:

Being Silent

Echo what I've said, and

Ask me what I mean when I use a word that could have different interpretations.

Any questions?

EXTENDED CHECK-IN

OK, let's begin.

Please lead me through an extended check-in using the Session Guide for today.

You can simply read the words that come after the word, Mentee.

PHYSICAL

Mentee:

Let's start with Physical.

I invite you to share anything you'd like about your physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues or whatever comes up for you around how you relate to your physical body.

[mentor checks in, mentee uses active listening]

EMOTIONAL

Now, please tell me about your Emotional life.

[mentor checks in, mentee uses active listening]

MENTAL

Now, please tell me about your Mental life.

[mentor checks in, mentee uses active listening]

SPIRITUAL

Now, please tell me about your Spiritual life.

This could include: your spiritual or religious history, your current beliefs or practices; any inner spiritual resources you may be connected to, or any special abilities you have that could be considered as spiritual or psychic in some way.

[mentor checks in, mentee uses active listening]

CLOSURE

Mentee:

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

How did it feel to have me listen to you in this way?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Mentor:

Now that you have some familiarity with how this program works, in our next session, we will be making some additional agreements similar to what we did with confidentiality on Day 1.

We will also review some options on how you and I can conduct this program.

In preparation for this, please read through the Daily Reading for Day 5.

Be prepared to cover anything you don't agree to or anything on the instructions you would like to change versus what we are already doing.

Mentee:

Please go to the OPP website: <https://omegapointprogram.com> and click on "ASSESSMENT" at the top of the Home Page.

Consider doing the Archetype Assessment in the next few days.

DAILY READING

DAY 5

Agreements and Instructions

By this time, the Mentee will have some familiarity with how this program works.

In the next session (Day 5), Mentor and Mentee will be making some additional agreements similar to their confidentiality agreement on Day 1.

They will also review some options on how they can conduct this program.

In preparation for this, please read through this Daily Reading and be prepared to cover anything you don't agree to or anything on the instructions you would like to change versus what we are already doing.

Mentee Agreements

I commit to finishing the 40 day program, one day at a time.

I will pass it on to two people. (May choose to do one at a time)

I will pass the program on exactly as received and on a timely schedule.

Please Note: Mentor will often need to vary from the protocol when unexpected situations occur. Please stay within this basic approach and intent of the process when working with unplanned occurrences.

The use of other approaches or inserting any ideology is not consistent with this agreement.

I honor the confidentiality of all involved. What's said to me, stays with me.

If at any time, I feel that this program is not for me, for whatever reason:

I will discuss my feelings with my Mentor and their Mentor.

If I choose to step away, I agree to participate in a final session with my Mentor and their Mentor to receive their blessing and gratitude.

With agreement on the above, Mentor and Mentee may discuss any changes they'd like to make in how they are conducting this program (see the following instructions for options.)

Mentor / Mentee Instructions

Discuss the following with Mentee and reach agreement on how you want to proceed:

1. The 40 days could be scheduled to be consecutive or weekdays only, etc. and they may include short times off. Do what you can in a timely manner.
2. Reach agreement on time allotted for each call. Scheduling daily or specific sessions from 30 minutes or up to an hour is at the discretion of Mentor and Mentee. If 30 minutes is a priority, there are some sessions that you may want to split into two days. Simply add another day to your program and extend it beyond 40 days.
3. Also, Homework is often assigned to make the most of the time spent on the call. Please complete homework in a timely fashion. Email results to Mentor. If, for any reason, homework does not work for either of you, you may simply cover the homework in your call. Again, add days to the program as needed.
4. Schedule calls a week in advance. Confirm NEXT SESSION at the end of each day.
5. Mentee may record any session on mobile phone or Zoom.
6. Oftentimes when Mentee is in a relaxed state of imagination, Mentor is encouraged to take notes for Mentee and email them to Mentee sometime after the Day's session. Mentee is encouraged to find a quiet place to take each days call without interruption to facilitate deeper trance work.
7. Mentee is encouraged to keep a journal to record insights from each day.
8. Mentor may want to keep a journal on each Mentee to record their Mission Statement, the parts in their Sacred Space, Parts that come up during the work, and issues that come up that could be addressed in a future session, etc.
9. **Mentor and Mentee are requested to “Register” on the OPP website** during the first week of the program: Please go to: <https://omegapointprogram.com> , scroll down slightly to “Quick Links”, click on “Register” and fill out the brief form.
10. Daily Readings, Session Guides and additional resources are available on the website for Mentor and Mentee. Some sessions require Mentee to have handouts in front of them.
11. Quality Control: Each Mentee will receive the contact information for their Mentors Mentor. Please check-in with this mentor after DAY 20, at the end of your program, and after the completing your give-away. Hold your Mentor accountable to the faithful execution of these protocols and this program.

Reasons for Adding Days Beyond 40

As Mentor and Mentee progress through this program, situations may arise where it makes sense to address what is present in the moment and defer the days protocol to another time.

The following are a few examples of when the days protocol can be deferred and an additional day can be added to the 40 days:

1. Anytime the Mentee and sometimes the Mentor, just needs to talk, that can become the focus of the day and the planned focus can wait until another day. Simply add one more day to the total days covered during the program.
2. Homework: If either Mentor or Mentee are unable to complete the homework reading, it is OK to review it on the call and take longer for that day or add another day to the program.
3. If Mentee wants to practice one of these processes before working with their Mentee, it's OK to practice on the Mentor. Again, simply add another day.
4. If at any time, Mentee (or Mentor) needs to work on an issue that is up for them, feel free to defer the days focus to the next day and do active listening with the Mentee (or Mentor). If the issue needs additional attention, feel free to use one of the processes learned previously in this program.
5. Sometimes a Fragile Part or a Key Insight may emerge from doing an exercise. You are invited to move through these occasions with care and respect. Please take the time to simply be with the part, or be with an insight. Give it your time and attention. Perhaps invite in a wise or loving part to help you. Whatever process remains undone can be deferred to another day.
6. Sometimes, a part will seem concerned during the daily Inner Circle check-in. Always address their concern. Find out more about it and if it can be addressed, do whatever is needed at that time to work on the issue. The plans for that day can be deferred to the next session. Some of the most important work you can do will arise when a part seems uncomfortable or acting different than usual.

HAVE A COPY OF THIS PAGE IN FRONT OF YOU FOR THE DAY 5 SESSION

What To Avoid During Active Listening - Summary / Examples

1. WHY? (Puts THEM in their heads)

“Why did he beat you?”

2. ADVICE

“I think you need to forgive your wife.”

3. SHARING

“I used to hate my wife too, but I ...”

“I was just like you, I ... “

4. NEGATING

“That’s all he did? That doesn’t seem so bad.”

5. PROJECTING

“I’m so stupid””You’ve really got a mean critic”.....”Huh?”

6. JUDGING

“That was a vicious thing to do.”

7. RESCUING

“I hate my looks.”..... “I think you look great.”

8. DIAGNOSING

“I feel like hurting somebody.” “I bet you were abused as a child.”

9. FIXING

“Let me talk to your wife.”

10. CONSOLING DURING PROCESSING

OK during regression.

11. TELLING / TEACHING

The goal is to move the person into an altered state and deeper into issue, not to provide information that puts them in their head.

It is the task of the facilitator, not to tell a person what their problems are, but to create a context / process for them to discover them for themselves.

MENTORS SESSION GUIDE

DAY 5

INTENTION

- To discuss what to avoid during Active Listening.
- To ask Mentee to commit to finishing program and to agreements.
- To discuss and agree on Instructions.

CHECK-IN

Mentor:

As usual, we will start with a check-in using PEMS. Please check-in.

[mentee and mentor check in]

MENTEE AGREEMENTS

Were you able to read through the Daily Reading for today?

Do you now choose to pursue this program with me, and commit to the agreements included in the reading?

[mentee commits]

From the instructions, are there any changes you'd like to make in how you and I are conducting this program?

[mentee speaks, mentor and mentee reach agreements]

ACTIVE LISTENING, WHAT TO AVOID

Yesterday you had a chance to practice Active Listening while I did an extended check-in. You may have noticed how difficult it can be to limit yourself to the three elements that we're using.

Using these three elements may seem simple, it's just 3 things to do.

Unfortunately, it is not easy as it goes against many of the habits that we've developed over our lifetime.

You may have noticed when you were listening to me, how a number of impulses to go outside of these three elements may have come up for you.

LISTENING CHALLENGES

We've listed a number of these impulses in the reading for today. Do you have the list in front of you?

We can now discuss which ones are especially hard for you to avoid.

I'll share my challenges as well. Also, please let me know if there are any of these that you don't fully understand.

Also know that you will get plenty of opportunities to practice Active Listening and eventually it may become second nature to you to avoid these pitfalls.

[mentor and mentee discuss challenges]

LISTENING EXERCISE

In the time remaining, we can have a little fun with these items to avoid.

I will share a sensitive issue with you and I want you to respond with lots of the "Avoid" responses. Feel free to exaggerate.

We'll go about 5 minutes and then we'll switch roles. Any questions?

OK, I'll share now.

[mentor shares, mentee responds]

Now we'll switch roles. Please share an issue you have.

[mentee shares, mentor responds]

(If time allows, repeat last Mentee sharing with Mentor using Active Listening).

CLOSURE

How was that for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 6

INTENTION

- Mentee Echo's voice in head.
- Begin Mission work – what want most and how give it.

CHECK-IN

Mentor:

Please check-in using PEMS. *[mentee and mentor check in]*

ACTIVE LISTENING

Previously, on Day 3, I asked you to take a few breaths and go inside and listen for whatever wanted to come up for you. You then shared that with me and I used Active Listening to help you go deeper into what your sub-conscious or maybe a part of you wanted to share with you.

Today, we are going to do something quite similar except we will be asking a direct question first and you will do most of the Active Listening to whatever voice emerges from inside you.

Please take a minute to relax and take a few deep breaths. Now, I will ask you a question and before you answer it, I would like you to take a few moments and allow an answer to come up from deeper inside you.

OK. The question is: What do you want most in life?

Take your time. Close your eyes if that is helpful. Go inside yourself and you may even be able to feel where in your body the answer is coming from. Please share what answer is coming up for you and maybe what part of your body it seems to be coming from.

OK. Now I invite you to echo back to that voice.

Simply say, I hear you say that what I want most in life is:

Now listen and then echo back out loud what it is saying to you.

Listen again.....and keep echoing back what it says out loud.

[mentee continues for 5 minutes]

When that part of you is complete, summarize what you have heard in one sentence, clarify it with the part of you who had given the answer.

I'll take notes for you and you can write it in your journal later.

Now we will move on to the next question and we'll repeat the same process.

So take a deep breath and remember to let the answer come from deep inside you.

The question is: What do you do to give [mentee's greatest want] to others?

Take your time. Close your eyes if that is helpful. Go inside yourself and you may even be able to feel where in your body the answer is coming from. Please share what answer is coming up for you and maybe what part of your body it seems to be coming from.

OK. Now I invite you to echo back to that voice.

Simply say, I hear you say that how I give this to others is: [mentee answer]

Now listen and echo back out loud what it is saying to you.

Listen again...and keep echoing back what it says out loud.

[mentee continues for 5 minutes]

When that part of you is complete, summarize what you have heard in one sentence, clarify it with the part of you who had given the answer. I'll take notes for you and you can write it in your journal later.

CLOSURE

Are you complete for now? Is there anything else you need before we continue?

How was that for you? How did it feel to listen to yourself in this way?

What worked for you, and What did you find challenging?

Thank you. Now, let's check out. You first if you'd like.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 7

Mission Statement

WE GIVE BEST WHAT WE WANT MOST

Possibly the most common element among personal growth programs and spiritual disciplines is the idea that we are born into this life for some purpose. Discovering and living that purpose is an important part of this program. We start that discovery by developing an initial Mission Statement which we will revisit often and let it evolve as we move deeper into this program.

Our initial approach to a Mission Statement is based on a simple understanding that **WE GIVE BEST WHAT WE WANT MOST**. This means that there may be something that we consciously or sub-consciously want in our life that we inherently want more than anything else. Once we recognize this, we may also realize that we are very good at giving this same thing to others, because we know it so well. The following exercise will build on our previous work to develop a first draft of a mission statement.

If Mentee has a mission statement already, we ask that they to write it below and then let that version of their Mission go for now and see what develops in this new approach.

One purpose of a mission statement is to guide and focus us as we take responsibility for our lives and become pro-active. **IT COMMUNICATES TO OTHERS**, as it differentiates us as a unique combination of talents and interests. It includes passion (or vision) plus action (verbs). It helps to focus, inspire and integrate our sub-personalities (our Parts).

Previous mission statement from prior to doing this program (if any):

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.

- Martha Graham

MENTOR WILL HAVE THIS PAGE HANDY FOR THE DAYS SESSION MISSION STATEMENT DEVELOPMENT

Have Mentee take their answers from Day 5 and fill in the blanks as shown below.

WHAT I WANT MOST: _____
Write it here as a noun: (i.e. Peace):

Now write it as an adjective: _____
(i.e. Peace becomes Peaceful):

Insert this adjective into the statement below (A)

HOW DO I GIVE IT?

Describe how you give what you want using three verbs, write them below and then insert those verbs into the statement below:

(B)

(C)

(D)

INITIAL MISSION STATEMENT:

My Mission is to Create a _____ World / Culture / Society
(A) (from above) (pick one)

by, though, with _____, _____ and _____
(pick one) (B) verb (C) verb (D) verb

Example: My mission is to create an enlightened culture through healing and teaching.

Write New mission statement here and in Journal:

Moving Forward: Please State your Mission every session when you check-in.

MISSION STATEMENT DEVELOPMENT

We will be working with your Mission Statement through-out this program and we you to please State your Mission every session when you check-in.

You may want to refer to this page at any time to guide you in developing your Mission Statement.

Suggestions on pruning and working with your Mission Statement:

Write New mission statement here:

Rework and reword until the statement makes sense & feels right to you.

Refine Mission statement to be clear, concise and so it communicates the essence of who you are and what you do.

Ask Inner World parts and guides for input on your statement.

REVIEW TEST QUESTIONS:

With a mission statement that fits you and your life, you may be able to answer YES! to all of these questions:

- Is it universal? Can you do this with anyone at any time?
- Can you do this at home? At work? At church? At a party?
- Is it you? Is it true? Does it excite you? Does it excite others?
- Would you be willing to have your life be about this and only this?
- Is this what you would like to be known for?
- Does it clearly describe to another what you are good at and love to do?
- Visualize yourself in the near future – in a few weeks – living your mission –
What are you doing? With whom? How does it feel?

The law of Dharma says that we have taken manifestation in physical form to fulfill a purpose. According to this law, you have a unique talent and a unique way of expressing it. There is something that you can do better than anyone else in the world – and for every unique talent and unique expression of that talent; there are also unique needs. When these needs are matched with the creative expression of your talent that is the spark that creates unlimited wealth and abundance.

There are three components to the law of Dharma. Each of us is here to:

1. Discover our true self ...our higher self or spiritual self.
2. To express our unique talents.
3. To be in service to humanity.

Ask yourself, if money was no concern and you had all the time and money in the world, what would you do?

Discover your divinity, find your unique talent, serve humanity with it and you can generate all the wealth you want.

- Deepak Chopra, The Seven Spiritual Laws of Success

Until one is committed

There is hesitancy, the chance to draw back,

Always ineffectiveness.

Concerning all acts of initiative (and creation)

There is one elementary truth

The ignorance of which kills countless ideas

And splendid plans:

That the moment one definitely commits oneself

Then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred.

A whole stream of events issues from the decision

Raising in one's favor all manner

Of unforeseen incidents and meetings

And material assistance

Which no man could have dreamt would come his way.

Whatever you can do or dream you can, begin it.

Boldness has genius, power and magic in it.

Begin it now.

- W. H. Murray

MENTORS SESSION GUIDE

DAY 7

INTENTION

- Mentee develops a Mission Statement

CHECK-IN

Mentor:

Please check-in using PEMS.

[mentee and mentor check in]

MISSION

Today, we will start our work on developing your personal Mission Statement.

Most personal growth programs and spiritual disciplines share the belief that we are born into this life for some purpose. Discovering and living that purpose is an important part of the Omega Point Program. We start this discovery by developing an initial Mission Statement. Over the coming days, you will have many opportunities to revisit and refine your Mission Statement.

Our approach to mission is based on the idea that:

WE GIVE BEST WHAT WE WANT MOST

Each of us has something that, consciously or sub-consciously, we want more than anything else in our lives. Once we recognize that one thing, we may realize that we are very good at giving this same thing to others.

The exercise we will do today will build on work we did earlier to bring into focus what it is you want most in your life and how you give it to others. You will then craft a Mission Statement.

Before we begin, do you already have a Mission Statement? If so, please write it on the Mission Statement Homework pages after today's session. For now, I invite you to let it go for today and welcome whatever emerges in the exercise.

The purpose of a Mission Statement is to guide and focus us as we take responsibility for our lives and begin to take action to give what we want most in life to ourselves and to others.

A Mission Statement includes what we want most, i.e. our vision; plus what action we take to get it and in this case, the action we take to give it to others. It helps to focus, inspire, and integrate all parts of ourselves. It also communicates to others the essence of who we are and what we are about at our core.

MISSION STATEMENT

So, right now, I invite you to relax and take a deep breath.

I will write down the notes from this exercise so you can simply relax and feel the words we are discussing as well as say and hear them.

So please take another deep breath and then state what you want most in life.

This could be what you came up with previously or what feels right to you now.

[mentee answers, mentor echo's]

Now, please hone it down to one or two key words.

[mentee answers, mentor echo's and writes it down as a noun]

Now, turn this noun into an adjective. i.e. 'Peace' becomes 'peaceful.'

[mentee says adjective, mentor writes down adjective]

So, we will begin to develop the Mission Statement by using this word as an adjective to describe what you want to create.

This creation could be a family, community, society, culture, or world.

I.e. "My mission is to create "a peaceful world."

So pick one noun to place after your adjective. It could be society, culture, world, etc.

[mentee shares what they want to create, i.e. a peaceful world]

OK, so far we have your vision. You want to create a [mentee's vision]

How does that sound and feel?

Now, we will focus on the action you take to bring this vision into existence.

Name three ways in which you give what you want most in life to other people.

So we have [names three verbs]. Sound OK?

We can now create your Mission Statement by putting all these elements together.

Your Mission is to create a _____ world /culture /society
by _____, _____ and _____.

Now you say it. Please say your mission one more time. Thank you.

Moving forward we will share our missions every day during our check-in.

As I mentioned earlier, over the coming days, you will have many opportunities to revisit and refine your mission.

CLOSURE

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you and what did you find challenging?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for Day 7.

It provides some information on ways to refine and evolve your Mission Statement. Please spend some time with this when you can.

Mentee:

Reminder: Please go to the OPP website: <https://omegapointprogram.com> and click on "ASSESSMENT" at the top of the Home Page. Consider doing the Archetype Assessment soon.

DAILY READING

DAY 8

Echo Process Introduction

Many self-help and spiritual disciplines start with how to handle negative voices in your head.

Buddhists refer to it as Monkey Mind and often quote a poem by Hafiz about 10,000 idiots.

The 10,000 Idiots

It is always a danger
to aspirants on the Path
When they begin to believe and act
As if the ten thousand idiots
Who so long ruled and lived inside
Have all packed their bags
And skipped town
Or
Died

One self-help book, says to put the inner voice on your elbow and make it sound like Donald Duck.

We believe that these approaches may be disrespectful to the voice and ultimately not helpful to you or the energy that this voice represents.

In this program we choose to believe that each voice represents a part of us or an energy that needs our help. We invite you to consider that you can treat these parts and energies with respect, which can help them and in the process, help yourself. Mocking, suppressing or denying these voices may not be helpful in the long run. Treating them with kindness, love and respect can be very helpful. No matter how mean, vicious or critical the voice, we can treat it with curiosity and patience.

This next process can be used to address a voice in your head, in a loving and respectful way, and most importantly, in an extremely effective way to bring not only relief from the negativity but also to bring about a more peaceful state of being.

THE ECHO PROCESS

Phase 1 – ECHO only

To connect with a negative voice inside your head in a positive way, use the ECHO from Active Listening about 4 to 6 times.

1. Listen Notice what the voice is saying to you.
2. ECHO (Say to the voice: So I hear you saying that “....”)
3. ListenNotice what the voice is saying now
4. ECHO
5. Listen and ECHO a few more times.
6. Continue until voice seems complete.

Allow person to spend some time with the voice.

At this point in the program, if a voice remains critical and negative after several rounds of Echo, simply acknowledge to the voice that you hear it and understand that it thinks you are a flawed mess.

Thank the voice for sharing with you today and that you hope to talk again soon.

Note: It is extremely important that you simply echo what the voice says. Do not argue with the voice, defend yourself, or use any other responses that you may normally use – no matter what the voice may say to you.

Repeat what the voice says, word for word. Except when the voice says “you”, say “I”.

I.e. Voice says: “You are an idiot”. Say: I hear you saying that “I am an idiot”

MENTORS SESSION GUIDE

DAY 8

INTENTION

- Mentee uses ECHO with a Negative Voice in their head

CHECK-IN

As usual, we will start with a check-in using PEMS and I invite you to start your check-in with your Mission Statement you developed yesterday.

I'll model this first today and please note again how I use "I" Statements and the 5 feelings.

[mentor and then mentee check in]

ACTIVE LISTENING

Today we offer you another opportunity to practice Active Listening.

This time with a critical or negative voice in your head.

These voices can be viewed as coming from a part of you that may need your attention and help.

What I will ask you to do is simply hear a voice and then echo back to it what you hear it saying to you. I. e. "I hear you saying that...."

I invite you to breathe with me for a moment. Take a few deep breaths.

Take one more and move your consciousness into your body.

Close your eyes and notice if there is an inner voice currently speaking that may be critical or irritating. Do you hear one?

(If no: Ask: Is there a negative inner voice you are familiar with? If it were present now, what would it be saying right now?)

Now, I invite you to speak directly to this voice by simply Echoing back to it what you hear it is saying.

Echo what it says by saying “I hear you say....”

Continue to listen and echo until the voice is complete for today.

[mentee speaks and does Echo Process with part speaking]

You may now want to thank the voice for being here with us today.

Ask it if there is anything else it would like to say to you or if there is something else it needs right now to feel complete.

When voice is complete, say thank you and goodbye for now.

CLOSURE

Is there anything else you need to feel complete for today?

How was that for you?

How did it feel to listen to yourself in this way?

What worked for you, and

What did you find challenging?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the Daily Reading for Day 8.

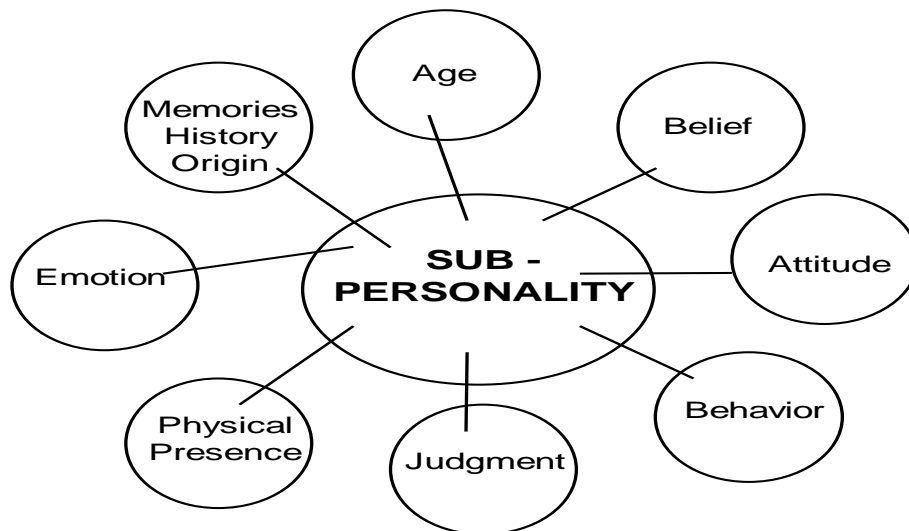
DAILY READING

DAY 9

Introduction to Parts

Today and in the coming days, we will be working with your parts. The following is a brief overview of what parts are and how we can be with them in a good way.

A part is a simplistic, individual, sub-conscious personality with singular characteristics, beliefs and behaviors. (Computer Analogy: A Sub-routine)



A part is oftentimes created / split-off as a result of a childhood trauma. We refer to our sub-personalities when we say:

“a part of me wants to do this and a part of me wants to do that”

Sub-personalities are located in your sub-conscious mind and are the means by which we can communicate with and directly heal (re-wire) your sub-conscious

John Rowan’s book: *Subpersonalities: The People Inside Us*, summarizes his study of many healing approaches from Freud, Jung to Family Systems. He writes that all the approaches he studied have sub-personalities as their fundamental perspective.

The movie “Inside Out” may be worth watching as it is focused on this concept of parts.

Most energies referred to as "shadows" can be viewed as a dis-functional or immature part. Many feelings such as shame, guilt, sadness and fear can be addressed by working with the part that is feeling that emotion.

Parts Work Preview

WHOLES AND PARTS

- Everything is a WHOLE made up of PARTS
- As a WHOLE, you can heal and empower your PARTS
- Leadership skill building starts here!

YOUR PARTS: SUB-PERSONALITIES

- Many parts are immature with ineffective behaviors. They need mentoring.
- Transforming your parts, transforms your life.
- Working with sub-personalities is common to all healing modalities.

PARTS WORK IS ACCESSING PARTS DIRECTLY OR INDIRECTLY

- Mentor can talk directly to a part after Mentee "becomes" the part
 - Move your chair or body to become the part (Direct)
- Mentor talks indirectly to part by talking to Mentee, who then talks to part.
 - Speak to the voice inside your head (Indirect)

ONCE ACCESSED, WE TREAT PARTS WITH LOVE & RESPECT

- Helping them reach their full potential
- Using Communication Skills and Healing Processes that work!
- We move from *embracing* "shadows" to *transforming* them into allies

HEALING PARTS LEADS TO GREATER SPIRITUAL CONNECTION

- Access to Your Authentic or Higher Self

Developing Rapport with a Part

Get on the same level as sub-personality. Match (don't mimic) body language, emotion and intensity.

Do Active Listening. Observe Do's and Don'ts

Allow your self-talk to quickly move from judgement, even repulsion, to curiosity - What is this? Say "I'm fascinated by you, tell me about yourself."

Have fun. Enjoy the personality. Be their friend - hold same values, judgments. (if it's the devil, be devilish!) Talk of common interests.

Talk about Mentee. Make fun of them and yourself if part does.

Acknowledge part, admire and compliment him/her.

Talk directly to "sub-personality" not about him/her.

Create safety for sad or childlike part.

Use invitational language always:

- In the distance, you MAY see....,
- I invite you to , or: Could you please....
- You may want to... , If it is OK with you, I suggest...
- The intent is to empower parts and Mentee.
- Never force, control or command anything! Be a Good Boss.
- Talk to them like they have all the power. In many ways, they do!

NEVER: Judge, admonish, give advice, shame, criticize, etc.

CAUTION:

Never be controlling, dis-respectful, flippant or sloppy with your parts.

This direct access to your sub-conscious is one of the most powerful healing opportunities available.

It also creates an opportunity to disrupt your life if not treated with care and respect and total presence of mind when working with parts.

Careless actions may have negative consequences.

Active Listening with a Sensation

Close your eyes. I'm wondering if there is a part of your body that is trying to get your attention right now? This could be a chronic pain or any area of discomfort.

I invite you to let your focus move to that particular part of your body...notice the feeling ... notice the physical sensation.

If that feeling were an object, what Shape would it be? What Size is it? What Color?"

Now give it a voice. What words is it saying? Say it again, louder.

Now, do the ECHO process with this voice, the same as you did with a voice in your head, previously.

ECHO (Say to the voice: So I hear you saying that "...")

Listen Notice what the voice is saying to you.

ECHO (Say to the voice: So I hear you saying that "...")

ListenNotice what the voice is saying now

ECHO

Listen and ECHO a few more times.

Continue until voice seems complete.

(Allow person to spend some time with the voice.)

You may now want to thank the voice for being here with us today.

Ask it if there is anything else it would like to say to you or if there is something else it needs right now to feel complete with this? Then use Active Listening.

When voice is complete, say thank you and goodbye for now.

Notice how the sensation may feel different now.

Is there anything else you need to feel complete for today?

MENTORS SESSION GUIDE

DAY 9

INTENTION

- To practice Active Listening by working with a Sensation
- Giving it a shape, size and color and then a voice.

CHECK-IN

Please check-in using PEMS.

Remember to start with your Mission.

[mentee and mentor check in]

ACTIVE LISTENING

Today we want to offer you another opportunity to practice Active Listening.

This time you will start with a Sensation in your body.

The intention is to initiate a relationship with your body or a part of you that is creating an imbalance in your body.

We will be use only the ECHO from Active Listening.

I invite you now to breathe with me for a moment.

Take two or more deep breaths and move your consciousness into your body.

Close your eyes.

I'm wondering if there is a part of your body that is trying to get your attention right now?

This could be a chronic pain or any area of discomfort.

I invite you to let your focus move to that particular part of your body...notice the feeling ... notice the physical sensation.

If that feeling were an object, what Shape would it be?

What Size?

What Color?"

Now give it a voice. What words is it saying? Say it again, louder.

Now, do the ECHO process with this voice, the same as you did with a voice in your head, previously.

Simply ECHO back to the voice what you hear it saying, and then listen for what it says next, and then ECHO, and continue with this until the voice seems complete.

[mentee speaks and does echo process with part speaking]

(Optional: If time allows, Mentor may continue the process by speaking directly to the voice and doing the Positive Intent Process.)

You may now want to thank the voice for being here with us today.

Ask it if there is anything else it would like to say to you or if there is something else it needs right now to feel complete.

When voice is complete, say thank you and goodbye for now.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and

What did you find challenging?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for Day 9.

DAILY READING

DAY 10

The Positive Intent Process

All sub-personalities or parts of us, have positive intent, no matter how bad the behavior. Discovering the positive intent is key to transformation. We can discover the positive intent of a part by using The Positive Intent Process.

This process essentially consists of asking a person what they want, invite them to imagine having what they want ,and then asking what they get from having it. You then repeat the imagine step until they get to their Positive Intent. This is shown in more detail below.

THE POSITIVE INTENT PROCESS

Mentor asks: What do you want?

A. Mentee answers: FREEDOM (this is an example of one possible answer)

B. Mentor Echo's answer: FREEDOM (or: I hear you say FREEDOM)

C. Mentor continues: Imagine having FREEDOM fully and completely,
Breathe it in. Be with it. ...(pause)..... Allow yourself to feel this
FREEDOM in every part of your body..... Now, having
FREEDOM fully and completely, What do you get from that?

A. Mentee answers: ADVENTURE

B. Mentor Echo's answer: ADVENTURE

C. Mentor continues: Imagine having ADVENTURE fully and completely,
Breathe it in. Be with it. ...(pause)..... Allow yourself to feel this
ADVENTURE in every part of your body..... Now, having
ADVENTURE fully and completely, What do you get from that?

Repeat A, B & C until person gets to a core state (i.e. Positive Intent)

Usually: • Being • Oneness • Peace • Love • OK-ness

(Note: If part does not have a Positive Intent, ask the forces of light to surround it in a capsule of white light and take away whatever is not a part of Mentee. See Standard Guidelines in Day 11 Reading)

Then say: From this place of **PEACE** (or other core state), I now invite you to go **BEYOND IMAGINATION** and spend some time wherever that takes you.

Allow Mentee to spend some time enjoying the core state.

END OF PROCESS

NOTE: In the Session Guide we will shorten this Positive Intent Process description as follows:

POSITIVE INTENT PROCESS

What do you want? *[mentee answers]*

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause)..... Allow yourself to feel this [answer] in every part of your body..... Now having [answer] fully and completely, What do you get from that? *[mentee answers]*

(Repeat **words in bold** until the voice gets to a Core State: i.e. Peace, etc.
- if no positive intent, follow the Standard Guidelines)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

(Allow Mentee some time to enjoy this Core State and then continue.)

ADDITIONAL COMMENTS

When facilitating the Positive Intent Process, please work with whatever answer the Mentee gives you. Most times, Mentee's answers will become more and more positive as you go through the process. Sometimes, however, they will suddenly come up more negative. I.e. they can go from Freedom, to Adventure, to Joy and then to Fear. Simply continue with the process using "Fear" or

whatever the negative response may be. Within one or two rounds they will usually return to positive responses and then to a Core State.

If voice or “part” continues with negative responses, that usually means they do not have a Positive Intent and are not a part. At this point, you can ask: Are you a part of [mentee] ? See the Standard Guidelines in the Days Reading for Day 11.

The Positive Intent Process can be used in many ways. One way is to access deeper states of consciousness. It is often hard for beginners to access deep altered states where the power of the work grows exponentially. Using the Positive Intent Process is an effective and fast way to access a deep state. It seems to bypass a lot of the normal resistance because it’s more like active listening than an induction.

EXAMPLE OF POSITIVE INTENT PROCESS

What Do You Want?

Freedom

I hear you want Freedom. So imagine that you have freedom fully and completely, breathe it in and be with that for a moment. You’re totally free. (pause) ... Feel that Freedom in every cell in your body.... And now that you have freedom fully and completely, what do you get from that?

I get to be me.

That's right, you get to be you. Now imagine that you are fully you, you have total freedom to be yourself , breathe that in and be with that feeling for a moment, being fully who you are... (pause) .. Allow your body to take that in, you being you in every way possible...and when you get to be you fully and completely, what do you get from that?

I’m OK.

Absolutely, You’re OK. So breathe that in and now imagine knowing that you are OK. Fully and completely OK. Spend some time here and be fully with this feeling that you are OK.. ... Now, from this place of being OK, I invite you to go Beyond Imagination and spend some time wherever that takes you. If anything comes up for you that you would like to share, let me know. Take as much time as you like.

MENTORS SESSION GUIDE

DAY 10

INTENTION

- Mentee experiences the Positive Intent Process

CHECK-IN

Please check-in using PEMS .

Please remember to include your Mission Statement.

[mentee and mentor check in]

POSITIVE INTENT

Today we will learn a new process, called the Positive Intent Process.

I will be taking you through this process and will start by asking you the same question I asked you several days ago.

That question will be: What do you want most in Life?

As we move through this process, I invite you once again to share whatever comes up for you.

Are you ready to start?

OK. Please close your eyes.

Take a deep breath and let it out slowly.

Take another deep breath and move your consciousness into your body.

Allow yourself to become more relaxed and aware of your body as you start to breathe normally.

Now, What Do You Want Most in Life?

[mentee answers]

THE POSITIVE INTENT PROCESS

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause)..... Allow yourself to feel this [answer] in every part of your body..... Now having [answer] fully and completely, What do you get from that? *[mentee answers]*

(Repeat above **words in bold** until voice gets to a Core State: Peace, etc.)

(Note: If part does not have a Positive Intent, ask the forces of light to surround it in a capsule of white light and take away whatever is not a part of Mentee. See Standard Guidelines in Day 11 Reading)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

(Allow Mentee some time to enjoy this Core State and then continue.)

CLOSURE

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and

What did you find challenging?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for Day 10.

DAILY READING

DAY 11

The Echo Process (including Positive Intent)

The Echo Process Turns a Negative Voice Inside Your Head into a Positive Feeling.

The Echo Process is simply using the ECHO from Active Listening about 5 times and then when the voice settles a bit or when the voice says what it wants, going to the Positive Intent Process.

THE ECHO PROCESS

Listen Notice what a voice inside your head is saying to you.

ECHO Say to the voice: So I hear you saying that [what voice said]

Listen Notice what the voice is saying now

ECHO Listen and ECHO a few more times.

POSITIVE INTENT PROCESS

Ask voice: What do you want? (Start the Positive Intent Process)

Listen for answer....

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause)..... Allow yourself to feel this [answer] in every part of your body..... Now having [answer] fully and completely, What do you get from that? *[mentee answers]*

(Repeat **words in bold** until the voice gets to a Core State: Peace, etc. If part does not have a Positive Intent, see Standard Guidelines, next page)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

(Allow Mentee some time to enjoy this Core State and then continue.)

Standard Guidelines

Releasing Energies from Sacred Space

When working in Sacred Space, we may run into energies or entities that are not a part of us. An energy or image that is not a part, it is often an intrusive energy that can be released.

These energies can be identified in two ways while doing this program:

1. They will not have a Positive Intent.

When following the Positive Intent Process and the “voice” or “part” continues to be negative after many rounds, it is probably an intrusive energy. To verify this, you may simply ask it: Are you a part of [mentee] ? You may then respond to their answer as explained below.

2. When asked in Sacred Space if they are a part, in almost all cases, these energies will tell you the truth.

When in Sacred Space with a current part or when greeting a new part, you may ask them directly: Are you a part of [mentee] ?

Often times it is best to ask a few preliminary questions before asking this direct questions. These questions include: What role do you play in my life? How would I recognize when you are active? What do you want?

Once you do ask if they are a part of you or Mentee, respond to their answer as follows:

Are you a part of me (or Mentee) ?

If Yes: Continue with the Positive Intent Process or whatever you are doing with them in Sacred Space.

If No: Ask the forces of light to surround this energy in a capsule of white light and take it to a better place.

If Maybe or anything but a clear yes or no:

You have three options which all work and you can choose any one of the following three options:

Options for Dealing with Intrusive Energies

Use any one of the following:

1. Ask the forces of light to surround the image, in a capsule of white light and take what is not a part of you, to the light, leaving anything that is a part of you behind. (Check on what's left behind)

2. Ask the forces of light to surround the image, in a capsule of white light and ask whatever is a part of you to step out of the capsule. Ask the light to take away what is left inside the capsule. Encourage the part of you to focus on letting it go.

3. Ask the image to split into two images
 - One that is a part of you, and one that is not.
 - Ask the forces of light to surround the image, that is not a part of you, in a capsule of white light and take it to a better place.
 - Encourage the image that is a part of you to focus on letting it go.

Often a child part has invited these energies in for protection. Having the child let it go is sometimes an important aspect of Release.

If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come and get it and take it home.

These approaches are sufficiently effective for working this program. Additional information on these energies and more advanced techniques of working with them are covered in Phase Three of the OPP.

MENTORS SESSION GUIDE

DAY 11

INTENTION

- Mentee experiences the full Echo Process with Positive Intent
- Review Mentee's plans for being a Mentor, if applicable

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

ECHO with POSITIVE INTENT

Earlier, we did an Echo Process with a negative voice in your head and with a sensation.

Today we will add Positive Intent to the ECHO Process.

This full Echo Process is simply using the ECHO from Active Listening about 5 times and then when the voice settles a bit or when the voice says what it wants, going to the Positive Intent Process.

- i.e. if the voice says, I just want you to be safe!
- You say: I hear you want me to be safe. I'd like you to imagine now, that I'm safe, I'm fully and completely safe.....and then continue with Positive Intent.

So, for right now, I'd like you to simply breathe with me.

Take a few breaths and let yourself relax and let go of all of this.

I'll help you do this. All you need to do right now is become aware of a voice in your head that is trying to get your attention.

Do you hear a voice?

(if not, ask Mentee to imagine a voice that they are familiar with.)

ECHO PROCESS

Listen Notice what the voice is saying to you.

ECHO Say to the voice: So I hear you saying that [what voice said]

Listen Notice what the voice is saying now

ECHO

Listen and ECHO a few more times.

Now, ask the voice what it wants. Say the response out loud and then I will speak to the voice.

You may simply answer for the voice now.

[mentee answers]

POSITIVE INTENT PROCESS

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause)..... Allow yourself to feel this [answer] in every part of your body..... Now having [answer] fully and completely, What do you get from that? *[mentee answers]*

(Repeat **words in bold** until the voice gets to a Core State: Peace, etc. If no Positive Intent, see Standard Guidelines, Day 11 Reading)

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you.

(Allow Mentee some time to enjoy this Core State and then continue.)

How do you feel?

How was that for you?

Anything else you need right now to complete this?

MENTOR PREP FOR MENTEE

Now, I'd like to briefly discuss your plans for passing on this program. One of the initial agreements in doing this program is that you will pass it forward to two other Mentees.

Please note that the timing for taking on a Mentee is flexible and everyone will have their own preference on when to start.

Do what you can and know that for many, sharing this program with a Mentee is the best part of this project.

You could do this at any time while you are a Mentee in this program or after you complete the 40 days.

You can pass it on to two Mentee's at once or do them sequentially, one at a time.

What are your current thoughts on passing it on?

What kind of support do you need to begin passing it on?

Please review the Instructions on Choosing a Mentee on page 8.

(Once the Mentee has taken on the role of Mentor with their own Mentee, Invite them can to share any concerns, or questions they may have as part of their daily check-in.)

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for Day 11.

You may want to become familiar enough with the full Echo Process so you can do it on your own.

You can do the full Echo Process with a voice in your head as often as you want or until you find Peace of Mind.

MENTORS SESSION GUIDE

DAY 12

INTENTION

- To use the ECHO Process on Part that most supports Mission
- To establish a safe and sacred space in Mentee's internal world
- To invite into Sacred Space, the Part that most supports mission

CHECK-IN

Today's work can take longer than usual, so I'd like to be brief with our check-ins. Is that OK with you? So please state your mission and do a brief PEMS check-in.

[mentee and mentor check in]

ECHO PROCESS

Our process for today is to talk to a voice in your head using the ECHO Process and then, when you are in a core state (i.e. Peace) I will guide you to establish a Sacred Space in your Inner World.

I invite you to relax now and breathe with me for a few moments.

As you take a few deep breaths, allow yourself to relax and feel your consciousness moving into your body.

As you get a sense of your body and move deeper into relaxation, I want you to invite a certain part of you to come forward to speak with you.

Ask if there is a part of you that most supports your mission and would be willing to come forward and talk with you now.

Listen for this voice and share what it is says to you.

Now Echo back to the voice and continue to do that a few more times.

Now, ask the voice what it wants. Say the response out loud and then I will speak to the voice. You may simply answer for the voice now.

[mentee answers]

POSITIVE INTENT

I hear you say [answer]

Imagine having [answer] fully and completely. Breathe it in. Be with it. (pause).....Allow yourself to feel this in every part of your body..... Now having [answer] fully and completely, What do you get from that?

[mentee answers]

(Repeat **words in bold** until the voice gets to a Core State: Peace, etc.)

(If part does not have a Positive Intent, see Guidelines, Day 11 Reading. Then do the induction from the next session.)

(Allow Mentee some time to enjoy this Core State and then continue.)

SACRED SPACE

As you embrace this feeling, I invite you to take a few deep breaths and allow your body to fully relax into this deeper state of being.

As your body fully takes on this feeling of relaxation, you may feel your body becoming lighter and lighter and you may now find yourself starting to slowly rise up and now traveling over time and space.

As you look around, you may start to become aware of a place below you coming into focus.

You may start to see an image of the most safe and sacred place you can imagine.

It may be a place in Nature, a fantasy place, a place from a book or from your childhood.

It may be a completely new kind of place that is different from anything you've ever seen or imagined before.

This may be your sacred place – there may be trees, flowers, grass and even some form of water, like a river or lake.

What do you see?

What do you sense?

What can you hear?

What smells are there?

How does the ground feel in your sacred space?

What's the weather like?

Take a moment to enjoy this place.

Now, in this safe and sacred place, you can invite in parts of you.

PART THAT MOST SUPPORTS MISSION

You may want to invite in the part of you that you just talked to.

You may see that part coming in now. That part of you that most supports your mission, coming now to be with you in this space.

What do you see?

Ask if it is the part of you that you were just speaking with?

Ask if it would be OK with the part for me to speak to it directly.

[mentor begins speaking directly to the voice]

Welcome. Thank you for being here with me today.

Are you the part of [mentee] that MOST SUPPORTS his/her MISSION?

Can you tell me what his/her mission means to you and how you support it?

If you had total control, what would his/her life be like?

How are you different from all his/her other parts?

What do you think of [mentee] ?

Do you have any suggestions on the mission statement he/she is working on?

Is there something else you'd like to say to [mentee] now?

By what name do you like to be called?

Thank you for being with me.

I'd like to speak to [mentee] now.

Ask if there is any other part of you they would like to invite in to be with them.

Have other parts come in if requested.

CLOSURE & RETURN

Thank your parts for coming and let them know that you will be visiting them and this space often.

For now, say goodbye and that you'll be back.

Come back to your current time and place and know that you'll be able to revisit your sacred place anytime you wish.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and what did you find challenging?

Thank you.

Ready to check out?

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 13

Inner Circle Guidelines

The Inner circle is not some place a person has to go to. It is simply your own inner world, completely accessible through the active use of imagination. Once this realization is acquired, the Inner Circle becomes an increasingly powerful tool for clarity, insight, decision making and self-empowerment.

Doing an Inner Circle check-in gives a person direct access to their inner parts, their feelings and motives. You can go right to the source of what is going on in your life.

What to Do:

Do an Inner Circle check-in daily as a centering practice to start or end your day.

Observe the evolution of your Sacred Space and Inner Circle. See parts come and go and transform right before your eyes. Watch your Mission Symbol change as you step more powerfully into living your mission.

Identify any issues that have come up and what parts are involved. Ask if there is someone else in the circle that would be willing to facilitate these parts in the resolution of this issue. Now ask everyone involved to work together to resolve this issue for the greater good of all. Tell them you'll be back tomorrow to check-in again and to see what solution they have come up with.

Always treat your parts with Respect and Love. Empower your parts to make their own decisions, resolve their issues and to work together as a team in support of your mission. Be a Good Boss.

Be aware of new parts which may need your help and mentoring. Use the skills you've learned to help them discover and live from their Positive Intent.

In summary:

Facilitate change, empower the parts to choose their movements.

Get agreement from Circle on major changes. Rely on input from Higher Self.

Use it as direct connection to your sub-conscious mind and a tool for healing.

For those energies, that are not a part of you, release them to a better place with love and respect. Learn from them.

MENTORS SESSION GUIDE

DAY 13

INTENTION

- To do an induction and visit Sacred Space
- To invite in the part that is in control most of the time

CHECK-IN

Please check-in briefly using PEMS.

[mentee and mentor check in]

ACTIVE LISTENING

Today I will be doing a short induction and guide you to your Sacred Space. We will do a brief check-in with your parts who are already there.

We will then Invite in the part of you who is in control most of the time and you'll have a chance to speak to the part that appears. Sound OK?

OK, please make yourself comfortable and when you are ready for me to take you into a fully relaxed state, let me know.

INDUCTION

Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

Note any sensations in your body, any images that may come up, any messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to emerge. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Invite the parts that are there to do a brief check-in about how they are doing and if they have anything they want to share with you today.

When they are complete. Thank them and ask if it would be OK with them if you invite in another part of you.

PART IN CONTROL MOST OF THE TIME

Now, invite in "The Part of You Who is in Control Most of the Time"

Who or what do you see?

I will now speak directly to this part.

You may simply speak their words.

Welcome.

Thank you for being here with me today.

Are you the part of [mentee] That Is In Control Most of the Time?

What does that means to you, to be in control most of the time?

What do you think of [mentee] ?

What role do you play in [mentee's] life?

If you had total control, what would [mentee's] life be like?

By what name do you like to be called?

May I Have Your Permission to Talk to Other Parts of [mentee] ?

Thank you for being with me.

Is there anything you'd like to say to [mentee] before we finish? May I talk to [mentee] now?

CLOSURE & RETURN

Please move back into being [mentee]. Move your body if that helps, and return to being [mentee] fully.

Now, see yourself back in your sacred space and thank all your parts for being with you today. Say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 14

INTENTION

- To do an Induction, visit Sacred Space, and form Inner Circle
- To call in Higher Self and create a Dome around Sacred Space
- To create a Symbol for Mission and do a Mission Check-in

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will create a symbol for your Mission, and do a Mission Check-in, having each part check-in on your Mission Statement.

We'll then call on your Higher Self to Create Dome of light around your Sacred Space. Any questions?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any

sensations in your body, any images that may come up, any messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to emerge. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Please share what each part says after they are complete.

[mentee speaks]

HIGHER SELF

Ask your parts if it would be OK for you to invite in another part today?

If OK, you may ask that a very special part of you come forward. The part of you that may be the most wise and loving part.

The part of you that comes from your core, your essence.

A higher part of you, your higher self.

Ask your higher self to come forward now and be with you in this time and place.

You may see something coming towards you.

When they arrive, ask if they are your Higher Self.

(if not, can it access your higher self for you).

Ask it if it is there for your highest good. If affirmative, ask if it would be OK for you to ask it a few questions about your life. You may ask:

Why am I here in this life?

What lessons am I here to learn?

What is my mission?

Ask for insights into any struggles you are having - with a relationship, your job, etc.

Ask about any illnesses you may be suffering - its cause and cure.

Ask about your dreams, or your major goal in life?

Now, look at your Higher Self, feel their energy before you.

Ask if it's OK for you to temporarily merge with them. If OK, step forward into your higher self. Become your higher self now.

Take your time now and experience this energy. (pause)

This is energy that is a part of you. You can experience it at any time. Anchor this feeling in any way you wish.

Now step out of your Higher Self – remember you can return to this feeling at any time.

Ask your Higher Self to Shine light on all your parts.

Ask it to create a Dome of Light around your Sacred Space, to protect this space from any outside interference.

Ask if it would like to invite in any other parts to be with you today?

Welcome part(s) in.

INNER CIRCLE MISSION CHECK-IN

Ask all parts to form a circle. Invite them to do it standing up, or to circle around a table or a camp fire or any other way that they like.

This can be your Inner Circle, a place where your parts can meet together, discuss issues, see each other and work together to help support you in your mission. Your Mission can be the one common focus for every part.

To that end, allow a symbol for your Mission to emerge in the center of the circle. You may ask the symbol if it has a voice and if it wants to share anything with you and your Inner Circle of parts.

Share your Mission Statement with your Circle and Conduct a Mission related Check-In; have each part check-in with input on your Mission and Mission Statement and whether they support your mission or have resistance to it.

Share out loud what each part says after each part is complete.

Ask if there is something else that needs to be done today.

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your legs and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and what did you find challenging?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please write in your journal, list and describe the parts of yourself you met in your Sacred Space today. You may want to draw your Sacred Space and Inner Circle.

Please review the Inner Circle Guidelines from the Daily Reading for Day 13.

MENTORS SESSION GUIDE

DAY 15

INTENTION

- To do an induction and visit Sacred Space
- To invite in a Shaman, Power Animal and Innocent Child

CHECK-IN

Please check-in using PEMS. *[mentee and mentor check in]*

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific parts. Any questions?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images that may come up, any messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Please share what each part says after they are complete. *[mentee speaks]*

INNOCENT CHILD

Ask your Higher Self if it would be willing to invite in a very special part of you.

Ask if you have a childlike part of you that holds your innocence and connection to Spirit. It might be your golden child or a child that represents your most loving and lovable pure potential.

If your higher self says OK, you may soon see something coming towards you.

(if not ok or if child is already present, go to Power Animal below)

What do you see?

Allow the part (child) to be with whoever it wants. Offer to the part it sits with to ask for anything the child may want. In this magical place, see whatever it wants quickly appear for the child.

When the child seems settled in, ask your Higher Self if it would be OK for you to go look for your Power Animal or possibly just invite it in.

POWER ANIMAL / SHAMAN

Ask your Higher Self to share what a Power Animal is and what its role in your life may be.

Ask your Higher Self if they want to invite in a Shamanic part of you. This Shamanic part may be able to help you find your Power Animal.

If a shamanic part is invited in, What do you see?

Ask this new part if it is a part of you and what role it plays in your life.

Ask if it can help you find your Power Animal.

Follow the directions from your Higher Self or from your Shamanic part on how to find your Power Animal.

(If there is any confusion about how to proceed, simply have Mentee ask for their Power Animal to present itself in their Sacred Space)

You may be able to take the child with you or have it wait until you return with your Power Animal.

When you bring the Power Animal to your Sacred Space, give it time and space to interact with your parts.

When this feels complete, ask your higher Self if there is anything else that needs to be done today.

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here. Allow yourself to slowly come back to this time and place. Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you? Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 16

INTENTION

- To do an induction and visit Sacred Space
- To invite in a Caregiver, Healer and Facilitator

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific parts.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Please share what each part says after they are complete.

[mentee speaks]

CAREGIVER

Ask your Higher Self if it would be willing to invite in a part of you that could be a caregiver for younger parts of you or for wounded parts.

If your Higher Self says OK, you may soon see something coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Inner Circle Guidelines)

What role do you play in my life?

Is there anything you would like to share with me right now?

Would you be willing to help with the young parts of me and maybe the wounded parts?

Thank you for coming forward today and please make yourself at home.

HEALER

Ask your Higher Self if it would be willing to invite in a part of you that could be a Healer for wounded or troubled parts.

If your higher self says OK, you may soon see something coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Mentor Guidelines)

What role do you plays in my life?

Is there anything you would like to share with me right now?

Would you be willing to help with the healing of wounded or troubled parts?

Thank you for coming forward today and please make yourself at home.

FACILITATOR

Ask your Higher Self if it would be willing to invite in a part of you that could be a facilitator to help resolve issues that may come up between parts..

If your higher self says OK, you may soon see something coming towards you.

(if not OK, go to next section)

What do you see?

Ask these questions:

Are you a part of me. If yes, welcome it to your Sacred Space.

(if no or maybe, see instructions in Mentor Guidelines)

What role do you play in my life?

Is there anything you would like to share with me right now?

Would you be willing to facilitate and help resolve issues that may come up between parts.

Thank you for coming forward today and please make yourself at home.

Ask if there are any issues today between the parts that could use the services of a facilitator. Ask if they would be willing to work with the facilitator after you leave and let you know tomorrow, what they worked out.

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please write or draw in your journal, list and describe the parts of yourself you met in your Sacred Space today.

MENTORS SESSION GUIDE

DAY 17

INTENTION

- To do an induction and visit Sacred Space
- To develop and conduct a welcome ritual for new parts
- To invite in parts from previous work

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

SACRED SPACE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific parts. Any questions?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

Note any sensations in your body, any images, insights or messages that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

Please share what each part says after they are complete.

[mentee speaks]

WELCOME CENTER

Ask your Higher Self if they would be willing to help develop a separate Welcome Center and a Greeting Ritual for welcoming in new parts to your Sacred Space.

Ask your Higher Self, if they would like any other parts of you to also take part in this Greeting Ritual.

Ask your Higher Self and the other participating parts to go to this Welcome Center now and set up for this Greeting Ritual.

This may involve “smudging” by a shamanic part, cleansing the space with light, protecting the space with a dome of light, etc.

GREETING RITUAL FOR PREVIOUS PART

When the Welcome Center is ready, ask if you or your Higher Self could invite in a part that you have met in some previous work and take them through this Greeting Ritual as you develop it?

Ask your Higher Self if it has a part in mind to invite in now.

If OK, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see?

Now allow some space and time for this Greeting Ritual to unfold. You may share what you see your Higher Self and your parts doing to initiate this greeting of a new part.

(This may include, inviting the new part to step to the center of the circle.)

Ask your Higher Self, if they would like to ask the initial questions to the new part or maybe another part of you might want to.

Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee] ?

(If yes, welcome them to your Sacred Space.)

(If no or maybe, see instructions in Standard Guidelines, Day 11)

What role do you play in [mentee's] life?

Do you feel safe with us?

Are you willing to serve in this Realm?

Are you willing to abide by the rules of this space or stay outside until you are ready?

What do you need right now?

Do you have anything you'd like to share with [mentee] right now?

Thank you for coming forward today; Please make yourself at home.

ANOTHER PART *(if time allows)*

Ask your Higher Self if it is OK to invite in another part today.

If OK, ask your Higher Self if they have a part in mind to invite in now.

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see?

Ask which part would like to conduct the greeting ritual this time. Repeat the previous Greeting Ritual.

CLOSURE & RETURN

When complete, ask your Higher Self to take all of you back to your Sacred Space.

You may want to introduce the new parts and notice how they are received by the other parts.

Say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience here.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and what did you find challenging?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 18

INTENTION

- To Invite Mentee to begin visiting Sacred Space on their own
- To visit Sacred Space and Invite in a Guardian

CHECK-IN

Please check-in using PEMS. *[mentee and mentor check in]*

SACRED SPACE AS A DAILY PRACTICE

Today we will do a short induction and take you to your Sacred Space.

We will do a brief check-in with the parts already present and invite in a few more specific parts. One part that we will be inviting in is a Guardian for your Sacred Space.

An important part of this program is to help you develop the ability to visit your Sacred Space on your own. For many, this becomes a valuable daily practice and we'll be offering you suggestions on how to do this in later sessions. You may want to begin this practice on our off days and see how it goes for you.

An important caution, is that you don't visit your Sacred Space when you are high or have been drinking.

Working with parts in this space is a very powerful tool for transformation and healing, because you are working directly with your sub-conscious mind. If this tool is used improperly, it can cause danger to your parts and ultimately to you.

For your own safety, we ask that you always treat this Space with reverence and treat all your parts with love and respect.

To help guard against you coming to your Sacred Space when you could be a danger to your parts, we want to ask a part of you to take on the role of Guardian.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Remember, that this is YOUR Sacred Space and you can access it anytime and from anywhere.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now. Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts. You may want to check-in first.

You may want to ask them if they have any comments on the intention to invite in a Guardian today.

Please share what each part says after they are complete. *[mentee speaks]*

GREETING RITUAL

Ask your Higher Self if it would be OK to invite in a few more parts today?

If OK, ask your Higher Self and parts to go to the Welcome Center and set up for the Greeting Ritual. When the Greeting is ready, ask your Higher Self if it's OK to invite in a part now.

GUARDIAN

Ask your Higher Self to invite in a part to create additional safety for your Sacred Space and all your parts.

Specifically, ask if they could invite in a Guardian for the Sacred Space, a part of you, who would keep you out of the space when you are high, been drinking or are in some way a danger to your parts.

If OK, see the Guardian arrive in your Space. What do you see?

Ask which part would like to conduct the greeting ritual this time. Repeat the previous greeting process.

Allow space and time for the questions to be asked.

(If any guidance is needed, the following questions may be useful.)

Are you a part of [mentee] ?

(If yes, welcome them to your Sacred Space.)

(If no or maybe, see instructions in Standard Guidelines)

What role do you play in [mentee's] life?

Do you feel safe with us?

Are you willing to serve in this Realm?

Are you willing to abide by the rules of this space or stay outside until you are ready?

Are you willing to guard the Sacred Space and even keep [mentee] out if they arrive high or drunk or somehow dangerous to the parts.

Do you have any questions or requests around this act of service?

Is there anything else you need right now?

Do you have something you'd like to share with [mentee] ?

(when questions are complete, mentor speaks to mentee)

Ask Higher Self if they would like to address the new part.

(mentee may also **ask the questions in bold** if not addressed during the welcome process and then talk to the part.)

Thank the part for coming forward today; Ask them to make themselves at home.

ANOTHER PART *(if time allows)*

Ask your Higher Self if it is OK to invite in another part today.

If OK, ask your Higher Self if they have a part in mind to invite in now.

If so, you may soon see something coming towards you.

If not, you may ask if it is OK for you to invite in a part that you've met previously. Invite this part in now.

What do you see?

Ask which part would like to conduct the greeting ritual this time. Repeat the previous Greeting Ritual. (See above section)

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your legs, arms and slowly open your eyes and come fully back.

Is there anything else you need to feel complete for today?

How was that for you? What worked for you, and what did you find challenging?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 19

Reframing Introduction

Today we will introduce Reframing, which is a fundamental process for working with an issue on a mostly cognitive level.

Up to now, we have been working with individual skills to help a person find a deeper truth around some issue in their lives.

We have learned ways to Access a Voice, do Active Listening with the Voice and find the Positive Intent behind what the Voice wants.

We can now start to see how facilitating another person can be seen as a process.

The first three steps of this process can be:

1. Accessing a Voice

- The voice of a person or a part, like a voice inside you head.

2. Active Listening

- Be Silent
- Echo
- Ask Meaning

3. Positive Intent

- What do you want?
- Imagine having that fully and completely.....
- What do you get from that?
- Repeat until core state (Peace, Love, OKness, Being, Oneness)
- From this place I invite you to go BEYOND IMAGINATION

4. The fourth step in a process is often REFRAMING.

REFRAMING

Comes from NLP – Neural Linguistic Programming.

It was developed from a study of the most effective healing methods.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want: I want to lose weight

What are you doing to lose weight? Eating cookies

How's that working?

Reframing is an excellent way to mentor a person with ineffective behaviors without triggering emotional resistance.

Reframing can be done on a part or on the person as a whole.

There are many versions of Reframing which we will cover.

The following Mentoring Process is a reframing process for working on the whole person (not a part). This process provides guidance for a person to think through a problem area in their life.

Like all the processes in this program, it works on the knowledge that the person doing work has all the answers they need inside.

Reframing I - Mentoring Process

Describe a current situation or issue.

What is the data or what are the facts concerning this issue?

How does it show up in your life?

What do you want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it? (Optional: Do Positive Intent)

What are you doing to get it?

What does that look like? Please be as specific as you can.

How is that working?

How do you know that? Are you getting what you want?

What lessons are you learning from this?

Are you open to taking on a new behavior to get what you want?

What are your choices? (Access inner voice)

Close your eyes, go inside, and stay in silence.

Listen for an inner voice. (Optionally, go to Inner Circle, if available)

Ask a wise, creative or fun part to come forward

Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.

What alternatives do you resonate with?

Which alternative do you choose?

What's at risk for you to take action on this choice?

What will you gain by taking action on this choice?

What action will you take?

What will you do this week to act on your choice?

Ask for support.

MENTORS SESSION GUIDE

DAY 19

INTENTION

- To Introduce Reframing
- To do the Mentoring process on a major complicated issue

CHECK-IN

Please check-in using PEMS. *[mentee and mentor check in]*

REFRAMING

Today, you will get to experience a healing process which is called Reframing.

Reframing involves taking a person or a part, through a step by step process to help them sort out a difficult issue they may be dealing with.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want: I want to lose weight

What are you doing to lose weight? Eating cookies

How's that working?

Reframing is an excellent way to mentor a person through a difficult or complex issue they may be dealing with.

So, I invite you to take a deep breath and allow yourself to relax.

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

Is there a difficult or complex issue that you may be currently struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it?

What Are You Doing To Get It?

What does that look like? Please be as specific as you can.

How Is That Working?

How do you know that?

What lessons are you learning from this?

What Are Your Choices?

Close your eyes, take a deep breath and allow yourself to move into your Sacred Space.

Ask if any part of you has some suggestions on a new behavior you could adopt to get what you want.

Ask if any part has a suggestion for making this more fun.

What alternatives do you resonate with?

Which Alternative Do You Choose?

What's at risk for you to take action on this choice?

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What Actions Will You Take?

What will you do this week to act on your choice?

Is there someone or a part of you, you can ask for support?

Is there something else you may need to feel complete with this process?

CLOSURE & RETURN

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place.

Is there anything else you need to feel complete for today?

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for this day, Day 19.

DAILY READING

DAY 20

Healing Overview

Today we want to share an overview of this healing approach.

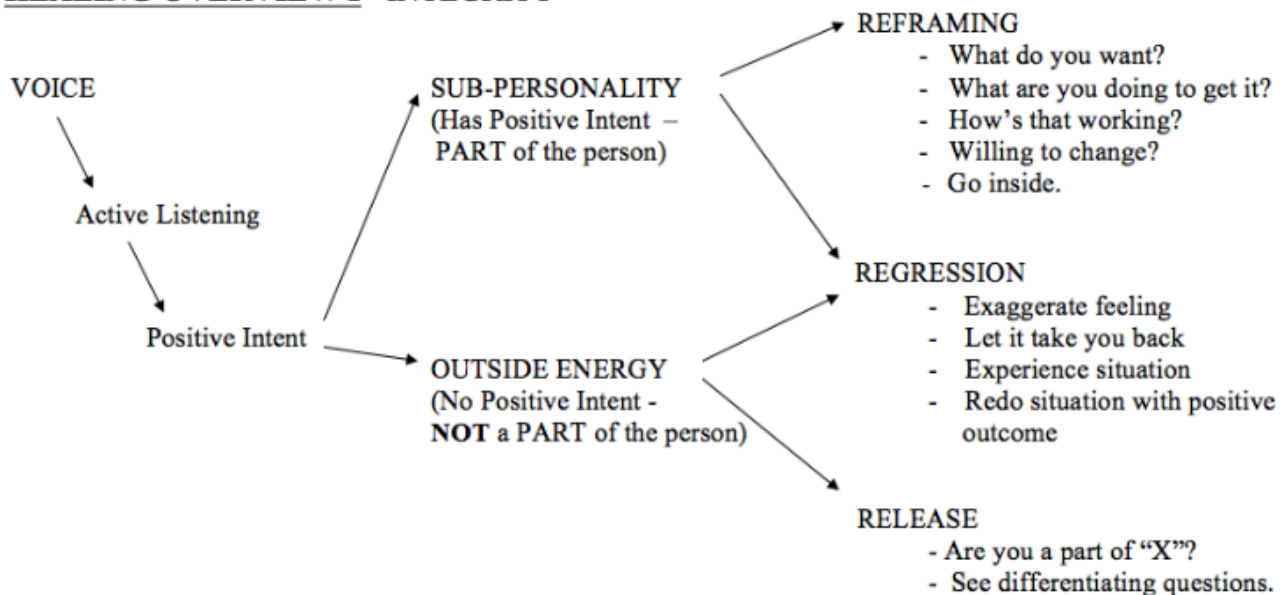
We also will be introducing Regression and a process for taking a whole person through a regression process, which we call: The Regression Process.

The chart below shows how we can usually start any healing process by engaging with a voice, doing Active Listening and then Positive Intent.

If a part has a Positive Intent we can proceed with Reframing or Regression.

(If it doesn't, we release it by asking the forces of light to surround the entity in a capsule of white light and take whatever is not a part of you to the light)

HEALING OVERVIEW I - INTEGRITY



Below is another chart that gives a different perspective on this Healing Overview.

In today's culture, we are usually not taught healthy ways to deal with discomfort and pain.

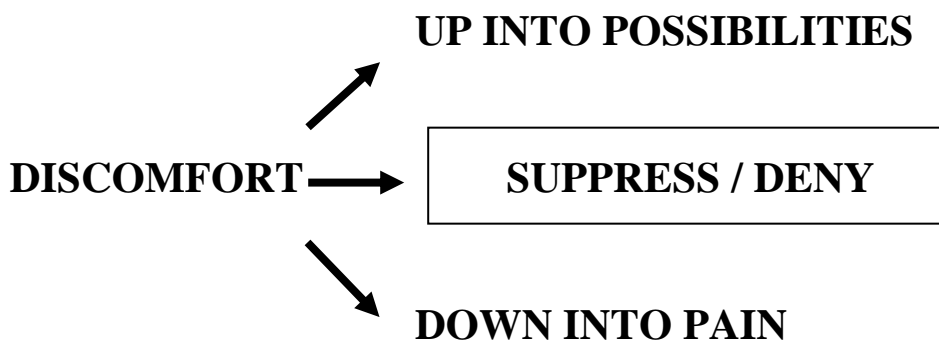
Many of us learn to hide, repress and deny any uncomfortable feelings, thoughts or impulses.

By using the skills in this program, we can now start to address many of these suppressed feelings and experiences by going down into the pain as a Regression or going up into possibilities as a Reframing.

Healing Overview II

REFRAMING

- What do you want?
- What are you doing to get it?
- How's that working?
- Willing to change?



REGRESSION

- Exaggerate feeling
- Let it take you back
- Experience situation
- Redo situation with positive outcome

Regression Introduction

An initial intention for this program is to establish some fundamental facilitation skills and convey a feeling for the flow of a Healing Process. Having these skills in our "toolbox" will allow us to be in our hearts and totally present with another person, while we also have access to our inner guidance, our intuition and the skills to address any situation.

There are 4 basic skills that most of our on-line facilitation work will make use of. We have covered three of these:

- Active Listening (Be Silent, Echo & What do you mean by....)
- Positive Intent, (What do you want?, Imagine having that...what get?)
- Reframing (What want?, What doing to get it?, How's that working?)

The fourth skill that is basic to doing facilitation work is Regression.

The essence of this Regression is as follows:

Regression (Down into Pain)

- Exaggerate feeling
- Let it take you back
- Experience situation (usually a childhood trauma)
- Redo (rescript) situation with a positive outcome

Today, we will work with The Regression Process, which is an expanded version of these 4 steps. We will follow this step by step process to take someone into and through a regression and work to resolve an issue at its source.

One key to facilitating this process is to be aware of how deeply a person is in an Altered State or Trance State (like being in the Zone or in Flow). By taking your time as a facilitator with the regression step (below), you can deepen the altered state which increases the power of the process.

Regression: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt this feeling. Let your body take you back, let this voice take you back, back in time.

Always treat Trance Work with respect and care. Simply follow the person while they are on their inner journey. You can repeat the following often "Move the clock forward now. What's happening now?" Repeat "and then what happens" until complete. Speak to the person as if they are in the event now. i.e. use: "what's happening now" versus "what happened then" (past tense)

REGRESSION I - The Regression Process

Data: Describe the Data or facts around this issue.

Judgment: What are the Judgments you have around this Data?

Locate in body: Close your eyes. Where in your body do you feel these Judgments?

Feeling: Describe the Feeling.

Shape, Size, Color: If that feeling were an object, what shape would it be? What size is it? What color?

Voice: Now give it a voice. What words is it saying? Say it again – louder this time.

Regression: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt this feeling. Let your body take you back, let this voice take you back, back in time.

Wound: What's happening? Who's there? How old are you? What's happening? REPEAT "And then what happens...?" Until trauma is complete.

Release: Allow release of emotions as they come up.

Shadow: What are the messages you are getting right now? What decisions are you making? What beliefs and judgments are you taking on? What behaviors / reactions are you learning and adopting from this?

Healing: Now go back in time to just before this experience. Turn back the clock and bring your adult self into the picture. Would you like to go back through this experience with his/her help this time? Ask him/her to help you. O.K. Turn the clock forward now and see what happens this time. What's happening? Repeat "and then what happens" until complete.

Empowerment: What messages are you getting now? What decisions are you making? What new behavior choices do you have available now? That's great. Now become your adult self. I invite you to create a safe place inside of you and ask the child if it would like to go to that safe place and be with you forever. Do that now.

Return: "Slowly return to this room. How do you feel? Is there anything else you need to complete this?"

MENTORS SESSION GUIDE

DAY 20

INTENTION

- To introduce Regression
- To do The Regression Process on a major issue with a charge

CHECK-IN

Please check-in using PEMS and state Mission. *[mentee and mentor check in]*

REGRESSION

Today, you will get to experience a healing process which is called Regression. Regression involves taking a person or a part, back into a conscious or more likely, a suppressed memory, to heal an issue at its source.

Key steps to most regressions include taking a person back in time to a traumatic event; Experiencing the event, only now from an adults perspective; and then re-doing the event with a positive outcome.

This process often reduces or eliminates the emotional trigger we may have around encountering certain situations in our life.

To keep this simple, I'd like to take you through this regression process as an opportunity to work on an issue you may have.

THE REGRESSION PROCESS

Is there a current or chronic issue that tends to trigger strong emotions in you? Something that brings up feelings of sadness or anger for you?

Please describe the data or facts around this issue.

What are the judgments you have around this data?

Thank you. I invite you to now close your eyes and take a deep breath. What feeling is coming up for you around this issue and these judgements? Describe this feeling as best you can.

Where in your body do you feel this?

If that feeling were an object, what shape would it be? What size? What color?

Now give it a voice. What words is it saying? Say it again – louder this time.

Now let this voice take you back in time.

Follow your body back to an earlier time when you felt this way.

Go back in time, maybe back to the first time you felt this feeling.

Let your body take you back, let this voice take you back, back in time.

What's happening? Who's there?

How old are you? What's happening? And then what happens...?

(Repeat "and then what happens?" until trauma is complete.)

(Allow release of emotions as they come up.)

What are the messages you are getting right now?

What decisions are you making?

What beliefs and judgments are you taking on?

What behaviors and reactions are you learning and adopting from this?

Is there something else that is coming up for you?

O.K. now take a breath and go back in time to just before this experience started.

Turn back the clock and what's happening now before this event started?

O.K. Now bring in *your adult self* to be with you here.

(Adult self: your future or grown up self who can go back in time to be with you here. If child distrusts adults, bring in an animal, superhero or the Army, etc.)

Would you like to go back through this experience now, only with their help this time?

Ask them if they will help you through this.

O.K. Now, turn the clock forward slowly now and see what happens this time.

What's happening? And then what happens?

(Repeat "and then what happens" until complete.)

What messages are you getting now? What decisions are you making?

What new behavior choices do you have available now? That's great.

Now become your adult self.

Ask the child if it would like to go to a safe place with you and never have to experience this pain again.

Take the child to your Sacred Space and have your parts step forward to care for and nurture the child.

CLOSURE & RETURN

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

I invite you to observe yourself in the next few weeks and see how you now respond to situations, that used to trigger you as you described earlier. You may notice your responses to be quite different now.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for this day, Day 20.

MENTORS SESSION GUIDE

PHASE 1 - WRAP UP

INTENTION

- To reflect on Mentee's experience of the first 20 days
- To invite a daily practice of visiting Sacred Space
- To review Mentee's plans for Mentoring

CHECK-IN

Please check-in using PEMS and state your Mission.

[mentee and mentor check in]

REFLECTING ON YOUR OPP EXPERIENCE

Having completed half of this 40 day program, today is about reflecting on the first 20 days and preparing for the next 20.

To help you integrate what you've experienced so far, I'd like to ask you a few questions. Feel free to share whatever comes up for you around any of these topics.

Describe your experience of the program, so far, in your own words.

How has this experience been for you?

What comes up for you around the effect this program is having on you?

What have you learned about yourself ? New insights or observations?

How are you different now?

How is your life different now?

Any conflicts with your current belief system?

What about this program is working well for you?

What isn't working for you?

Any feedback that you'd like to offer me as a mentor or facilitator?

What are your hopes and expectations for the next 20 days?

What are your fears about the next 20 days?

MENTOR PREP FOR MENTEE

Now, I'd like to briefly discuss your plans for passing on this program. One of the initial agreements in doing this program is that you will pass it forward to two other Mentees.

Please note that the timing for taking on a Mentee is flexible and everyone will have their own preference on when to start. Do what you can and know that for many, sharing this program with a Mentee is the best part of this project.

You could do this at any time while you are a Mentee in this program or after you complete the 40 days. You can pass it on to two Mentee's at once or do them sequentially, one at a time.

What are your current thoughts on passing it on?

What kind of support do you need to begin passing it on?

Please review the Instructions on Choosing a Mentee on page 8 and review the Mentor Guidelines found in Addendum A.

(Once the Mentee has taken on the role of Mentor with their own Mentee, Invite them can to share any concerns, or questions they may have as part of their daily check-in.)

VISITING SACRED SPACE AS A DAILY PRACTICE

I invite you to begin visiting your Sacred Space on your own, possibly as a Daily Practice. Hopefully, you may have time to practice that in the next few days.

Many Sacred Space artists, create their own special path to their Sacred Space that may include traveling through Nature, checking in with Guides along the way or whatever appeals to you as a daily meditation practice to center yourself and find some peaceful alone time with your parts.

It also works for some, to record an induction for guiding them to their Sacred Space much like I do for you in these sessions.

Today we will do an Inner Circle Check-In together and I'm going to encourage you to do your own personal silent induction and let me know when you are in your Sacred Space.

If this feels too soon for you, I can take you through our usual induction. What would you prefer for today?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Now, I'd like you to facilitate a check-in with everyone at your circle. Allow whomever wants to go first to start.

For today, ask them to share how they're feeling and anything they'd like to say about this program and the opportunities to spend time with you and the other parts. Ask what they hope to do in the program as it continues.

Also, ask them to comment on the possibility of you developing a daily practice of visiting with your parts in your Sacred Space.

Please share what each part says after they are complete.

[mentee speaks]

CLOSURE & RETURN

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

Note: Phase 2 of this program, Days 21 – 40 can be found in a separate document on the OPP website: OmegaPointProgram.com