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OPP

The Omega Point Program

Phase Three

the
OPP
MENTORS GUIDEBOOK

a

DAILY READING

and

MENTORS SESSION GUIDE

for

Phase 3

Days 1 to 22

MYSTIC WARRIOR
Archetypes & Releasement

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OmegaPointProgram.com

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Omega Point Program
Phase Three Protocols
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Some Background on the OPP Daily Readings

The primary purpose of the Daily Readings is to provide the Mentor instructions and a context for the days session. In almost all cases, the Mentor should read the Daily Reading in preparation for leading the session.

In the Homework for each day will often be instructions on when the Mentee should review a day's reading. Most times they will be instructed to read that days reading for a context of what they just experienced. Sometimes they will be instructed to read the Daily Reading for the next day.

The general approach taken with these instructions is that it seems more effective for most Mentees to experience the session first and then do the reading afterwards to gain some context for what they just experienced. This way, the Mentee will feel like they can relate to and understand better what the reading says. It will also help them gain some language for what may have been a new experience for them.

Also, it allows for the Mentee to go through the session without any preconceived ideas about how it should unfold. They can trust that what they experienced was authentic for them. If they have done the reading first, they might never know if it was authentic for them or if they were trying to fit in with what the reading said.

There are some Mentees who do like to do the reading first so they have a context going into the experience of the session. This reading beforehand may give them a sense of safety and partnership with the Mentor in conducting the session.

Either way is OK. The Mentor can leave it up to your Mentee if they want to do the reading before or after the day's session.

When the Homework does ask the Mentee to do the reading beforehand, it is because they are asked to do something to prepare for the next session. In these rare instances, the Mentee should be encouraged to follow what the Homework says otherwise the session won't work as its intended.

Note that there are more Daily Readings in Phase 3 as we hope to convey more information to help the Mentor and Mentee integrate these advanced experiences.

WEBSITE INFORMATION

For more information and the latest protocols for:

Phases Zero, One and Two,

please visit the OPP Website:

<https://OmegaPointProgram.com>

Email: team@OmegaPointProgram.com

Phase Three,

please visit the OPA Website:

<https://OmegaPointAcademy.com>

Email: team@OmegaPointAcademy.com

The Omega Point Program

PHASE THREE

MYSTIC WARRIOR

Archetypes & Releasement

Phase Three of the OPP builds on the foundation set by Phases One and Two.

Specifically, the initial phases of the OPP set up the foundation for working with Parts and setting up a base in your Inner World. Phase Three will build on that Inner World base and bring in additional powerful resources, such as the 4 major Archetypes, to enable greater exploration of this realm.

The initial phases also encountered energies or entities which were not a part of the Mentee. These energies were released by surrounding them in a capsule of white light and asking the light to take them away.

While this one size fits all release method can be effective in many cases, it does not address the variations that these “non-part” energies may come in and in many cases may be only a partial or temporary fix.

Phase Three provides more information about these energies and covers more advanced and much more effective methods for dealing with them in a loving and respectful way.

Phase Three is an adventure unlike most of us have ever experienced. It may also provide some of the most powerful healing and transformation experiences currently available anywhere.

Phase Three may not be for everyone. For graduates of the OPP, who are open to taking their next step on this inner journey and trust that this OPP adventure may have much more for them to explore, Welcome! You’ve come to the right place.

WAYS TO CONDUCT PROGRAM

1. Mentor to Mentee

Mentor has done or is doing Phase 3 and has experience Mentoring Phases 1 & 2.

2. Round Robin – for 3 to 5 people.

For groups of 3 or more, who have completed Phases 1 & 2, a Round-Robin can be set up where each person Mentors another and is Mentored by a third person.

3. For 2 people – Many options are available for two partners to do Phase 3. A few are:

- One partner can be Mentor for the full 20 days and then switch roles and repeat the 20 days. (total 40 days, 30-45 minutes a day)
- One partner can mentor the other for a session and then switch roles and repeat the session on the same day. (total 20 days, 60-90 minutes a day)
- One partner can be mentor on one day and then switch and repeat the session on the next day. (total 40 days, 30-45 minutes a day)
- The two partners can add a third person and do a Round-Robin as described above. (total 20 days, 60-90 minutes a day)

PROGRAM DIRECTIONS

Directions for Phase 3 are essentially the same as for Phase 1 & 2.

- a daily program which takes between 30 to 45 minutes a day for 22 days.
- a Mentor and a Mentee in voice contact for the complete Daily Session
- most sessions involve doing visualizations of some kind.
- Mentee will be in a trance like state, during much of the session.
- Mentee and Mentor need to be in a quiet place and undisturbed.

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).

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

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

- many have found that these advanced sessions can be done only one, two or three days a week and still maintain the power of the work.

DAILY READING

DAY 1

Standard Guidelines: Releasing Energies from Sacred Space

For the first few days of Phase 3, we will use the same Standard Guidelines as used in Phase 2. After Day 6 we will move into more advanced methods of working with entities.

When working in Sacred Space, we may run into 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.

- continued on next page -

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's 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 starting with Day 7.

MENTORS SESSION GUIDE

DAY 1

INTENTION

- To Welcome Mentee to Phase 3
- To share updates from Mentee and their Inner Circle.
- To do an Induction & Visit Sacred Space

CHECK-IN

Would you like to Check-in?

Please check-in using PEMS and also include your Mission and use Parts Language if that fits.

[mentee and mentor check in]

How are you doing with your Mentees?

Have you been able to visit your parts in your Sacred Space and do any Check-ins with your Inner Circle?

Anything you want to share about what's happened there?

INTRODUCTION

For today, I first want to congratulate you on completing Phases 1 & 2 of the OPP. I hope it was a great experience for you.

I also want to welcome you and all your parts to Phase 3 of the Omega Point Program. Much of the content in Phase Three has come from a training called the Mystic Warrior Training and includes advanced methods to release energies that are not a part of you. Most of the sessions in Phase 3 will involve working in your Inner World. We will start Phase 3 by adding additional Inner World resources which we refer to as the major Archetypes. The next Days Reading will provide more information on them.

Today we want to do an Inner Circle Check-in and see how your parts and your Inner World are doing. We may also invite in your Ruler Archetype if you didn't access one in Phase 2. Do you already have a Ruler Archetype, also referred to as your King or Queen? (if not, invite in the Ruler as shown later today)

Do you have anything you'd like to share first or are you ready to go?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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 any changes to the table / circle or your parts at the circle.

Is there any change to the symbol for your mission that you had placed in the center of the circle.

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 give their name, how they're feeling and anything they'd like to share their perspective on starting another 20 days with this program and what they hope for you and for themselves.

When all the parts are complete, ask your Higher Self if this would be OK to invite in another part.

The part we have in mind is your Mystic Warrior part, the part of you that can travel and work competently in your Inner World and possibly the Underworld.

That part might come in handy during Phase 3.

If so, ask your Higher Self if they would like to do the honors, or is there a part present that might want to invite in this part?

If and when another part arrives, what do you see?

Welcome the part. Ask if there is anything they want to share with you?

Ask what role they play in your life and if they are a part of you.

Have them take their place in the Circle and note the reaction of the other parts.

Ask the part that invited them in to share something about this part.

Now please take some time here to allow for whatever wants to come up for you.

Let me know when you feel complete and you may also share if you want to.

When complete, allow yourself to slowly come back to this time and place.

INVITE IN SOVEREIGN (if time allows and Mentee doesn't have one)

Ask your Higher Self if it would be OK to invite in your Ruler Archetype today?

If OK, ask your Higher Self to invite in your King/Queen, the part of you that embodies the Archetype of the Sovereign or Ruler.

If not, you may ask if it is OK for you to invite in that part in our next session.

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

What do you see?

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

Repeat the Greeting Ritual from Phase 2.

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 Inner Circle Guidelines)

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

Are you willing to serve in this Realm?

Do you have any questions or requests of us?

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

(when questions are complete, mentor says to mentee)

Ask Higher Self if they would like to address the Ruler.

Thank your Ruler for coming forward today and have them make themselves at home.

CLOSURE & RETURN

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.

How do you feel? How was that for you?

Anything that stood out for you?

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Tomorrows reading includes an introduction to “Archetypes” and in your next session, you will be interacting with four of your major Archetypes.

You have a choice to review the Daily Reading before or after the session.

If having some advanced information about Archetypes would be helpful to you during the session, please review this material before our next session.

If you would like to experience your Archetypes without any pre-conceived notions about them, please review this material after your session.

DAILY READING

DAY 2

Introduction to Archetypes

In today's session Mentee will be interacting with four major Archetypes.

What follows is some information about Archetypes that combines conventional perspectives with information gained from OPP and OPP-like experiences.

Conventional Thought on Archetypes

The term “archetype” means original pattern in ancient Greek.

Plato may be the first philosopher to refer to archetypes. He called them Forms.

For Plato, there were two realities: the world we live in and the non-physical realm where the Forms exist.

These Forms, for Plato, are pre-existing ideal templates or blueprints. They include characteristics like roundness, softness, hardness, greenness, blackness, and so on.

Forms is another term for archetypes.

In modern times, psychiatrist Carl Jung popularized archetypes. He saw them as the *fundamental units of the human mind*.

Jung saw Archetypes as the living system of reactions and aptitudes that determine the individual's life in invisible ways. They are the psychic counterpart of instinct.

Because archetypes reside in the unconscious—the part of our minds we aren't aware of—they influence us without us knowing it.

Jung believed that Archetypes are the *secret forces behind human behavior*.

He believed that Archetypes are influencing *everything* you do, think, and feel. And they are influencing everyone around you in a similar way.

Jung believed that the human psyche was composed of three components:

- The ego
- The personal unconscious
- The collective unconscious

According to Jung, the ego represents the conscious mind while the personal unconscious contains memories including those that have been suppressed.

The collective unconscious is a unique component in that Jung believed that this part of the psyche served as a form of psychological inheritance. It contained all of the knowledge and experiences that humans share as a species.

In Jungian psychology, the archetypes represent universal patterns and images that are part of the collective unconscious. Jung believed that we inherit these archetypes much in the way we inherit instinctive patterns of behavior.

Jung believed that there was no limit to the number of archetypes that may exist. He said the existence of these archetypes cannot be observed directly but can be inferred by looking at religion, dreams, art, and literature.

Much of Jung's impressions of archetypes came from the dreams and reflections of his clients.

Active imagination is Jung's other way of getting to know the archetypes.

Active imagination, as Jung describes it, requires your conscious participation to dialogue with the parts of your unconscious in your imagination. (similar to the OPP)

There seems to be one major difference between how Jung perceives archetypes and what many have experienced in doing the OPP.

Jung and many others tend to group Archetypes and Parts together as meaning the same thing.

This is evident from this passage by Scott Jeffrey: <https://scottjeffrey.com/archetypes-psychology/>

A Map of the Human Mind

Archetypes provide a powerful way to understand our minds.

We tend to think of the mind as a singular unit. "My mind" assumes a unified sense of self (or I).

But a careful examination of the mind shows this view to be incorrect. Instead of the mind being singular, it's plural. A pantheon of archetypal characters exists in our minds.

Various forms of therapy seek to integrate these archetypal characters. They each have a different language to describe them.

In psychosynthesis, they call them "subpersonalities". In Internal Family Systems, they are "parts".

Psychologist John Rowan defines a subpersonality as "a semi-permanent and semi-autonomous region of the personality capable of acting as a person."

By whatever name, we come to see our minds as a collection of these semi-autonomous personalities, or archetypes.

In OPP, many have experienced a significant difference between these two "classifications" of parts and archetypes. We invite you to experience your parts and especially your gathering of parts and compare that to the gathering of your Archetypes and come up with your own comparisons.

For now, the OPP differentiates between Parts and Archetypes and works with them in different ways. In general, OPP treats archetypes more as fully mature Inner World consultants and guides that carry or have access to wisdom of the collective unconscious. This is in contrast to relating to parts as being from our personal subconscious and who carry our personal characteristics and wounds.

We will revisit this topic when we cover "States of Consciousness" in future readings.

The Major Archetypes

Recently, authors of numerous self-improvement books have used archetypes as fundamental patterns that can aid our inner development and the quest for wholeness.

Four of Jung's archetypes became the title of a book by Robert Moore & Douglas Gillette in 1991. "King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine" became a popular book in the 1990's for those doing Men's Work.

Carol S. Pearson's 2015 book, "Awakening the Heroes Within: Twelve Archetypes to Help Us Find Ourselves and Transform Our World" has been used in Men's and Women's work. Her 12 archetypes include the same 4 major archetypes of Ruler (King/Queen), Warrior, Magician and Lover that Moore uses.

In the OPP, we have found that working with the 4 major archetypes, as well as the 12 archetypes is extremely useful.

The OPP Archetype Assessment, which can be found on the OPP website (<https://omegapointprogram.com>) is a useful instrument for charting a person's progress as they travel a path towards realizing more of their human potential. It uses Carol Pearson's 12 archetypes.

Today's session will introduce you to your own 4 major archetypes. These archetypes will provide you with some powerful allies as we enter into Spirit Releasement later in this Phase 3.

OPP Insights into the 4 Major Archetypes

There are many ways to describe the significance of the major Archetypes.

One way is to relate them to PEMS which you are all familiar with.

As shown in the following chart, each of the 4 major archetypes seems to correlate well with the four aspects of life that we check in with every session.

Life Aspect	Archetype
P hysical	Warrior
E motional	Lover
M ental	King/Queen
S piritual	Magician

For now, we can use this correlation to relate to these archetypes as a source of wisdom and guidance as we address our PEMS issues.

Many more insights will become clear as we progress through the next few sessions.

MENTORS SESSION GUIDE

DAY 2

INTENTION

- To set up Archetype Circle and Check-in
- Intro Archetype assessment instruction and homework

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

ARCHETYPE CIRCLE

Today we want to work with your King/Queen to set up a separate space for your Archetypes to have their own circle. We may also want to invite in a few more Archetypes to this Space.

Is there anything you need before we start?

[mentee speaks]

INDUCTION

Please make yourself comfortable and I'll begin an induction to take you to your Sacred Space. Let me know when you are ready.

So go ahead and 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.

As you go deeper and deeper into a state of total relaxation, know that 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

Do a brief check-in now with these current parts and ask if they have any comments on our intention to work with the King/Queen to set up a separate Archetype Circle today.

You may want to check-in first. Please share what each part says after they are complete.

[mentee speaks]

ARCHETYPE CIRCLE

Ask your Higher Self, if it would be willing now to invite your King/Queen Archetype (or Ruler or Sovereign, or a similar Royal image from another culture), to set up this separate circle or space for you to be able to meet with your Archetypes.

If the King/Queen accepts this invitation from the Higher Self, ask them to take you to where they would like this space to be.

Once in this new Archetype Space, start to become familiar with this new space and possibly describe out loud what it is like.

Allow your King/Queen some time to prepare this space for you and possibly more Archetypes to join you there.

Ask the Ruler if it is OK to invite in any other Archetypes that may already be present in your Sacred Space. You can ask the Ruler if it is OK for them to come now or later.

When that feels complete, ask your Ruler how many other archetypes they'd like to invite in today. i.e. Ask if you should start with what some consider the 3 other major archetypes of: Warrior, Magician & Lover (or similar roles from other cultures).

Follow the Ruler's lead and have them invite in the desired Archetypes for today and have them take their place in this new circle.

When the Archetype Circle is complete for today, ask if they could all check-in and share what their role is in your life and their role in relation to your other parts.

Ask them to share anything they might want to say to you today as well. You may want to check-in first and then share out loud what the archetypes say to you.

When this seems complete, you may also want to have a symbol for your Mission emerge in this circle.

Ask the King/Queen if that would be OK and notice what emerges in this place.

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 renewed, having more energy than you've had all day.

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

If you haven't completed the Archetype Assessment at the end of Phase 2, you may want to complete it before the Day 4 session. (see Assessment at the top of the OPP website: <https://omegapointprogram.com>).

DAILY READING

DAY 3

Daily Readings as Context for OPP Experiences

The purpose of many of these readings is to provide you with the language and context used throughout history for many of the experiences you may be having with the OPP.

Though many of these experiences may be new to you, you may find that the descriptions and language used by those that have gone before you may now be helpful in integrating these experiences in a way that makes sense to you.

Many of you may have never used the term “States of Consciousness”. One intention of the OPP is to give you a healthy and positive experience of exploring the various states of consciousness. We also want to help you achieve higher levels of awareness, competence, compassion and consciousness through the constructive use of altered states. In support of that intention, we offer the following introduction.

STATES OF CONSCIOUSNESS

States of consciousness are simply temporary altered states or peak experiences that often expand our perspectives on life in this world.

Most spiritual or healing arts have their own terms to describe states of consciousness that are different from our normal "waking" state that we operate in as we move through our daily life.

Carl Jung cited three states of consciousness that are sometimes used in Psychology

- the conscious mind,
- the sub-conscious mind and
- the super conscious mind.

And he relates these to:

- the ego
- the personal unconscious, and
- the collective unconscious

Ken Wilber cites 4 states of consciousness that are often used in Meditation discussions:

- the physical or gross realm
- the subtle realm,
- the causal realm and
- the non-dual realm

And he relates these to:

- the waking state of consciousness
- the dream state of consciousness,
- the deep dreamless state of consciousness, and
- the pure empty Witness or pure Awareness state of consciousness.

In most scientific references, states of consciousness are referred to as brainwave frequencies:

<i>Brainwaves:</i>	<i>Beta</i>	<i>Alpha</i>	<i>Theta</i>	<i>Delta</i>
<i>Cycles per sec:</i>	13 - 60	7 - 13	4 - 7	.4 - 4

Altered states (Trance states) can be induced in many ways including meditation, hypnosis, rituals, psychedelics and dancing.

In sports and the business world, altered states are often referred to as being in Flow or being in the Zone which are modern terms for the Alpha brainwave state.

Wilber	Science	C. J. Jung	C. J. Jung
Realm	Brainwaves	States of Mind	Human Psyche
Gross	Beta	Conscious	Ego
Subtle	Alpha (the Zone, in Flow)	Sub-Conscious	Personal Unconscious
Causal	Theta	Super Conscious	Collective Unconscious
Non-Dual	Delta		

Much of the OPP is designed to do work in altered states of consciousness, especially in the Subtle Realm through Visualizations and light trance work. The whole Subtle Realm is vast and journeys through this realm can be confusing and possibly dangerous.

One of the purposes of the OPP program is to provide the skills and experiences that will empower a positive, healing and transformative path, into and through this realm.

Some cognitive understanding of this realm may also be helpful to you as a context for the experiences you are having and for understanding how your Parts, Archetypes and Higher Self may relate to these realms.

The Subtle Realm

As mentioned, most of the work done in OPP is done in the Subtle Realm, in Alpha.

The use of subtle to describe this invisible Realm relates to our ability to perceive the energies, thoughts and images that emanate from this realm in relation to our normal experience of the Gross, Physical, Visible Realm.

Normally, as we go through our daily lives, we are so occupied by the colorful, loud, and dynamic images and sounds of our visible world, that we can be oblivious to anything “subtle”. It isn’t until we lie down to sleep and start to relax in the quiet and the darkness, that we may notice an itch that we have to scratch, a pain somewhere in our body that comes out of nowhere or a worrisome thought about what we forgot to do that day. We may also experience creative inspiration or insights that can solve problems we may be struggling with. These are the subtle sensations that we only become aware of when the “Gross” sensations no longer mask them from our perception.

This relaxed pre-sleep state, called the *hypnagogic* state of consciousness, correlates with entering the Subtle Realm of consciousness or Alpha. With the inductions used in the OPP, we are pro-actively accessing this Subtle Realm and using guided and structured “active imagination” to explore it.

In addition to this pre-sleep experience, we can enter this “low” subtle state (also called the etheric realm) through dream states, emotions and meditation.

The Ancient Wisdom Traditions have made a science of working in these realms mainly through meditation.

According to Ken Wilber, “many of the ancient traditions interpret the beings experienced in the overall subtle realm as ontologically real entities. (including elementals, demons and gods and goddesses)

Focus on this Subtle Realm varies considerably between spiritual disciplines, for example, Zen Buddhism focuses on the Causal Realm and initially avoids the Subtle Realm completely. Tibetan Buddhism, on the other hand, may spend 20 years of meditation practice working in this realm before moving on to the Causal Realm.

Most of the spiritual disciplines have their own descriptions of this Subtle Realm and share practices and teachings on how to deal with it. With your OPP experiences in this realm, you may now be able to relate to what many of the disciplines are describing.

You are also invited now, to judge for yourself, which of these teachings and practices resonate with your actual OPP experiences and decide which you may want to study and which you may want to avoid.

Be aware that any study of these realms must deal with the numerous names associated with these states of consciousness, including: bodies, energies, dimensions, plains, realms, levels, sheaths, and domains.

Some excellent and very different resources on the Subtle State of Consciousness are:

- [The Religion of Tomorrow](#) by Ken Wilber, and
- [The Rise of Superman](#) by Kotler & [Stealing Fire](#) by Kotler & Wheel

By using the communication skills and principles taught in the OPP, we can engage this realm and the many energies that exist there in a healthy and constructive way.

As we develop connections and relationships with our parts, our archetypes and our Higher Self while in this realm, we gradually can develop access to their guidance and wisdom even when living among the distractions of our everyday life in the Gross, Physical realm.

One of the main goals of the OPP is for you to develop a strong relationship with your Higher Self and have access to their voice and presence simply by turning your focus inwards whenever and wherever you happen to be.

MENTORS SESSION GUIDE

DAY 3

INTENTION

- To work on a Major Issue (maybe a chronic PEMS issue)
- Using Positive Intent and Archetype Circle with Mentoring Process

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

REFRAMING

Today, you will get to experience Reframing and The Mentoring Process again.

We'll be using this process to sort out a difficult issue for you and today we will add in Positive Intent to the process and visit with your Archetype Circle to get their input.

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

So, 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 what are the facts concerning this issue?

How does it show up in your life?

Relative to this issue, what do you want? *[mentee answers]*

What does [answer] mean to you?

What would that look like?

How will you know when you have it?

POSITIVE INTENT PROCESS

So once again now, in a few words, 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 above **words in bold** until the voice gets to a Core State: i.e. Peace, etc.. If no positive intent, see Standard Guidelines, Day 21 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.)

REFRAMING

What are you doing to get this [core state] ?

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

How is that working? Are you getting the [core state] you want?

How do you know that? What lessons are you learning from this?

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

What other behavior choices are you aware of right now?

ARCHETYPE CIRCLE CHECK-IN

Are you willing to go to your Archetypes now to get their input?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

As you begin to breathe normally now, allow yourself to move into your Archetype Circle.

Take one more deep breath and as you exhale slowly, find yourself fully aware and present with your Archetypes.

Do a check-in now with your Archetypes.

Ask if they have some suggestions on a new behavior you could adopt to get what you want.

Please share what each part says after they are complete.

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 need to feel complete with this for 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 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

HOMEWORK

Please complete the OPP Archetype Assessment if you haven't yet. Also, Please read over today's Reading.

DAILY READING

DAY 4

Assessment from the Archetypes

Today's intention to supplement the OPP Archetype Assessment with input from the four major archetypes themselves.

Mentee will do a brief check-in and then ask their Archetypes for their assessment of where they stand on reaching the full embodiment of each archetype.

Mentor will be taking notes for Mentee so they can relax and be fully with the archetypes.

Mentor may want to have in front of them, Mentee's assessment results and the following Level Descriptions for the Major Archetypes.

RULER

SHADOW: Controlling, rigid, tyrannical, and manipulative behaviors; the ogre tyrant

LEVEL 1: Lack of resources, harmony, support, or order in your life

LEVEL 2: Taking responsibility for the state of your life; seeking healing of wounds or areas of powerlessness that are reflected in scarcity in your outer life; concerned primarily with your own life or your own family

LEVEL 3: Developing skills and creating structures for manifesting your own dreams in the real world as it is; concerned with the good of whatever group or community you belong to

LEVEL 4: Return to Paradise, this time as a wise Innocent; trust and optimism without denial, naiveté or dependence

MAGICIAN

- SHADOW:** Evil sorcerer or wicked witch, synchronistic negative occurrences, calling negativity to oneself or turning positive into negative occurrences
- LEVEL 1:** Physical or emotional illness, or extrasensory or synchronistic experiences
- LEVEL 2:** Experiencing healing, choosing to notice extrasensory or synchronistic experiences
- LEVEL 3:** Grounding inspiration by acting on your visions and making them real; making your dreams come true
- LEVEL 4:** Consciously using the knowledge that everything is connected to every-developing mastery of the art of changing physical realities by first changing mental, emotional, and spiritual ones

LOVER

- SHADOW:** Jealousy, envy, obsessive fixation on a love object or relationship, sexual addiction, Don Juanism, promiscuity, obsession with sex or pornography, or (conversely) puritanism
- LEVEL 1:** infatuation, seduction, yearning, falling in love (with a person, an idea, a cause, a work)
- LEVEL 2:** Following your bliss, what you love
- LEVEL 3:** Bonding with and making commitments to whom and what you love
- LEVEL 4:** Radical self-acceptance giving birth to the Self and connecting the personal with the transpersonal, the individual with the collective

WARRIOR

- SHADOW:** Ruthlessness, unprincipled and obsessive need to win, use of power for conquest, a view of all difference as a threat
- LEVEL 1:** Confrontation of a great challenge or obstacle
- LEVEL 2:** Fight for self or others to win or prevail (anything goes)
- LEVEL 3:** Principled fight for self or others; abiding by the rules of a fair fight or competition; altruistic intent
- LEVEL 4:** Fortright assertiveness; fighting or competition for what really matters (not simply personal gain); little or no need for violence; preference for win/win solutions; conflict honestly aired; increased communication, honesty.

MENTORS SESSION GUIDE

DAY 4

INTENTION

- To visit Archetype Circle
- Receive an Assessment from Archetypes

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

ARCHETYPE CIRCLE

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

We will do a brief check-in and then ask your Archetypes for their assessment of where you stand on reaching your full potential of embodying the best of each archetype.

I will be taking notes for you so you can relax and be fully with your archetypes.

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.

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 Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

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

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 Archetypes that you invited in previously are there. If not, invite them to come in now.

ARCHETYPE CIRCLE CHECK-IN

Ask your King/Queen if it would be OK to discuss this Archetype Assessment with the Archetype Circle today?

If not OK, ask what they would like to do today?

If OK, do a brief check-in now with the current archetypes. You may want to check-in first.

Share that your intention is to ask them of what you can do now to move towards the full embodiment of their abilities and qualities.

Ask them to include in their check-in, if they have any concerns or requests they want to share before starting this process.

Please share what each part says after they are complete.

[mentee speaks]

RULER

According to this assessment, the Ruler in each of us understands that we are responsible for our inner and outer lives; the buck stops here.

At worst, the Ruler is a despot, at best, the Ruler's order is inclusive, creating inner wholeness and outer community and fully utilizing all resources - internal as well as external; and concerned with the good of society or the planet.

Ask your King/Queen if they'd like to comment on this description and share where they feel you fall short of this ideal.

Ask them what they most want you to focus on as you move towards the full embodiment of your Ruler.

Please ask any questions you may have.

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Ruler and spend some time in this presence.

Step out when complete and share about the experience if you like.

Thank your King/Queen and we will move on to your Magician.

MAGICIAN

According to this assessment, Magicians create new realities, transform old ones, serve as catalysts for change, and “name” and thereby create reality. At worst, their efforts can be “evil sorcery.”

At best, they consciously use the knowledge that everything is connected to every-thing else; develop mastery of the art of changing physical realities by first changing mental, emotional, and spiritual ones.

They discover empowering, win/win solutions.

Ask your Magician if they’d like to comment on this description and share where they feel you fall short of this ideal.

Ask them what they most want you to focus on as you move towards the full embodiment of your Magician.

Please ask any questions you may have.

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Magician and spend some time in this presence.

Step out when complete and share about the experience if you like.

Thank your Magician and we will move on to your Lover.

LOVER

According to this assessment, Lovers find out who they are by discovering who and what they love. At a lower level, the lover may love only a few people, activities, or things.

At a higher level, Lovers expand that love to enjoy and respect all of life’s diversity.

There is a radical self-acceptance giving birth to the Higher Self and connecting the personal with the transpersonal, the individual with the collective.

Ask your Lover if they'd like to comment on this description and share where they feel you fall short of this ideal.

Ask them what they most want you to focus on as you move towards the full embodiment of your Lover.

Please ask any questions you may have.

Ask if you can merge with him/her and fully feel and embody their energy.

If OK, step into your Lover and spend some time in this presence.

Step out when complete and share about the experience if you like.

Thank your Lover and we will move on to your Warrior.

WARRIOR

According to this assessment, the Warrior defeats the villain and rescues the victim.

Warriors are courageous and disciplined, imposing high standards on themselves.

At worst, they run roughshod over others. At best, they assert themselves appropriately to make the world a better place.

They display forthright assertiveness; fighting or competition for what really matters (not simply personal gain); little or no need for violence; preference for win/win solutions; conflict honestly aired; increased communication, and honesty.

Ask your Warrior if they'd like to comment on this description and share where they feel you fall short of this ideal.

Ask them what they most want you to focus on as you move towards the full embodiment of your Warrior.

Please ask any questions you may have.

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Warrior and spend some time in this presence.

Step out when complete and share about the experience if you like.

Thank your Warrior and we will move back to your King/Queen.

CENTER

Ask your King/Queen if you can step into the center and feel the embodiment of all four archetypes at once.

If OK, step into center and be with all 4 energies and whatever is created by their combined powers.

Take in this energy and any images or messages that may come up. Step out when complete and share about the experience if you like.

Ask the King/Queen if they would like to say something else before we complete today's process.

Ask if there would be value for you to someday meet with the other archetypes listed in this assessment.

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?

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 complete the Archetype assessment found under "ASSESSMENT" on the home page of: <https://omegapointprogram.com>.

Send your results to your Mentor by email today or tomorrow.

DAILY READING

DAY 5

Archetypes and States of Consciousness

In an earlier reading we introduced States of Consciousness and described how the OPP is designed to provide experiences and navigation skills for the Subtle Realm, also called the Personal subconscious.

As we move into working with the Major Archetypes, we may be entering into a higher state of consciousness called the Causal Realm or the Collective Unconscious.

Essentially, this higher Causal realm is made up of more subtle energies than the subtle realm. The energies, forms and archetypes found in this realm are less personal, more universal and more connected to the collective consciousness of the human species.

We could directionally place our Parts, our secondary Archetypes and the major archetypes in relation to the subtle and causal realms as shown below:

C. J. Jung: Human Psyche	Wilber: Realm		OPP: Images/Entities
Ego	Gross		Physical
Personal Unconscious	Subtle	Low	Parts
		High	Personal Archetypes
Collective Unconscious	Causal		Major Archetypes
	Non-Dual		Universal Field

Because of this direct connection the Major Archetypes (and also our Higher Self) have with the Collective Unconscious and the Universal Field of Consciousness, they often seem to be the embodiment of Wisdom, Love and Compassion as well as other superior qualities.

Having the opportunity to directly inter-act with these powerful beings in our Inner World can be one of the magical and humbling experiences available from this OPP approach.

From the OPP experience, and as shown on the chart, the Personal or Secondary Archetypes, which include the Shaman and Caregiver that were invited in during Phase 1, seem to fit into this middle ground between our parts and our major archetypes.

These personal archetypes carry many of the same qualities of the Major archetypes, though mainly expressing those qualities that are more related to their specific roles. They also seem to be closer to the parts and more willing to be of service to their needs.

As with all these general observations, you may have different experiences of your archetypes and are invited to create your own comparisons and ways of relating to them that best serve both you and your companions in your Inner World.

We will cover more about the Causal Realm, the Universal Field and their relationship to Archetypes in later readings.

MENTORS SESSION GUIDE

DAY 5

INTENTION

- To visit Archetype Circle
- Review Archetype Assessment

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

ARCHETYPE CIRCLE

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

We will do a brief check-in and then ask your Archetypes for their comments on your Archetype Assessment you have taken recently. We may invite in some of the other 12 archetypes that are not yet in your Sacred Space.

I will be taking notes for you so you can relax and be fully with your archetypes.

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.

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 Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

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

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 Archetypes that you invited in previously are there. If not, invite them to come in now.

ARCHETYPE CIRCLE CHECK-IN

Ask your King/Queen if it would be OK to invite your Higher Self to join you in your Archetype Circle.

Ask your King/Queen if it would be OK to discuss this Archetype Assessment with the Archetype Circle today and possibly invite in some of the other 12 archetypes not yet present in your Sacred Space.

If not OK, ask what they would like to do today?

If OK, do a brief check-in now with the current archetypes. You may want to check-in first.

ARCHETYPE ASSESSMENT REVIEW

Please share with your Archetypes, your summary of the archetype assessment you completed.

Share which archetypes are your biggest challenge to understand or where you may be in shadow or at the lower levels.

You might want to share your feelings about what came out of the assessment and ask any questions you may have about some of the results.

If you'd like, I can share any specific results that are shown on my copy of the completed assessment.

[mentee speaks]

Now ask your King/Queen if it would be OK to do a check-in round and have each of the archetypes offer any comments or recommendations to you in the areas where you appear to be struggling, if any.

If OK, go ahead and start the check-in by asking for what you want from them.
You may want to mention any specific issues that seem to be significant for you.
[mentee speaks]

INVITE IN OTHER ARCHETYPES

Ask your King/Queen if it would be OK for them to invite into your Sacred Space any other Archetypes that are among the 12 you reviewed and if OK, which one or two they want to invite.

If OK, what do you see coming forward?

You may want to welcome them and ask which of the archetypes they represent.

Ask if there is anything they'd like to share with about their role in your life and if they have any requests of you that would help them fulfill this role the way they'd like to.

Ask them if they'd like to comment on the description of their archetype and share where they feel you fall short of this ideal.

Ask them what they most want you to focus on as you move towards the full embodiment of this archetype.

Please ask any other questions you may have.

Ask if you can merge with him/her and fully feel and embody their energy.

If OK, step into them and spend some time in this presence.

Step out when complete and share about the experience if you like.

Thank your archetype.

ARCHETYPE DISCUSSION

Ask your King/Queen if you could ask a few questions about Archetypes and Parts.

Ask if and how Archetypes are different than parts.

Ask if there is a basic difference between the Major and Secondary Archetypes?

Ask if they can share anything about how you can work with Archetypes in a better way.

Ask them for their help on any specific project or issue you may be working on.

[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?

How was that for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 6

THE UNIVERSAL FIELD

A Creation Story

We may all have our own creation story. It may come from an indigenous, tribal source such as the Norse Myths, from the Christian Bible, from Science and the Big Bang or something we developed on our own.

One story that Ken Wilber shares and which seems similar to the creation story from the Kabbalah Tree of Life, explains how the Universal Field, The Causal Realm and the Archetypes all deeply relate to each other.

The story starts out with the Universal Field. What is the Universal Field? The Universal Field relates to the Non-Dual Realm of consciousness.

C. J. Jung: Human Psyche	Wilber: Realm		OPP: Images/Entities
Ego	Gross		Physical
Personal Unconscious	Subtle	Low	Parts
		High	Personal Archetypes
Collective Unconscious	Causal		Major Archetypes
	Non-Dual		Universal Field

This Field may have more names than God, and one of the names used for it, is God. It is also referred to as the Void, The Field of Potential, the Ultimate Source, the Force (from Star Wars), the Web of Life, Ultimate Reality, the Absolute, the Divine, Nature, Spirit, Oneness, the Supreme Identity, the Non-dual Ground of All Being, the Unified Field of Consciousness, Atman, Pure Consciousness, Self, the Aether, the Aether Field, the Monadic plane, Adi, the Buddhist Plane, and on and on.

“Many thousands of years ago the ancient Vedic texts described our minds, or our consciousness to be more exact, not as something that is generated by our bodies, but as individual vibrations on a universal field of consciousness, kind of like an ocean can rise up as many different waves at the same time.

They described this “ocean” as a universal force of life that had specific qualities, like pure love, omnipresence, omniscience, and omnipotence.”

Maharishi Mahesh Yogi explains: Due to its essential nature as consciousness, the unified field has the dual characteristics of *existence* and *intelligence*.”

Yoda (Star Wars) described it as:

*For my ally...is the Force
And a powerful ally it is
Life creates it...makes it grow
Its energy surrounds us...and binds us
Luminous beings are we, not this crude matter
You must feel the Force, around you
Between you, me, the tree, the rock, everywhere*

In Science, there is a growing realization that this field exists and it connects everything. It explains "quantum entanglement" and is referred to as the Universal Unified Field or the Zero Point Field.

“The Universal Field Theory is not a physics theory in a classical sense. It is rather a philosophical theory explaining Why and How physical phenomena appear. In that way the theory is a complement to the more mathematically based theories, even though it comes to conclusions that would require adjustments of some of the main present theories, when it explains issues that has stayed unexplained for more than one hundred years. Thus, it proposes solutions to a number of physical phenomena that baffle the scientific world,

such as gravity, inertia and Big Bang. It gives logical explanations to why the world is relative in terms of time, the speed of light and others, it combines several of the concepts of the quantum mechanics and the theory of relativity, and it proposes reasons for supernovas and the difference between matter and antimatter". <https://theuniversalfieldtheory.com>

Recent books on the Field that are worth reading include:

The Field: The Quest for the Secret Force of the Universe: Lynne McTaggart

The Field establishes a new biological paradigm: it proves that our body extends electromagnetically beyond ourselves and our physical body.

Cosmometry: Exploring the HoloFractal Nature of the Cosmos: Marshall Lefferts

Cosmometry offers a guided exploration into new understandings about the fractal-holographic nature of the unified field from which everything emerges in a seamless integrity of wholeness.

Whether or not this Field does exist, the above describes the Field as it was understood when this Creation Story was developed a long time ago.

So once again, the creation story starts out with the Universal Field.

According to the Ancient Wisdom Traditions and told by Wilber:

"The creation of the manifest world occurs by spirit going out itself, stepping down and reducing itself to a lesser version of itself called the "Soul". Then the Soul itself sediments, or condenses, and again steps down and contracts to create a lesser version of itself, the "mind". Then the mind likewise condenses, crystallizes, and contracts into a lesser version of itself, the living body. finally, the living body sediments or condenses downward into the lowest, densest, insentient, lifeless version, matter, or the physical realm.

So all of these realms are versions of spirit - there is Spirit as Spirit, Spirit as soul, Spirit as mind, Spirit as body and Spirit as matter. Each level is simply a reduced version of Spirit with less consciousness, less being, less Spirit, but all being Spirit nonetheless.

This entire movement "outward" and "Downward" to create a universe is called involution.

When this involution first occurs, each step downward is bought at the price of unconsciousness. As Spirit steps down into soul, it forgets it is Spirit and only recognizes soul. As soul steps down into mind, it forgets it is soul and only recognizes mind. As mind steps down into body, it forgets it is mind and only sees body. And as body finally steps down into matter, it forgets it is body and only knows the material world, which then blows into existence with the Big Bang, producing a universe of nothing but the lowest-level matter (with all the higher levels being forgotten, unconscious, and not seen or manifest but existing as unconscious potentials of the universe).

Once the material world blows into existence, then the entire process begins to reverse itself. This reverse movement of matter back to Spirit is called evolution. Plotinus referred to it as: the return of Spirit to Spirit as Spirit.

Spirit steps out of the Universal Field and steps down to a lower version of itself called soul, which steps down to a lower version called mind....to body.....matter each with less consciousness this entire movement outward and downward to create a universe is called involution. Each lower level forgets the previous higher level and finally matter with all higher levels forgotten and residing in its sub-conscious. Then big bang – all matter. Then the reverse movement back to spirit called evolution. Plotinus called it the return to spirit.

We are now at the point in return evolution where, according to this traditional view, a significant number of people are starting to awaken to the fact that they possess souls, or, by whatever name, a spiritual component that goes quite beyond the mental ego.

There is a force, the traditions called Eros, that is pulling us from matter towards our return to Spirit and this eventual awakening.

Individually, anyone can successfully awaken to all these higher levels, not just soul, but all the way to spirit – higher levels that were forgotten in the prior involutory process but continue to exist in the higher unconscious. These levels are realms awaiting our own recognition, remembrance, or awareness and hence our own Waking Up." The Religion of

Tomorrow. P. 149

The Creation Story and the Archetypes

According to the traditions, the Causal Archetypes are the first forms that occur during involution not evolution. They emerged from Spirit as it moved down to soul and then mind, way before the Big Bang, and before evolution ever began. They are now waiting to be recognized by you on your evolutionary journey back to Spirit.

Whether they are the Major Archetypes we've already discussed or some greater archetypes we might still discover, we may get a chance to find out how much of this creation story could actually be useful to us as a context for our OPP Inner World explorations.

Omega Point

One final piece on evolution that is highly relevant to our OPP journey.

To quote Wilber again:

"Some who are more scientifically oriented have looked at the general direction of evolution itself – toward greater and greater material complexity, higher and higher Wholes, more and more consciousness, greater and greater moral embrace – and concluded that this universe is headed toward an **Omega Point**, where all beings awaken to their oneness with this divine totality or system.

Teilhard de Chardin's version of the **Omega Point** is, of course, perhaps the most famous, but it's a fairly common point of view among nature mystics, avant-garde scientists and those with shamanic orientations.

MENTORS SESSION GUIDE

DAY 6

INTENTION

- To visit Archetype Circle
- Conduct Mentoring Process on Project

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

REFRAMING

Today, you will get to experience Reframing and The Mentoring Process again. We'll be using this process to sort out issues related to your Project.

We will add in Positive Intent to the process and visit with your Archetype Circle to get their input.

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

So, is there a specific issue concerning your project that you may be currently struggling with or do you want to address the whole project today?

Please describe this situation or issue.

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

How does it show up in your life?

Relative to this issue, what do you want? *[mentee answers]*

What does [answer] mean to you?

What would that look like?

How will you know when you have it?

POSITIVE INTENT PROCESS

So once again now, in a few words, 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 above **words in bold** until voice gets to a Core State: i.e. Peace, etc. - if no positive intent, see Standard Guidelines, Day 21 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.)

REFRAMING

What are you doing to get this [core state] ?

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

How is that working? Are you getting the [core state] you want?

How do you know that?

What lessons are you learning from this?

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

What other behavior choices are you aware of right now?

ARCHETYPE CIRCLE CHECK-IN

Are you willing to go to your Archetypes now to get their input?

Close your eyes, take a few deep breaths and exhale slowly.

Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.

As you begin to breathe normally now, allow yourself to move into your Archetype Circle.

Take one more deep breath and as you exhale slowly, find yourself fully aware and present with your Archetypes.

Do a check-in now with your Archetypes.

Ask if they have some suggestions on a new behavior you could adopt to get what you want concerning your project.

Please share what each part says after they are complete.

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 need to feel complete with this for 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 arms and slowly open your eyes and be fully back in your room.

How was that for you?

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

COMMITMENT TO FINISH PHASE 3

As we go deeper into this work, some parts of you and possibly some Intrusive Entities, that are not a part of you, will start to create greater resistance to this program, in an effort to avoid being discovered and/or released.

For this reason, we ask you today to commit to finishing Phase 3 no matter how much energy comes up for you to stop doing this program. If you feel you must leave, we ask that you not only meet with me and my Mentor, we ask that you

also do an extended Check-in with your Inner Circle, Higher Self and your Archetype Circle and get their approval for you to leave the program.

Do you now choose to commit to finishing Phase 3? If circumstances arise that preclude your participation, do you agree to meet the above requirements for leaving?

I need a Yes, I commit - or - No, I choose not to commit; and for my own psychic safety, I will have tomorrow be my last day in the program.

If Mentee commits, Check-out and send them today's homework.

If Mentee chooses to leave, arrange a celebration of their journey with your Mentee, your Mentor and you.

Also, add one more day to Check-out with Mentee's Inner World.

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please read carefully the Daily Reading for Day 7.

This homework involves 10 pages of reading and charts. The intention is for you to spend some of your free time to get acquainted with the concepts we will be covering in Phase 3.

Many of these concepts may be new to you and may even challenge your current worldview or belief system. Please dedicate some time to sit with this homework and if you can, tap into "beginners mind".

We want to have this cognitive piece prepare you for the experiential pieces you will be doing with your Mentor. If you are not able to get through it all before your next session, simply re-visit it when you can.

DAILY READING

DAY 7

INTRODUCTION TO THE UNDERWORLD

In Phases 1 & 2, we had an opportunity to go inside of ourselves and discover the richness of our Inner World. This Inner World is not something our conventional culture gives much attention to and this experience may have been new to many of us.

The following article adds a little more perspective on the importance of this Inner Realm.

THE INNER REALM

The Ancient Wisdom given to all cultures on our planet uses a sophisticated system of celestial metaphor to convey profound truths for our benefit, truths about the nature of this human condition in which we find ourselves during this incarnate life, and it does so using a code or language which is built upon the great heavenly cycles, marked out for us on earth by the motions of the sun, moon, stars, visible planets and other celestial features including the band of the Milky Way itself.

The points of the two solstices and two equinoxes form extremely important signposts along the annual cycle of the year, created by earth's interaction with the sun -- one of many heavenly cycles which may be used by the world's Ancient Myths and Sacred Stories to depict the reality of an Invisible Realm, a Spiritual Realm, and its constant interaction with the more familiar and more obvious visible, Material Realm.

The world's Ancient Myths use the infinite heavens as a means of showing us this Infinite Realm, this Invisible World or Other World: the realm of infinite potential -- the realm of the gods. The Ancient Wisdom given to all the world's cultures proclaims that this Invisible Realm is very real, and that it is in many ways the *actual* real world, which gives the pattern to this visible world through which we are presently traveling. Everything in the visible world is connected to the Invisible Realm, and is constantly unfolding from the Other World, in an endless folding and unfolding or interplay between that Invisible Realm and this visible one.

Black Elk, the Lakota holy man, called that Other Realm "the real world behind this one," and said that "everything we see here is something like a shadow from that world."

And yet, if we had to characterize the outlines of the paradigm which is endlessly reinforced by the conventional education system and corporate media, it would be quite accurate to say that this paradigm is characterized by the denial of the reality of the Invisible Realm, the Infinite Realm, the Other Realm, the realm of the gods.

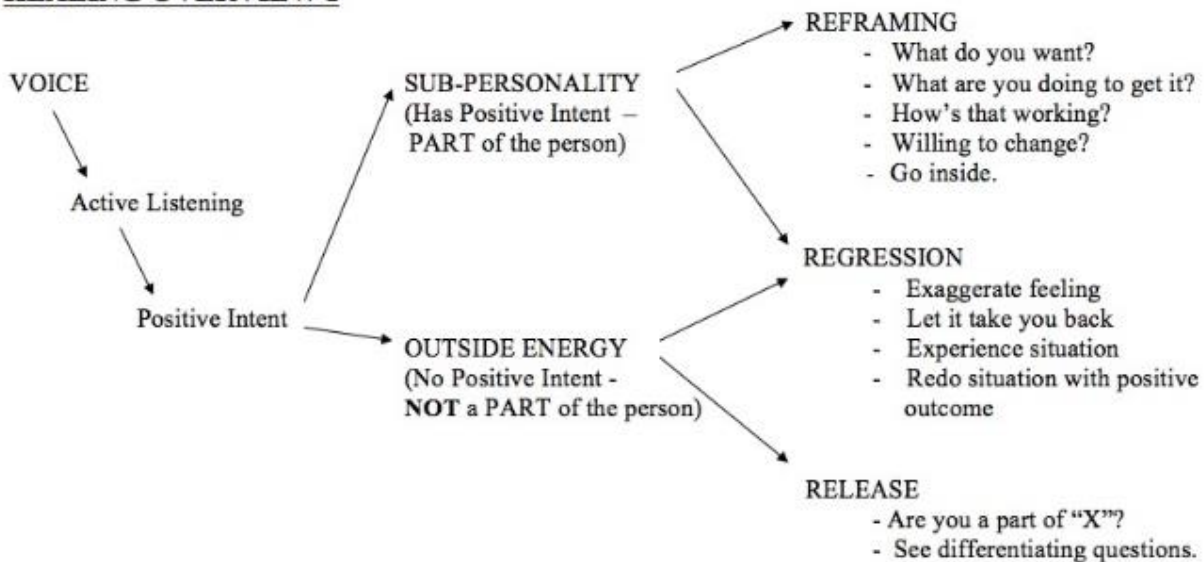
And yet, the Ancient Myths, Scriptures and Sacred Stories given to cultures on every inhabited continent and island of our planet teach us that one of our primary goals here in this incarnate life is to recognize the reality and importance of the Invisible Realm and become more and more integrated with that spiritual aspect of the universe, and that spiritual aspect of ourselves.

The contrast between *ignoring* or *denying* the existence of the Invisible Realm, the Infinite Realm, and realizing that one of the primary goals in our incarnate life is the recognition of its reality and importance, and the quest to *integrate* and *harmonize with* this Invisible Realm in every aspect of our incarnate life, could not be more stark. One approach acknowledges the importance and indeed the primacy of the realm of Spirit, the realm of the gods, and the other denies its very existence.

It would not be an exaggeration to say that the most horrible problems we face in this "modern age" can be traced directly to a widespread and deliberate campaign to deny and denigrate the reality and primacy of the Invisible Realm, the Infinite Realm, the realm of Spirit, the realm of the gods. (by David Warner Mathisen)

In Phases 1 & 2, we had an opportunity to not only step back from our outer world and spend time in this inner realm. We established a base there. In this base, our Sacred Space, we can now talk directly with parts of our sub-conscious mind. Parts that we may now understand to be affecting our lives in ways we could not have previously imagined. The following chart shows the essence of our approach in working with our parts in a loving and effective way.

HEALING OVERVIEW I



In this healing approach, we learned effective ways of talking to our parts and providing them with healing and mentoring when needed.

Once we connect with and Listen to the Voice of an energy, we do the Positive Intent process to determine if it is a part of us or some other type of entity.

If it has a Positive Intent, we treat it as a Part and either do Reframing or Regression to help the part find a better way to get to its Positive Intent and also support our mission.

Usually, Reframing will work with a protector type part who seems rational and wants what's best for you and other parts.

Regression often works best for wounded parts who may be pre-rational and in an emotional place.

If the energy does not have a Positive Intent, we have been treating it as an Intrusive Entity and releasing them by asking the light to surround them in a capsule of white light and take them to the light.

While this is a sufficient way to deal with some of these energies, there is much more we can do to enable the full Release of the various intrusive entities we may encounter. A more complete and effective way of working with these entities is what we will cover in Phase 3.

In Phases 1 & 2 we also focused on what could be called a Parts Perspective. By recognizing the existence of these seemingly independent parts inside ourselves, we were able to work with an individual part and help it come to a better place, with you being the prime beneficiary of that change.

This Part Perspective can be expanded to include many of the different energies we can encounter in our Inner World.

These energies may include not only our parts but also many types of entities and energies that are not a part of us. You may have already encountered some of these in your experiences in Phase 1.

In Phase 3 we want to expand on this part perspective and learn more about the other energies that we may meet there.

Shown below is a chart of many of the different energies you may have encountered during Phases 1 & 2.

Inner World Parts Classification

INNER SELVES (MINE)	EXTERNAL ENTITIES (NOT MINE)
<p>ALL HAVE POSITIVE INTENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> TRUE SELF <ul style="list-style-type: none"> • Higher Self • Golden Child <input type="checkbox"/> ARCHETYPES (ADULT / POSITIVE) <ul style="list-style-type: none"> • Ideal mom / dad / mate • Lover (Warrior, etc.) <input type="checkbox"/> MATURE SUB-PERSONALITIES <ul style="list-style-type: none"> • Positive • Effective • Interdependent • Integrated / Aligned <input type="checkbox"/> IMMATURE SUB-PERSONALITIES <ul style="list-style-type: none"> • Lost Energies (Frozen) i.e. Wildman • Shadows (Suppressed) • Perpetrator • Inner Child / Victim I.e. Wounded/Lost, etc. • LOST FRAGMENTS i.e. heart with dead loved one, soul retrieval <input type="checkbox"/> OTHERS <ul style="list-style-type: none"> • Past Lives • Totem / Power Animals <p><u>HEALING</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> OWN, EMBRACE, RE-FRAME / REGRESS INNER SELVES 	<p>INTENT MAY NOT BE POSITIVE</p> <ul style="list-style-type: none"> <input type="checkbox"/> FRAGMENTS OF OTHERS <ul style="list-style-type: none"> • “Bad” dad, etc. • Like “tapes” / “scripts” <input type="checkbox"/> ATTACHMENTS (LOST SOULS) <input type="checkbox"/> DEMONS <input type="checkbox"/> E.T. ‘S <input type="checkbox"/> THOUGHT FORMS <input type="checkbox"/> OTHER (Can Be Channeled) <ul style="list-style-type: none"> • Spirit Guides • Astral Plane Spirits <p><u>HEALING</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> RELEASE EXTERNAL PARTS <ul style="list-style-type: none"> <input type="checkbox"/> SEND TO LIGHT <input type="checkbox"/> BACK TO OWNER (FRAGMENTS)

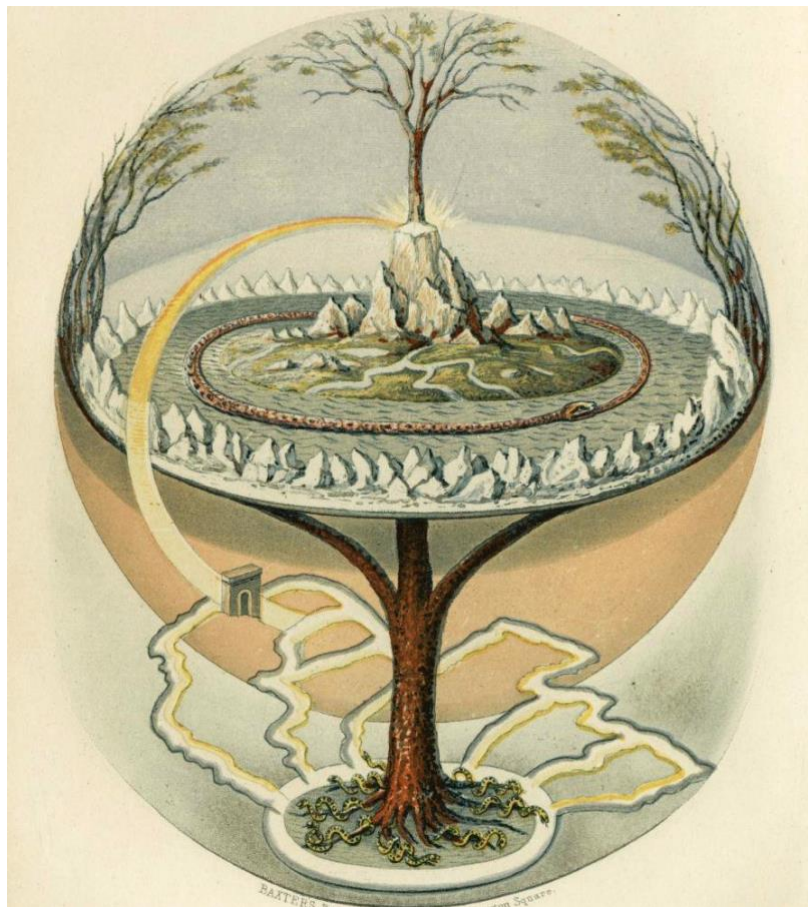
We could relate to Phases 1 & 2 as developing competencies in the Inner World. The left hand column above.

We could relate to Phase 3 as developing competencies in the Underworld. The right hand column.

The **Underworld** is the supernatural world of the dead in various religious traditions, located below the world of the living.

The concept of an underworld is found in almost every civilization and "may be as old as humanity itself". Common features of underworld myths are accounts of living people making journeys to the underworld, often for some heroic purpose. The descent to the underworld has been described as "the single most important myth for Modernist authors.

Yggdrasil, (shown below) is a modern attempt to reconstruct the Norse world tree which connects the heavens, the world, and the underworld.

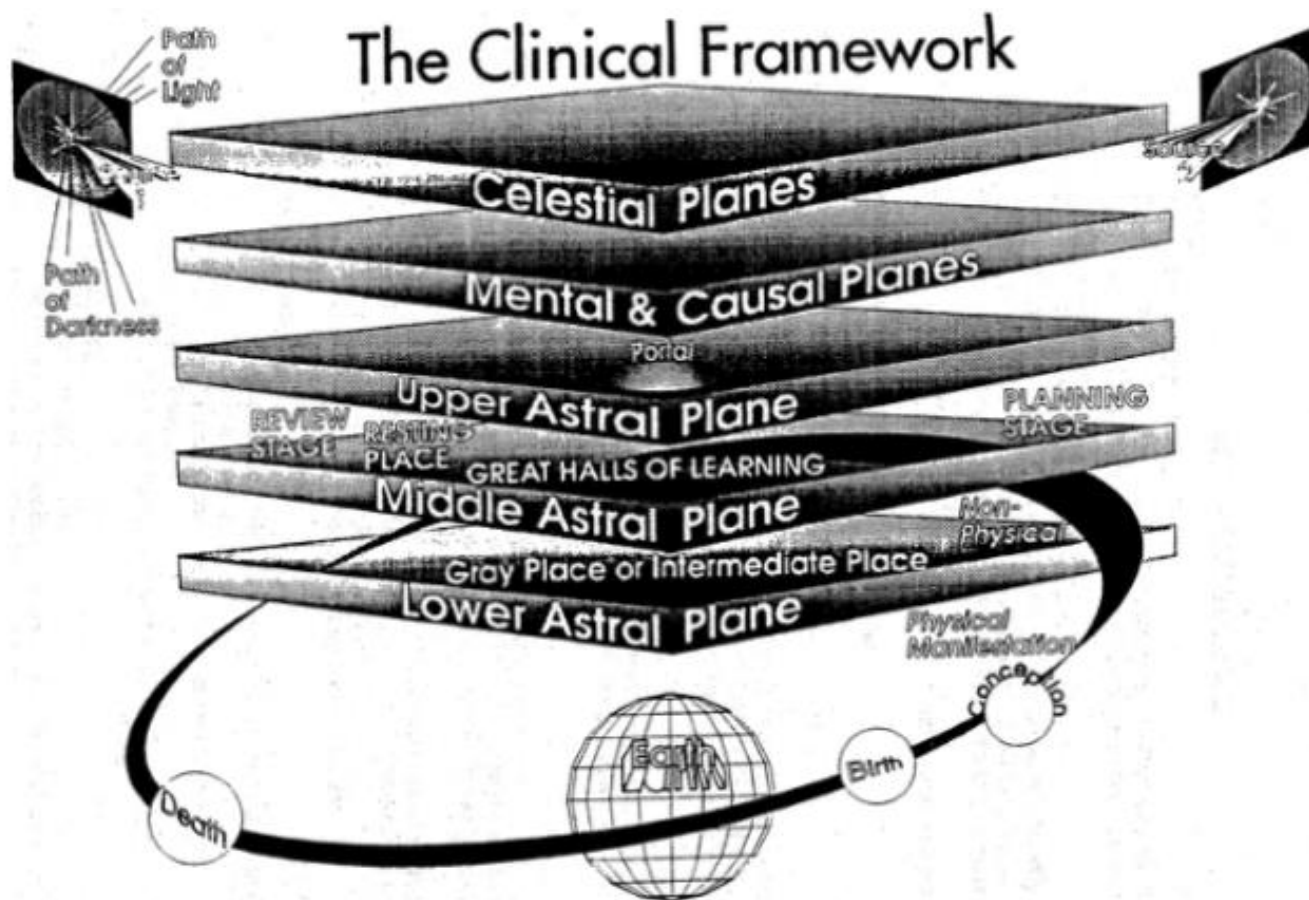


In Phase 3 of the Omega Point Program, we will provide you with the opportunity to learn more about the Inner and Under World Realms. Competencies in either of these realms are rare and absolutely essential if we are to begin to realize who we really are, and what our ultimate potential as Human Beings may truly be.

We may very likely be interacting with unseen spirits and forces every day of our lives. It may now be time to make some of these interactions conscious and a valuable part of us taking responsibility for our own lives.

To this end we will be working in these other realms and in more clinical terms we will be visiting other planes of our existence over and above the physical plane that we tend to know well and may have thought was all that we needed to concern ourselves with.

The following chart shows these other realms as described in more clinical terms:



Our current western culture may use Meditation, Hypnotherapy, Contemplation, and even many drugs to gain experience in these realms. In this program we will continue to use many of the most effective and quickest ways to achieve a presence in these planes.

Consistent with this idea that our western culture does not recognize the Inner World and the Spiritual Realm is an article about Malidoma Somé. Highlights from this article may be helpful in creating a more complete context for the work we will be doing in Phase 3.

WHAT A SHAMAN SEES IN A MENTAL HOSPITAL

In 2014, Stephanie Marohn interviewed Malidoma Somé, a West African shaman of the ancient Dagara tradition, for an article : "What a Shaman Sees in a Mental Hospital". It looks deeply at when a person is overwhelmed and disoriented by spiritual experiences. He asserted that people diagnosed as mentally ill need a very different form of care than what is available today in mental hospitals.

After visiting a mental ward, Malidoma remarked that it seems that most people who are given labels of serious mental disorders in the USA are sensitives who need training and support to become the healers and psychic mediums they are meant to be.

He perceives that a highly sensitive person is picking up all kinds of energies—**like a radio receiver** that is open on so many channels simultaneously that it cannot deliver one clear message. Instead, the sensitive delivers what it picks up and that can be a tumult of conflicting ideas, feelings, and impulses, interpreted by the medical profession as symptoms of psychosis. Malidoma Suggests What Can Help:

Supportive community and fellowship with others who accept the person as they are and recognize they have a unique message to offer.

Energy work to clear the subtle body of extraneous energies that are not helpful; to align the person with the positive energies that need to come forth.

Training from shamans and elders who can help the person become deliberate about what they tune into.

Rituals are essential to safely structure reconnection with the natural world, and ancestors and spirits who want to help the person become a healer.

Knowledge of our psychic connections with spirits and the skills to deal with those connections in an empowering way need to be added to mental health care.

Over 100 years ago William James, MD, said we must research psychic phenomena and consider it as having a vital role in the challenges of being human. This message is still a faint echo in today's research and practices within psychology.

..."in the West (we) are not trained in how to deal or even taught to acknowledge the existence of psychic phenomena, the spiritual world. In fact, psychic abilities are denigrated. When energies from the spiritual world emerge in a Western psyche, that individual is completely unequipped to integrate them or even recognize what is happening. The result can be terrifying." —Malidoma Somé

<https://kellybroganmd.com/a-shaman-shares-a-spiritual-view-of-mental-illness/>

In Phase Three you will learn how to access, recognize and release these energies in a loving, respectful and effective way.

SPIRIT RELEASEMENT

In Phases 1 & 2 of this program, you learned to work with sub-conscious parts of yourself, which have not fully matured and may negatively affect your ability to live in integrity with your Mission. You learned of their positive intent and gained skills to transform these shadows into powerful allies. These skills and awareness take you to the edge of the Psycho-emotional realm of our culture.

Phase 3 of this Omega Point Project is your introduction to a new realm of intrusive energies that affect your life, are not a part of you and usually do not have a positive intent. This is the Spiritual realm, the unseen realm. It exists, it does affect your life, and it can be dealt with without psychic abilities. Once you walk into this realm, you will definitely, not be the same again. I know that I cannot take full responsibility for my life, without an awareness of this realm and the skills to address it. I cannot be a fully effective healer of myself or others, until I can find, identify and transform these energies.

This is the realm of Demons, Attachments, ET's and Past Lives. Whether these concepts are real, or just metaphors for aspects of the Great Mystery; however they fit or don't fit into your current paradigm; you will experience these phenomena in a safe manner, learn how to address them in a loving fashion, and be empowered with choices that may not have been available to you before.

This Phase of the Omega Program, will not only teach you skills. It will provide you with opportunities to experience MAJOR personal healing in ways often thought impossible.

WELCOME TO PHASE THREE

A JOURNEY INTO THE UNDERWORLD

for

MYSTIC WARRIORS

MENTORS SESSION GUIDE

DAY 7

INTENTION

- To Introduce Spirit Releasement
- Set-Up a Ritual Release Space

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you? Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's experience of Reflecting on the visualizations or the introduction to Wisdom School?

We can also cover the homework reading now.

The homework reading was a lot of content and much of it may be new to you.

How was it for you? Did you get through it all?

I'll mention each of the topics if that helps remind you of what you read.

Please let me now your comments on any of these subjects.

An Introduction to The Underworld

The Inner Realm (By David Mathisen)

Healing Overview Reflecting on Phase 1

The Parts Perspective

An Inner World Parts Classification

The Clinical Framework For Inner Worlds

What A Shaman Sees In A Mental Hospital

Introduction To Spirit Release

INTRODUCTION TO SPIRIT RELEASEMENT

Today we want to follow-up on what you read in the homework. Specifically we want to go into more detail about the approach we will be using to Release energies that are not a part of you - what we call Spirit Releasement.

In the homework was this paragraph describing the Spiritual Realm, and what we mythopoetically refer to as the Underworld:

This is the Realm of Demons, Attachments, ET's and Past Lives. Whether these concepts are real, or just metaphors for aspects of the great mystery; however they fit or don't fit into your current paradigm; you will experience these phenomena in a safe manner, learn how to address them in a loving fashion, and be empowered with choices that may not have been available to you before.

How does that sit with you right now? (use Active Listening)

If you're ready, I'd like to cover a little more about how we identify and release these different types of entities? We can then go to your Sacred Space, talk to your Higher Self about this concept and with their help and permission, set up a separate space for conducting these releases. Sound OK?

SPIRIT RELEASEMENT BASICS

So, to give you, your parts and your Higher Self a better feel for what this release approach looks like, I'll cover some of the basics.

There is no need for you to retain any of this and you will have a chance to read this and more in tomorrow's Reading.

So first of all, about 10% of major issues may involve "external energies", i.e. entities that are not a part of you.

These issues cannot be resolved using any conventional therapy nor the OPP processes we've already covered. We need to use a different approach.

The 4 major types of External Energies, or Intrusive Entities, are:

- Demonic
- ET
- Past Life
- Earthbound (a ghost)

Each of these requires a different process for a fully effective release.

When an energy does **not** have a positive intent, or says it is not a part of Mentee, it is usually one of these 4 entities.

We want to identify which type of entity they are and then release them in a loving and respectful way, using the release approach we will be presenting here.

This release approach involves asking questions directly to the Entity.

These Differentiating Questions are found in the Reading for tomorrow.

Two basic questions we ask are:

- Have you ever had a Human body of your own?
- Where are you from?

From their answers to these and other questions, we can determine what it is.

When the Type of Entity is determined, we refer to the specific protocol for releasing that type of entity.

These specific protocols are also included in tomorrow's Reading.

To give you a little better feel for these 4 entities, I'll mention just a few of the key differences.

Two of these entities **have never had a human body** of their own.

They are either Demonics, who will usually say they are from the dark; or they will be ET's, who will usually say they are from far away.

- We release Demonics by surrounding them in capsule of white light, help them transform to light and then they go to the light on their own.
- We release ET's by calling someone from their home universe to come and get them and take them back to their home.

The two types who **have had a human body** of their own are Earthbounds, which is another term for a ghost, or they are a Past Life of the Mentee.

We can tell which one it is by taking them to their death experience. Past Lives will go to the light after death. Earthbounds will not go to the light and will instead attach to someone.

- We release Earthbounds by asking an ancestor of theirs to come from the light and take them to the light.
- We address Past Lives by doing a regression to that past life and Re-Script that life to have a happy ending.

So once again, this is simply to give you a feel for what we will be doing. If you're ready, we can now go to your Sacred Space and work with your Higher Self to prepare to conduct some releases.

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.

RITUAL RELEASE SPACE SET-UP

If there is any part that seems to want your attention right now, spend a few minutes with that part. If not, or when complete with that part, ask your Higher Self if they have some time now to help you with something.

Ask your Higher Self if it would be appropriate to set up a space, separate from your Sacred Space, that could be used as a Ritual Grounds for doing Release work for any intrusive entities that may be in your energy field, attached to you or to one of your parts.

If yes, ask your Higher Self if it would be OK to set that up today.

If yes, ask your Higher Self to create that space now and take you to it when it's ready.

We want to allow some time for your Higher Self to create the appropriate ritual space and set it up with everything they need there.

Please describe what is happening and what the space looks like as it develops.

When the space seems set, ask your higher Self if they would like to invite any of your known parts or Archetypes to assist them in this space.

Then ask if your Higher Self there are any of your parts that you are not familiar with yet, that they would like to invite in. Describe the parts you see arrive.

Ask your Higher Self if there is anything else needed to make this space complete and ready for any Release Ritual that could be performed here.

Ask your Higher Self if they would like to do something now, maybe a ritual or ceremony, to bless this place and make it sacred.

Describe what you see.

Now ask if your Higher Self could provide some sort of Safety for this place, a Sphere of light around it and or whatever they feel is needed.

When complete with that, ask if you could stand in the center of this ritual space and be blessed to come back here in the future when the time is right to release energies from you or your parts. Please describe what is taking place.

When that feels complete, ask your Higher Self if there is anything else to be done here today. Ask what your Higher Self would like to call or name this place.

And finally, ask your Higher Self if there is anything you can do to supplement this Inner World Release effort with something physical that you can do in your Outer World, such as getting Sage or other types of smudging materials, candles, Sacred objects, crystals, music, or instruments to create Sacred Sounds for yourself, etc.

Also, ask what preparations you should make, Physically, Emotionally, Mentally or Spiritually before coming to your Sacred Space and requesting a Release Ritual. You could also say, that you would like to request one in the next few days.

Now ask your Higher Self if they have any comments or concerns about the release approach we briefly described earlier.

When all feels complete, ask your Higher Self to take you back with them to your Sacred Space.

Ask if any parts in your Sacred Space would like to say anything to you before you close for today.

CLOSURE & RETURN

When complete, say your goodbyes and return to this time and space.

Slowly come back to the room, feeling alert and refreshed, rejuvenated with lots of energy.

Stretch your arms and legs and know that you will remember everything you want to remember from this experience.

Now open your eyes and be fully present back in your room, fully back in your body and ready to take on the rest of the day and your life.

Welcome back.

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

How do you feel?

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Mentee is requested to do the Daily Reading for Day 8 before the Day 8 Session.

DAILY READING

DAY 8

Preparation for Release Ritual.

TO MENTEE

In two days (Day 8), our intention is to conduct a Release Ritual.

In preparation for this, please follow the directions for what you can do in the Physical world to prepare yourself Physically, Emotionally, Mentally and Spiritually prior to going into your Inner world. Refer to the directions from your Higher Self when your Ritual space was first set up in today's exercise.

Prepare yourself to literally go into the Underworld and face your Demons. You may also find out that when these Demons are treated with love and respect, the experience of them may be much less frightening than you might expect. They may cooperate with you more often than not and you may even find these energies ultimately wanting the same thing that you may ultimately want: To Go Home.

Also, be aware of the resistance that may come up for you as some of these entities are not expecting to be respected and will work hard to avoid detection and Release.

DEFENSIVE STRATEGIES OF INTRUSIVE ENTITIES

If they become aware that a facilitator has the ability to find and process or release them, they may engage in one of the following strategies to avoid detection:

1. They will become active and inspire the host to want to leave the Program, make daily excuses for not being available, etc. "I no longer have time for this program", etc.
2. They will attack the skilled facilitator. i.e. "I don't trust you as the facilitator. I want someone else to facilitate." Then they choose a less qualified facilitator.
3. They will disparage this release approach. i.e. "I don't trust this approach" or "this doesn't work for me" or "it's all shadow and I need to own and embrace my shadows"
4. Once triggered, they will see fault everywhere, they will attack the program, their Mentor, and cite time constraints and longer than usual session time to avoid being found out. They will start to act out causing drama and chaos with everyone involved. They may refuse to participate further or simply not engage in the processes fully.

When doing this work, it may be a good idea to make agreements that will help to deflect these resistor strategies. On this Omega Program, we ask for a commitment from Mentor and Mentee not to leave the program without meeting first with their Mentor and their Mentor's Mentor.

For Phase 3, we also ask the Mentee to Check-in with their Inner Circle, Higher Self and Archetype Circle before they make a decision to leave the program. We want you to be conscious of the sources inside of you who want you to leave and want you to finish this program. We will be asking you to commit to that in your next session.

Also, when doing this work on a program like this, the parts and entities are hearing the same information that you are hearing. Sometimes you can enlist them to help you do these processes and even give you ideas on how you can do things not included in these written protocols. Sometimes they will be a different type of part or entity than what is covered here. In that case, you may simply ask what kind of part or entity it is and how you can help it get what it wants or, in the case of an entity, to simply help it "Go Home".

TO MENTOR

If you are new at working with these types of energies, please know that the best way to work with them is with complete honesty, humility and authenticity.

When dealing with an energy that doesn't fit with the protocols, you could simply say the following:

"Thank you for coming forward today. I want you to know that right now, I don't know what to do with you. I'm new at this and I need your help. The one thing I do know is that I believe that you have your own path or journey to live and that my Mentee also has their journey. I also believe that you both would be better served if you are free from each other and able to continue on your journey without another energy limiting your freedom and potential. Would you be willing to help me release you from this attachment and even help you find your way home." Then be open to doing what the entity requests to help them leave.

These are not magical words to memorize. This is an attitude of wanting to help both your Mentee and the attachment. You may find that working with these Intrusive entities can be a deeply rewarding experience when done with respect, compassion and humility. Often times the best approach is to come from the energy of your Higher Self and embody that aspect of yourself that is always available to you.

Some entities may be looking to actually help you in some way. Be open to that also. If not sure, you may ask what it wants for you, Mentee or for itself and go from there.

SPIRIT RELEASEMENT BASIC SKILLS

About 10% of major issues may involve “external energies”

THESE ISSUES CANNOT BE RESOLVED USING PART PROCESSES

The 4 major types of External Energies, or Intrusive Entities, are:

Demonic ET Past Life Earthbound Attachment (ghost)

Each requires a different process for effective release.

When an energy does **not** have a positive intent, we want to identify them and release them using the release approach we will be presenting here.

This Release Approach involves asking questions directly to the Entity. These Differentiating Questions are found on the following page.

When the Type of Entity is determined, the following page will direct you to a separate page which has the specific protocol for releasing each type of entity.

These specific pages are included in the Homework after tomorrow's session.

Key differentiating characteristics for these 4 types of Intrusive Entities and the Release approach for each is as follows:

Demonic - Never had a human body, from the dark, evil intent

- Release by surrounding in capsule of white light, have it transform to light and go to the light.

ET - Never had a human body, from far away, different color sun

- Release by asking someone from their universe to come for them.

Past Life - Had a human body, went to light after death

- Release by Re-Scripting the past life.

Earthbound Attachment (Ghost) - Had a human body, will say year of death as current year, did not go to the light after death

- Release by asking an ancestor from the light to come for them.

DIFFERENTIATING QUESTIONS

1. Are you a part of **X**? (**X** is name of Mentee)
 - NO: continue
 - **YES: Go to The Transformation Process (Reframing) or Child Rescue**
 - If no positive intent found, or no age when first emerged, return here
2. Have you ever been alive in your own physical human body?
 - NO: May be Demonic or ET - continue
 - YES: continue
3. Do you have a name?
 - NO (silence/resistance): may be demonic, continue
 - YES: continue
4. What is your purpose here? What is your role in **X**'s life?
 - If very negative, may be demonic.
 - If gathering data, may be ET, continue
 - If positive, acknowledge and continue.
5. Where are you from?
 - **If from the dark or darkness - go to Demonic (Next Page - PAGE 2)**
 - **If from far away - maybe ET - go to #10 (below)**
 - Any other answer - continue
6. What year is it for you?
 - If not current year - continue, most likely earthbound
 - If current year - continue, most likely past life or sub-pers.
 - If doesn't know, might be terminated pregnancy
7. Go back to the last time you had your own body
 - What's happening (if nothing comes up, go to Demonic, Next Page)
 - Move forward in time until the next major event, what's happening
 - Now move forward to just before your death, what's happening
 - What decision did you make just as you died?
 - What happens next ?- keep repeating until goes to light or attaches to someone
8. **If Attaches - go to Earthbound (3 pages forward - PAGE 4)**
9. **If goes to light - go to Past Life (4 pages forward - PAGE 5)**
10. What is the color of the sun in your universe?
If other than yellow, or gold light - go to ET (2 pages forward - PAGE 3)
11. If nothing seems to fit - keep regressing back to origin and then move forward to each significant event - look for clues or just re-do its life before it enters

MENTORS SESSION GUIDE

DAY 8

INTENTION

- To Introduce EPC
- Get Mentee Commitment to Finish Phase 3

CHECK-IN

Today, we will be doing another visualization, so we may want to keep our check-ins brief. Please start by sharing your name and Mission Statement as we've done before. Also, remember to use Parts Language when that might fit for you. Would you like to start?

[mentee and mentor check in]

Yesterday's Focus was on introducing the topic of Spirit Release. What is coming up for you around working with these energies and the whole concept that there may be outside energies affecting how you live?

AGREEMENT

Today's Reading spoke of a new commitment from you to continue the program. As we begin to work directly with Entities and Spirit Release, there are greater sub-conscious pressures to resist this type of work.

As discussed, these energies usually do not want to be discovered. So for your psychic protection, we ask you to commit to finishing Phase 3 and if you do need to leave for some reason, we ask that you review that decision with your Higher Self, your Ruler (King or Queen) and your Inner Circle.

Do you commit to this?

(If no agreement, please arrange discussion with Mentors Mentor and then do Day 20 in your next session and end the program.)

INTRODUCTION TO EPC (Ethereic Plane Communication)

Today, we will be going to your Sacred Space and then go outside it to find a beautiful area where you can invite someone in your current life to come and be with you on this Etheric Plane (another name for your Inner World). So please get comfortable and in a moment I will start a visualization.

INDUCTION

Please tell me when you're ready to begin.....

Relax now, close your eyes and start to move into the relaxed state you are getting more familiar with. 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.

INNER CIRCLE CHECK-IN

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

Tell your parts that you'll be going outside to a beautiful garden area and talk to someone special to you.

You may want to ask them if they have any comments on this intention or suggestions on who you could talk to.

Please share what each part says after they are complete.

[mentee speaks]

TALKING TO A LOVED ONE IN ALTERED SPACE

See the front entrance to your Sacred Space and walk outside. You may notice a charming walkway leading away from the entrance.

Walk along this path and soon you may see a beautiful garden area, as lush and colorful as you have ever seen.

Notice how the walkway leads into the garden and you may notice that right in the center of the garden, is a small area with two solid looking wooden park benches facing each other.

You walk to the bench facing a beautiful sunset and take a seat.

For a few moments, you simply breathe and gaze see the dramatic sky scape.

You also may notice the incredibly rich and diverse fragrances coming from the flowers that surround you.

You take another moment to stop and smell the roses that are just to your right side and seem to be reaching out to you in all your favorite colors.

The breeze flowing past you and the sight and sounds of birds flying overhead add to what is becoming the most sensual and peaceful experience you've had in years.

You now start to think of the special people that are in your life right now and you wish you could tell them how much they mean to you. One person seems to stand out for you, and you wish you could share this time and place and this beautiful setting with them.

And as you breath into that thought, you may see that very person slowly coming towards you along the walkway. Who do you see coming?

You notice how they look so familiar and also there's something different, more wonderful about them, in this place of beauty. You greet them in the way you've always wanted to and then invite them to take a seat across from you.

You both are unexpectedly silent for a few moments as you look at each other and seem to be synchronizing your breaths and now are breathing deeply and fully in unison with each other.

You surprise yourself again, by speaking now in a more loving and honest manner than usual. You begin to say what you've wanted to say to this person for a long time. You can speak out loud if you like or silently so only they can hear you.

And after you've shared, you now find yourself actually listening to them.

You hear them talking like you've never really given them a chance to talk to you before. Take your time and enjoy this conversation. Let me know when you feel complete or want my input.

So, it is now time for this get-together to come to an end. Take a moment to say your goodbyes and release them to return to their normal time and place.

Know that you can come to this place or even the open meadow beyond, to meet with this person or any of your loved ones that you want to make a deeper connection with.

Now see yourself returning to your Sacred Space, and share what you'd like with your parts.

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?

How do you feel?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

The Reading for Day 9 outlines the release method we will use during Phase 3.

Mentor should print these pages and have them available for the rest of Phase 3.

Mentee may review this reading as Homework for Day 9.

DAILY READING

DAY 9

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 an entity that is encountered in Sacred Space is asked if they are a part of Mentee, 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 Maybe (or anything but a clear yes or no):

Ask the energy 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.

If No: Ask the forces of light to surround this energy in a capsule of white light.

Once the entity is contained within a capsule of white light, you may ask it a series of questions (Differentiating Questions) that will identify what type of entity it is.

Once identified, you can then use the appropriate protocol to release the energy in an effective and respectful way.

The list of Differentiating Questions and the protocols are for releasing Energies/Entities from Sacred Space are found on the following 5 pages.

Mentor is requested to print out the following pages and have them available for the remaining sessions of Phase 3.

Release Process tips:

1. Mentor may either speak directly to the entity
 - with Mentee speaking for (as) the entity
 - or -
2. Mentor may speak indirectly to the entity
 - Share the questions with Mentee and have them ask the entity.
 - This may be the best option for Mentors new to this approach.

Once the type of entity is determined from asking the Differentiating Questions, simply follow the release protocol for that type of entity. There is no need to hurry with this, simply take it step by step and ask for the Higher Self's help if needed.

As the protocol nears releasing the energy, confirm with the part that it was attached to, that the part is willing to let it go now. If the part resists, let the part know that you understand that it invited it in for protection and help when it was in a bad situation. Let the part know that you will now take care of it and it can stay in your Sacred Space and never have to face that kind of situation again. Allow the part some time to grieve the loss that they will feel from having this "friend" leave.

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

When in doubt – ask the Higher Self.

SPIRIT RELEASEMENT PROTOCOLS

The following pages include:

DIFFERENTIATING QUESTIONS	PAGE 1
DEMONIC SPIRIT RELEASEMENT	PAGE 2
ET - EXTRATERRESTRIAL SPIRIT RELEASEMENT	PAGE 3
EARTHBOUND SPIRIT RELEASEMENT	PAGE 4
PAST LIFE REGRESSION PROTOCOL	PAGE 5

Release Protocol Instructions

When talking to an Entity, Start with the questions at the top of the Next Page (DIFFERENTIATING QUESTIONS - PAGE 1)

Each answer will be a clue to what type of Entity it is.

Simply, note each clue and continue with the questions as directed.

When answers seem conclusive, you will be directed (**in bold**) to the Release page for that type of Entity.

- i. e. **If from the dark or darkness - go to Demonic (Next Page - PAGE 2)**

On that page, pick-up the questions and script from where you left off with the DIFFERENTIATING QUESTIONS.

The first few questions on the release protocol for each type of Entity are the same as on the DIFFERENTIATING QUESTIONS protocol.

Scroll down the page until you get to the question you had just asked before you were sent to this page.

DIFFERENTIATING QUESTIONS

PAGE 1

1. Are you a part of **X**? (**X** is name of Mentee)
NO: continue
YES: Go to The Transformation Process (Reframing) or Child Rescue
- If no positive intent found, or no age when first emerged, return here
2. Have you ever been alive in your own physical human body?
NO: May be Demonic or ET - continue
YES: continue
3. Do you have a name?
NO (silence/resistance): may be demonic, continue
YES: continue
4. What is your purpose here? What is your role in **X**'s life?
If very negative, may be demonic.
If gathering data, may be ET, continue
If positive, acknowledge and continue.
5. Where are you from?
If from the dark or darkness - go to Demonic (Next Page - PAGE 2)
If from far away - maybe ET - go to #10 (below)
Any other answer - continue
6. What year is it for you?
If not current year - continue, most likely earthbound
If current year - continue, most likely past life or sub-pers.
If doesn't know, might be terminated pregnancy
7. Go back to the last time you had your own body
What's happening (if nothing comes up, go to Demonic, Next Page)
Move forward in time until the next major event, what's happening
Now move forward to just before your death, what's happening
What decision did you make just as you died?
What happens next ?- keep repeating until goes to light or attaches to someone
8. **If Attaches - go to Earthbound (3 pages forward - PAGE 4)**
9. **If goes to light - go to Past Life (4 pages forward - PAGE 5)**
10. What is the color of the sun in your universe?
If other than yellow, or gold light - go to ET (2 pages forward - PAGE 3)
11. If nothing seems to fit - keep regressing back to origin and then move forward to each significant event - look for clues or just re-do its life before it enters **X**.

1. Are you a part of **X**? NO Have you ever been alive in your own human body? NO
2. What is your name? How may I address you? NO NAME, SILENCE OR CYNICAL
3. **I call upon the forces of light to contain this entity in a capsule of white light.**
4. What is your purpose here with **X**? TO MESS UP HIS LIFE.
5. When did you join him? How old was he? What was happening?
6. Who sent you? Look outside, do you see him? What do you call him?
 - **I call upon the forces of light to contain this entity in a capsule of white light.**
7. If I let you go, what will they do to you?
8. Do you want to be free?
9. Look deep within yourself, deep into the center of your being? What do you see?
 - NOTHING - That's right, keep looking, look to the very core of your being.
 - I SEE A SPARK OF LIGHT - That's right keep looking, focus on that spark, what's happening?
 - ITS GROWING, GETTING BIGGER - Good, now step into that light, become the light. How does that feel?
 - What name can I call you now?
10. Tell me about the damage that you've caused **X**. Are you ready to undo that damage? Do that now.
11. Are you willing to call all those like you, all those of higher, lower and equal rank, to look to their center and transform to light as you have done? Do that now. Tell me what you see. Are there any left in **X**?
12. Are you ready to go to the light? Any last words to **X**?
13. I now ask the forces of light to take this one and all like him to the light. Farewell, my friend.
14. **X**, let me know when he is gone?
15. Rescue the child that invited him in. Fill all with healing light

1. Are you a part of **X**? NO
2. Have you ever been alive in your own physical human body? NO
3. Do you have a name? What may I call you? GIVES NAME
4. Where are you from? FROM FAR AWAY
5. What is your purpose here? GATHER INFORMATION, ETC.
6. What color is the light in your universe? A COLOR OTHER THAN GOLD, YELLOW, WHITE
7. How old was **X** when you entered him?
 - What was happening?
 - Why did you join him?
 - How did you get in?
 - How have you affected his life?
 - How much control over his life have you had?
 - What damage have you caused?
8. Are you aware of the prime directive of non-interference with other species? YES
9. Are you ready to withdraw from this human and all others? YES
10. I now ask that someone from the PINK light universe come for this one. Can you see them coming? Do you recognize them? Are you ready to go with them?
11. Before you go, are you willing to undo the damage you have caused **X**? Any last words to **X**?
12. It is now time to go, farewell. Pause.
13. **X**, tell me when he's gone.
14. Do child rescue and fill with healing light.

1. Are you a part of **X**? NO
2. Have you ever been alive in your own physical human body? YES
3. Do you have a name? How may I address you?
4. Are you male or female? How old are you?
5. How old was **X** when you joined him?
 - What was happening?
 - How did you get in?
 - Were you invited in - by which part of **X**?
 - Why did you want to join him?
 - What role have you played in his life?
 - What damage have you caused him?
6. What year is it for you? (USUALLY YEAR OF DEATH)
7. OPTIONAL: Regress to before death, What Happening? Follow after death to why he didn't go to the light.
8. I want you to look upward, what do you see? A LIGHT
9. I ask that someone now come from the light to greet you. Tell me is someone coming from the light? YES
 - Do you recognize them? Who is it?
 - Do you trust them?
 - What color are their eyes? Ok if not red or dark
 - If red or dark , pull off mask and send away. Ask for someone else to come.
 - Are you ready to go?* Please take their hand.
 - Anything you want to say to **X** before you go?
 - Before you go, can you reach back and repair any damage you have caused to **X**?
 - Are there any more like you with **X**?
 - Are they willing to go with you?
 - We now send you to the light with love. Farewell.
 - *if "client" resists, work with inner child, that invited energy in,
3. Fill the hole with healing light.
4. Do child rescue for part that invited entity in.

1. Are you a part of **X**? NO OR UNSURE
2. Have you ever been alive in your own physical human body? YES
3. Do you have a name? How may I address you? USUALLY A COMMON NAME
4. What year is it for you? USUALLY YEAR OF DEATH, OR CURRENT YEAR
5. Go back to the last time you had your own body;

Follow your body back, Go back in time. Let your body take you back, let this voice take you back, back in time. What's happening?

Move forward in time until the next major event. What's happening?

Who's there? How old are you? What's happening? And then what happens...?

Now move forward to just before your death. What's happening?

What decision did you make just as you pass over?

What happens next?- keep repeating until goes to light or attaches to someone

If attaches - go to Earthbound Release

If goes to light – continue with this Past Life protocol

What are the messages you are getting right now? What decisions are you making? What beliefs and judgments are you taking on? (Optional - follow thru death to inter-life - keep repeating "and then what happens?")

Now go back in time to just before this (DEATH) experience. Turn back the clock and describe and experience the perfect ending for this past life - bring in helpers as needed. Turn the clock forward and see what happens this time. What's happening? Repeat "and then what happens" until complete."

What messages are you getting now? What decisions are you making? Undo contracts. Go to the light. (Optional: Go to inter-life, halls of learning and planning stage)

Slowly return to this room. How do you feel? Is there anything else you need to complete this?

MENTORS SESSION GUIDE

DAY 9

INTENTION

- To Introduce and Experience a Ritual Release

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement and Parts Language in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's experience with EPC, talking to a loved one in your Inner World?

Did you choose to go over yesterday's homework and the release protocols that we will be using? ... Thank you, that helps me understand how familiar you are with what we'll be doing today.

INTRODUCTION

Once again, today's visualization may take longer than usual.

Today we will be going to your Ritual Release Space and with the help of your Higher Self, release an attachment that you may not have encountered yet.

I want you to know that these attachments are very common and they may be affecting you in minor or possibly significant ways.

We want to bring them out from your sub-conscious, where you are unaware of them, and bring them into the light of day, where we can see them and work with them in a respectful and effective way.

I will soon start a visualization so please let me know when you are comfortable and ready to go.

INDUCTION

Relax now, close your eyes and start to move into the relaxed state you are getting more familiar with. 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.

Note how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper 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 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.

If there is any part that seems to want your attention right now, spend a few minutes with that part. If not, or when complete with that part, ask your Higher Self if they have some time now to help you with something.

RITUAL RELEASE

Ask your Higher Self if it would be OK to perform a Ritual Release today for an Intrusive Entity of some kind, that may be attached to you or one of your Parts.

If OK, Ask your higher Self to take you the Ritual Release Space and make preparations for a Release. Have Higher Self invite in the parts of you who can assist in the Release.

When the space has been made ready, ask your Higher Self if they prefer to release an attachment directly from you or from a Part that could be invited into this space.

IF FROM YOU, step into the center of the Release space and ask your Higher Self to touch your body where the attachment is.

Now see an image of this attachment. Ask your Higher Self to surround this image and this energy in a capsule of White Light and gently pull it out of your body and hold it in front of you. You can focus on letting it go.

(Once separated, Mentee can now speak to the intrusive energy. Start below with: **ASK IT: ARE YOU A PART OF ME?**)

IF FROM A PART, ask your Higher Self to invite in the part of you that has an attachment.

When the part arrives, thank it for coming to be with you today. Ask the part to split into two images, one image being a part of you (Mentee), and one image that is not a part of you. When the images separate, ask the one who appears to be a part, if it is a part of you. If yes, then welcome that part and ask it to now focus on letting go of the other energy.

Ask your Higher Self to surround the other energy in a capsule of White Light, an unbreakable, inescapable, impenetrable capsule of White Light. You may now speak to this energy.

ASK IT: ARE YOU A PART OF ME?

If it says **MAYBE** or is unsure, ask it to split into two images again and speak to each separately. Start with the above question: Are you a part of me?

If it says NO,

- GO TO: DIFFERENTIATING QUESTIONS (PAGE 1)

(Follow the Release Protocol Instructions found in today's reading and on the document you printed. Once the release is complete, i.e. once you've gotten to the bottom of the specific entity release page, return here.)

RETURN HERE

Ask your Higher Self to if there is anything else that is needed to complete this release.

When complete, ask Higher Self or another Part of you to conduct whatever Ritual, they deem appropriate for closing this Release Ceremony.

Return to your Sacred Space and make sure that the part that invited in the entity is well cared for.

Ask your Higher Self to invite in the healing force of light to fill your Sacred Space and all your parts and yourself with Healing light.

When this feels complete, ask your Higher Self if there is something else that needs to be done to complete this experience for today.

CLOSURE & RETURN

When that is complete, say your goodbyes and 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.

How was that for you?

How are you feeling?

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 10

INTENTION

- To visit Sacred Space
- Take a journey out the back entrance

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

Any comments on yesterday's experience with the Release Ritual?

REGRESSION

Today, you will get to experience going on a journey from your Sacred Space and see what you may find.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, 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

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.

JOURNEY OUT BACK DOOR

Ask your Higher Self if it is OK for you to go on a journey from your Sacred Space today. Say that you would like to take a journey out the back door or rear entrance to your Sacred Space to see what adventures or parts can be found in the darkness there.

Follow any suggestions or directions from your Higher Self .

When you are ready, you may want to ask one or two of your parts to go with you.

Now take a deep breath and let it out slowly.

Are you outdoors or inside a structure?

If inside, look around your Sacred Space and see if there is a rear door. Slowly open the door and go through it with your companions.

- If outside, look for a path that leads from your Sacred Space and enters into a dark area of woods or forest. Follow the path and start to go past the tree line.

You may immediately notice that it is darker and chillier than you expected.

You may also notice that you seem to be in some sort of strange gnarly woods or may be a dense forest with strange sounds all around you, you really aren't sure what it is as you press forward into the darkness.

You see only a faint, seemingly seldom used trail ahead of you and may wonder what it could possibly be leading to, if indeed it leads to anything that could possibly be worth what now seems as a treacherous journey into the unknown and possibly undiscovered territory.

As you travel this path ever so slowly, you realize that it was probably made by animals and the strange creatures that seem to be telling you to stay away by the sounds they are making as you press forward.

As your eyes become more accustomed to the darkness, you start to note various strange vegetation, creatures and other phenomena that you're not sure what it could be.

You make note of what you see and hear and sometimes feel. You know that you can share out loud, what you are experiencing or whatever grabs your attention as you go.

As you walk along you may notice that the path sometimes leads into small openings in the forest, you can feel the cooler air and with the small amount of light, see creatures and plants unlike anything you have ever experienced.

Each time you re-enter the path and leave the opening, it seems to get darker and tighter and warmer.

Unfamiliar noises seem to grow louder as you start to question the purpose of this journey and your ability to continue with it. You start to wonder if you could even find your way back to your safe and sacred spaces.

As you continue to persist in this pursuit of something or someone, you realize that you are now in total darkness and the path seems to have disappeared.

You seem alone with your companions as an eerie silence descends all around you.

You realize that you are lost, have no direction and no clear intention and before you start to react or start to question your own sanity, you simply start to breathe.

You do the one thing you know how to do. You breathe.

You spend a few moments in the dark cool silence and become aware of a peacefulness descending over you .

As you breathe into this quiet, this peace, this darkness all around you, you know something. A knowingness comes over you and you simply listen.

You listen and prepare yourself for this knowingness to communicate with you in some way.

All your senses are now on full alert, fully open, not in a fearful way that you might have expected but in an anticipatory way, that you know something is coming and it wants you to ask for it.

To give it permission to come and be with you now.

You simply breathe into this anticipation and are surprised at the words you hear yourself speaking:

Please Surprise and Delight Me.

A feeling of anticipation starts to grow as you now hear yourself say out loud:

Please Surprise and Delight Me.

You wait and the new sensations that are coming into your awareness inspire you to say it out loud once more.

You may do that now.

You suddenly have the awareness that this feeling of anticipation that is inspiring you now is very similar to the sensation that you used to interpret as fear.

You begin wonder if that sensation or feeling of fear is simply a misunderstanding and that in this place and maybe even in your physical life, that it may simply be the awareness of something new coming.

And that maybe, just maybe, you can influence what actually shows up by asking for something fun, something beautiful something that feeds my heart and soul and with that thought you now ask with a conviction and expectation that wasn't there before, you ask once more:

(Please Surprise and Delight Me.)

And you wait and breathe in anticipation of wondering what wonderful experience awaits you.

And then it comes.....

And you know that you can share what's happening or simply be with it and enjoy, knowing you can take as much time as you like with this experience and will simply say "OK" when you are fully complete and not a second sooner.....

(If more coaching is needed, use the following, otherwise go to Closure when Mentee says OK)

Look around and you may notice what has been pulling you towards this place.

See what may be the reason you've been brought here.

Take a few moments to observe who is there and what is happening.

What do you see?

If you see any structures or places, continue on your adventure until you meet someone or some being that you can interact with.

Greet them warmly and ask if they have something to say to you.

Get to know them and if appropriate ask the usual questions:

Are you a part of me? (if not, ask if they have a message for you)

What role do you play in my life?

Would you like to come with me to my Sacred Space?

Bring to Sacred Space. Welcome them in and introduce them to your parts.

Ask if any parts have a question for them.

Ask your Higher Self and Guardian if it is OK for this new part to stay.

Have them make themselves at home.

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

Thank your new part for coming forward today and have them make themselves at home.

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

DAILY READING

DAY 11

Preparation for Totem Pole

Invite Mentee to record this session if possible (simply record session if on Zoom).

If not able to, Mentor can take notes on a printed (or digital) version of the protocol to send to the Mentee afterwards.

Use either of the following tables for recording your notes from this visualization.

You may want to Print this or the following page and keep it separate for note taking and for tracking which chakra you are on.

	CHAKRA	ANIMAL DESCRIPTION	GIFT	ROLE	OTHER
1	ROOT				
2	SEXUAL				
3	POWER				
4	HEART				
5	NECK				
6	3RD EYE				
7	CROWN				

CHAKRA	ANIMAL DESCRIPTION	GIFT	ROLE	OTHER
1	ROOT			
2	SEXUAL			
3	POWER			
4	HEART			
5	NECK			
6	3RD EYE			
7	CROWN			

MENTORS SESSION GUIDE

DAY 11

INTENTION

- To e-invoke Mentee's Totem Pole animals

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's back door visualization?

INTRODUCTION

Today we are going to do a visualization to discover additional resources for you to more safely navigate your Inner World and especially the Underworld.

We have found that everyone has their own Totem Pole of animals which seem to have powerful and unique abilities to be with you and protect you in many of the Inner world Realms.

Specifically, Your Totem Animals seem to be able to travel with you to Past Lives and other Under World Realms where most of your current helpers may not be able to go.

So I will be taking through another visualization today and help you discover your very own totem pole animals. I'll be taking notes for you (or recording the session). So please find a comfortable place to be and I'll start an induction when you are ready.

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.

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. Now, tell your parts that you'll be going outside to a meadow area to meet your Totem Animals.

See the front entrance to your Sacred Space and walk outside. You may notice a charming walkway leading away from the entrance. Walk along this path and soon you may see a beautiful garden area. As lush and colorful as you have ever seen. As you follow the walkway into the garden and you may notice that just beyond the garden is a beautiful meadow of grass and wild flowers and next to it is a fairly large body of water. It could be large pond, a small lake or a wide slow moving river flowing through the grounds.

You walk through the garden and for a few moments, you simply breathe in the beauty all around you and you also notice the incredibly rich and diverse fragrances coming from the flowers near your feet. You take another moment to stop and smell the roses that are just to your right side and seem to be reaching out to you in all your favorite colors. The breeze flowing past you and the sight and sounds of birds flying overhead add to what is becoming the most sensual and peaceful experience you've had in years.

You now continue on to the meadow just beyond the garden and notice the change in smells from cultured almost sophisticated fragrances of tended flowers to the wild and open smell of wild grasses and intermittent flowers and shrubs. You can also feel the cooler breeze sweeping off the water near you.

You find a small area of shorter grass that looks a little like a thick green mattress spread over the ground in front of you. You follow your impulses and lay down on this thick soft blanket of fresh green grass and find yourself immediately

feeling more and more relaxed, going deeper and deeper down into the most peaceful sleep like state that you have ever experienced.

In this relaxed state, you tune into your resting body and find that there is an underlying subtle sense of energy flowing in and around your body. You feel the motion and intensity of this energy flow starting to build and now it seems to be gathering steam and accelerating in speed as it swirls just over your prone body.

You now feel this vortex of energy gathering steam just above your:

ROOT CHAKRA AT THE BASE OF YOUR SPINE

You notice more energy flowing from the top of your head down through your torso and joining this vortex, you also notice the energy flowing up from your feet doing the same as it merges with this rapidly spinning vortex of energy at your

BOTTOM AND FIRST CHAKRA,

and now as you see the power of this tornado or hurricane like vortex you start to see it transforming and an image of some sort of animal starts to emerge from its center as if this energy is feeding and growing this animal right before your eyes. The image of this animal starts to become clearer now and you see before you your totem animal for your

ROOT CHAKRA.

What do you see? (Record the answers in the table from today's Reading)

How big is it? What color? How old, an adult or younger?

How is its physical condition? Does it look healthy?

You may want to stand now and spend some time with it. Maybe ask a few questions.

Ask it if there is anything it wants to share with you right now?

Ask if it has a gift for you? Ask what role it plays or would like to play in your life?

Ask if it would be OK to merge with it for a few moments. If OK, go ahead and become this animal fully. Experience the energy and abilities of this animal.

Step back out when complete and share what you'd like about the experience.

Thank it for being here today and ask it if it would like to roam this area while you continue to find your other totem animals.

You now walk back to your mattress of grass and relax once again. You find yourself sinking sweetly into the thick grass and feel every bone, muscle and nerve in your body let go and take you even deeper into a quiet sense of relaxation and peace. You even notice the pungent smell of wild grass seems to be lulling you into a deeper and deeper sense of peace and relaxation.

And just as you settle into this tranquil feeling, you begin to sense that same subtle feeling of energy flowing in your body.

You feel the motion and intensity of this energy flow starting to build and now it seems to be gathering steam and accelerating in speed as it swirls just over your prone body. You feel this vortex of energy now gathering steam just above your:

YOUR GENITALS and YOUR SECOND CHAKRA

You notice more energy flowing from the top of your head down through your body and joining this vortex, you also notice the energy flowing up from your feet doing the same as it merges with this rapidly spinning vortex of energy at your:

SEXUAL CHAKRA

and now as you see the power of this tornado or hurricane like vortex you start to see it changing and an image of some sort of animal starts to emerge from its center as if this energy is feeding and growing this animal right before your eyes, the image of an animal starts to become clearer now and you see before you your totem animal for your:

SEXUAL CHAKRA.

(Record the answers to the following questions in the table below.)

What do you see? How big is it? What color?

How old, an adult or younger? How is its health?

You may want to stand now and spend some time with it. Maybe ask a few questions.

Ask it if there is anything it wants to share with you right now?

Ask if it has a gift for you? Ask what role it plays or would like to play in your life?

Ask if it would be OK to merge with it for a few moments. If OK, go ahead and become this animal fully. Experience the energy and abilities of this animal.

Step back out when complete and share what you'd like about the experience.

Thank it for being here today and ask it if it would like to roam this area while you continue to find your other totem animals.

You may spend a moment to watch it join your other totem animals and notice how they interact and seem to feel about each other.

(Repeat the above script for each remaining chakra – see next page)

(Repeat the above script for each remaining chakra – replace the **CHAKRA NAMES SHOWN IN BOLD**, with the current Chakra name. Fill in the table from Today’s Reading and then continue with the visualization.)

3. Third Chakra, your Power Chakra above your Solar Plexus
4. Fourth Chakra, your Heart Chakra
5. Fifth Chakra, your Neck Chakra
6. Sixth Chakra, your Third Eye Chakra in your Forehead
7. Seventh Chakra, your Crown Chakra at the Top of your Head.

(After completing the 7th Chakra, continue visualization here.)

So, it is now time to join with your Totem Animals and spend some time with them. Feel their energy towards you and allow them to simply be with you in their own way for a few minutes.

When you feel complete with them, know that you can come to this place, this open meadow, to meet with your Totem Animals anytime you wish.

Now see yourself returning to your Sacred Space, share what you'd like with your parts.

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.

How was that for you?

How do you feel?

Is there something else you need to feel complete with this right now?

Be sure to spend time with your totem animals frequently, they are more powerful than you may imagine.

If ever in any tough situation in your inner world and wish you had some help, do not hesitate to call them in.

Also, share this visualization with children and teenagers - It is great way to have kids experience their inner worlds in a way that is easy for them to relate to.

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 12

INTENTION

- To invoke the Embodiment of all the Totem Pole animals

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

INTRODUCTION

Today we will be going to visit with your Totem Animals and discover if there is another part or ally of yours that emerges from all of your Totem Animals joining together in a coherent and loving way.

We will see whatever or whomever steps forward as the Embodiment of all your Totem animals combined.

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.

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 your intention to meet with your Totem Animals and possibly a new energy that is the embodiment of their combined energies and power.

Ask your parts to share any comments or suggestions on this intention and/or anything else they'd like to share with you today.

Please share what you are hearing from each part.

TOTEM ANIMALS

Ask your Higher Self if it is OK for you to go to the meadow and meet with your Totem Animals now.

Follow any suggestions or directions from your Higher Self .

When you are ready, you may ask one or two of your parts to go with you.

Now, take a deep breath and let it out slowly and go to the meadow outside your Sacred Space and be with your Totem Animals.

Take a few moments to look around and simply be with your animals.

You may want to observe what they are doing, how they are relating to each other and please share whatever comes up for you as you spend some time with them.

If any are missing, please invite them to come in now.

When you are ready, ask them if they have anything they want to share with you today.

Take as much time as you need to hear what they have to say or whatever they want to show you.

When complete, ask them to come together in whatever way that works for them to allow an energy to emerge that is the embodiment of all of them.

Simply observe what they do and share what you see happening.

(If a new energy does not emerge, ask if you can stand in the center of them and feel and be one with their combined energies.)

If a new energy does emerge, ask them if they are the embodiment of the totality of the Totem Animals or does it prefer another description.

Ask them what role they play in your life.

Ask if they have anything to share with you today.

Please ask what role in your life it could play if you could open up to embodying their full potential.

Ask if you can merge with them and fully feel and embody their energy.

If OK, step into their energy and spend some time in this presence.

Take in this energy and any images or messages that may come up.

Ask if there is something they would like to show or share with you while you are in their energy.

Step out when complete and share about the experience if you like.

Ask what they would like to be called by you.

Ask if they have a gift for you today.

Ask them if there is another question they would like you to ask them and what that question might be.

Ask them if there is anything else that they or the Totem Animals need or want to feel complete for today.

When complete, thank them for coming forward and being with you today.

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?

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Tomorrow will be another Ritual Release, please prepare yourself as you see fit.

DAILY READING

DAY 13

Preparation for Release Ritual

Today's session will be a repeat of the Ritual Release process conducted on Day 8.

Please review the Days Reading for Day 8 and make sure you have the Differentiating Questions and Release Protocols handy for today's session.

This release process will be repeated again on Day 16.

This release process could be repeated as often as you'd like. You can simply add extra days to this Phase Three.

This protocol is written to allow the Higher Self to invite in whatever entity it deems appropriate.

The types of entities may vary between Demonic, Extra-Terrestrials, Earthbounds, Past Lives or some other type that we haven't discussed.

If you want to experience each of these types, you may ask the Higher Self if it would be OK to invite in a specific type of entity. If OK, simply ask the Higher Self to invite in a part that has that type of entity already attached to it.

The rest of the protocol can be followed as is.

If you ever encounter a type of entity that we have not discussed, simply ask it how you can help it leave mentee and go home. If you come from love and respect and humility, they will usually tell you how you can help and will work with you.

If nothing works, you can call upon the Cosmic Forces that enforce the prime directive of "non-interference" and ask for their help.

MENTORS SESSION GUIDE

DAY 13

INTENTION

- To Conduct another Ritual Release.

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement and Parts Language in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's experience with your Totem Pole animals and the Whole they are a part of?

INTRODUCTION

Once again, today's visualization may take longer than usual.

Today we will be going to your Ritual Release Space and with the help of your Higher Self, release an attachment that you may not have encountered yet.

I will soon start a visualization so please let me know when you are comfortable and ready to go.

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.

If there is any part that seems to want your attention right now, spend a few minutes with that part. If not, or when complete with that part, ask your Higher Self if they have some time now to help you with something.

RITUAL RELEASE

Ask your Higher Self if it would be OK to perform a Ritual Release today for an Intrusive Entity of some kind, that may be attached to you or one of your Parts.

If OK, Ask your higher Self to take you the Ritual Release Space and make preparations for a Release. Have Higher Self invite in the parts of you who can assist in the Release.

When the space has been made ready, ask your Higher Self if they prefer to release an attachment directly from you or from a Part that could be invited into this space.

(Optional: If you want to experience different types of entities, you may ask your Higher Self to invite in a part with a different attachment than the ones you've already worked with. Please leave it up to your Higher Self to decide what is best for you today.)

IF FROM YOU, step into the center of the Release space and ask your Higher Self to touch your body where the attachment is.

Now see an image of this attachment. Ask your Higher Self to surround this image and this energy in a capsule of White Light and gently pull it out of your body and hold it in front of you. You can focus on letting it go.

(Once separated, Mentee can now speak to the intrusive energy. Start below with: **ASK IT: ARE YOU A PART OF ME?**)

IF FROM A PART, ask your Higher Self to invite in the part of you that has an attachment.

When the part arrives, thank it for coming to be with you today. Ask the part to split into two images, one image being a part of you (Mentee), and one image that is not a part of you. When the images separate, ask the one who appears to be a part, if it is a part of you. If yes, then welcome that part and ask it to now focus on letting go of the other energy.

Ask your Higher Self to surround the other energy in a capsule of White Light, an unbreakable, inescapable, impenetrable capsule of White Light. You may now speak to this energy.

ASK IT: ARE YOU A PART OF ME?

If it says **MAYBE** or is unsure, ask it to split into two images again and speak to each separately. Start with the above question: Are you a part of me?

If it says NO,

- GO TO: DIFFERENTIATING QUESTIONS (PAGE 1)

(Follow the Release Protocol Instructions found in the Reading for Day 8 and on the document you printed. Once the release is complete, i.e. once you've gotten to the bottom of the specific entity release page, return to the next page where it says: **RETURN HERE.**)

RETURN HERE

Ask your Higher Self to if there is anything else that is needed to complete this release.

When complete, ask Higher Self or another Part of you to conduct whatever Ritual, they deem appropriate for closing this Release Ceremony.

Return to your Sacred Space and make sure that the part that invited in the entity is well cared for.

Ask your Higher Self to invite in the healing force of light to fill your Sacred Space and all your parts and yourself with Healing light.

When this feels complete, ask your Higher Self if there is something else that needs to be done to complete this experience for today.

CLOSURE & RETURN

When that is complete, say your goodbyes and 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.

How was that for you?

How are you feeling?

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

DAILY READING

DAY 14

Past Lives

Past Lives are a unique category in Spirit Releasement. It is the one energy or entity we may run into that we don't actually release. In a sense, Past Lives are a part of our heritage as humans and we can work with them much like we do when we do a regression on a part. We want to heal rather than release them.

Once we establish that an energy is a Past Life, we simply re-script the ending of the Past Life much like we re-script a traumatic event in a person's life during a regression.

We re-script a Past Life when the Past Life shows up in this work as the source of some issue or disfunction. The re-scripting will usually resolve the disfunction or problem.

What follows are three different Past Life Protocols.

The first is the protocol for working with a Past Life that shows up as an entity in our Inner World and is not a part of Mentee. The protocol starts with the Differentiating questions and moves into a regression and re-scripting.

As shown on this protocol, Past Lives are very similar to Earthbound attachments and the main difference is that Past Lives go to the light after passing over while Earthbounds don't go to the light and instead attach to another living human. We will use this protocol when we encounter a Past Life during our work in the Inner World.

The second protocol is when we are addressing an issue in a person's life and we want to discover and heal the Original Source of the issue. This Original Source may often occur in a Past Life. We simply start with The Regression Process we've already learned and instead of following a feeling back to a childhood event, we follow it back to its Original Source. Once we have accessed a Past Life, we experience the trauma that occurred and then re-script it.

You can use **this** Past Life regression approach anytime you are in a childhood regression and want to go to a Past Life. When a child is in a strong emotion, simply say: Let this feeling take you back, back in time to THE ORIGINAL SOURCE OF THIS FEELING and you may find yourself in a Past Life. It may create a unique experience for the person doing work and it will usually result in a more powerful outcome.

The third protocol is a method of going to a Past Life and instead of looking to heal a trauma, we want to access a positive trait or talent that we may be able to bring into our current life. We will be using our Totem Pole Animals to access this Past life in today's session. (If we don't have totem Pole Animals, we can usually ask a part to come forward that can help us access this Past Life.)

PAST LIFE REGRESSION PROTOCOL

(Starting with an energy that is not a part)

1. Are you a part of **X**? NO OR UNSURE
2. Have you ever been alive in your own physical human body? YES
3. Do you have a name? How may I address you? USUALLY A COMMON NAME
4. What year is it for you? USUALLY YEAR OF DEATH, OR CURRENT YEAR

5. Go back to the last time you had your own body;

Follow your body back, Go back in time. Let your body take you back, let this voice take you back, back in time. What's happening?

Move forward in time until the next major event. What's happening?

Who's there? How old are you? What's happening? And then what happens...?

Now move forward to just before your death. What's happening?

What decision did you make just as you pass over?

What happens next?- keep repeating until goes to light or attaches to someone

If attaches - go to Earthbound Release

If goes to light – continue with this Past Life protocol

What are the messages you are getting right now? What decisions are you making? What beliefs and judgments are you taking on? (Optional - follow thru death to inter-life - keep repeating "and then what happens?")

Now go back in time to just before this (DEATH) experience. Turn back the clock and describe and experience the perfect ending for this past life - bring in helpers as needed. Turn the clock forward and see what happens this time. What's happening? Repeat "and then what happens" until complete."

What messages are you getting now? What decisions are you making? Undo contracts. Go to the light. (Optional: Go to inter-life, halls of learning and planning stage)

Slowly return to this room. How do you feel? Is there anything else you need to complete this?

PAST LIFE REGRESSION PROTOCOL

(Regression II - Similar to Regression Process until the **Regression** step)

- Data:** Tell me the Data or facts around this issue.
- Judgment:** Tell me the Judgments you have around this Data.
- Feeling:** Tell me the Feeling you have from this Judgment.
- Locate in body:** Close your eyes. Where in your body do you feel that 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
THE ORIGINAL SOURCE OF THIS FEELING. Go back in time.
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?
(If goes to childhood, allow child to experience feeling and regress again –
keep repeating until get to past life) repeat “and then what happens...?”
Go to death experience.
- Release:** (Allow release of emotions as they come up.)
- Shadow:** AT MOMENT OF DEATH - What are the messages you are getting right
now? What decisions are you making? What beliefs and judgments are you
taking on? OPTIONAL: Follow through death to inter-life. Keep repeating
"and then what happens?"
- Healing:** Now go back in time to just before this (DEATH) experience (or before a
significant trauma). Turn back the clock and describe and experience the
perfect ending for this past life - bring in helpers as needed. Turn the clock
forward 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?
Undo contracts, Go to the light – OPTIONAL: Go to inter-life, halls of
learning and planning stage.
- Return:** Slowly return to this room. How do you feel? Is there anything else you
need to complete this?”

ACCESSING A TALENT FROM A PAST LIFE

1. Select a creative ability that participant wants to “bring” into current life. (i.e. piano playing, power, etc.)
2. Have partner become a part of themselves that can access a past life with that ability.
 - “In a moment, I’m going to invite you to become a part of yourself that can access a past life with an ability to ____.”
 - “I invite you to move your chair and/or your body and become that part now.”
 - “Are you the part of “X” that can access a past life with ability to ____.”
3. Ask part to go to that past life. “Please go to that past life now.”
4. Go through past life --- “Are you indoors or outdoors? Is it light or dark?” “What’s happening?”, “What happens next?”, “Go to a significant event where you experience your creative ability – what’s happening?”. Allow person to “feel” the ability.
5. “Would you be willing to bring into “X’s” current life, this creative ability?”
6. “Please create a symbol for this agreement to bring this ability into “X’s” current life.”
7. “Surround this symbol with a capsule of white light. Bring it in to “X’s” body.”
8. Bring to closure and return to base.

As was mentioned earlier, we will be using Mentee’s Totem Animals to access a Past life. This protocol, uses the Voice Dialogue method to access a Past Life (see step 2 above).

MENTORS SESSION GUIDE

DAY 14

INTENTION

- Introduce Past Life Regression
- Access a Talent from a Past Life

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

INTRODUCTION

Today we will be going to a Past Life to access a Talent that you would like to have and bring it into this life.

Please select a creative ability that you want to “bring” into your current life.

Something like a talent or skill like piano playing or it could be a characteristic like Power, Fortitude or Clear Vision.

For today, we will Check-in with your Inner Circle and Higher Self and if you like, your Archetype Circle and see if they have any suggestions or requests.

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.

ACCESSING A TALENT FROM A PAST LIFE

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 if they have any suggestions or requests for a talent or characteristic that you could bring back from a Past Life.

You may want to offer what is on your mind to start out the Check-in.

When all the parts are complete, you can take your top choices now and go to your Archetype Circle if you wish.

If so, go there now and conduct a similar Check-in. When all is complete, which talent or characteristic do you choose?

Now go to the meadow outside your Sacred Space and be with your Totem Animals.

Ask them to take you to a Past Life that embodies the talent or characteristic that you want.

Follow their lead and go back in time, back, back into a distant Past Life where you can find what you are looking for.

Simply breath now and find yourself in this past life.

Look around, are you indoors or outdoors?

Is it daytime or night?

Look at your feet, what are you wearing on your feet?

How old are you?

Are you male or female?

Now, look around, are your totem animals near you?

What is happening?

Continue with this current experience until it feels complete.

Slowly move the clock forward now to the next significant event in this lifetime that relates to the gift you have.

What is happening now? Notice how it feels to have this talent. Feel what it is like to use this creative ability and talent. Feel what it is like to share it with others.

When this event seems complete, move the clock forward towards the later years of this life, stopping briefly at any significant events that relate to this special talent. Reflect back on this life and how it was for you to have this ability.

Now think about what it would be like to pass on this ability to a future life of yours. See an image of this future self in front of you.

Hear their request of you to pass on this talent on to them in their current lifetime. Are you willing to pass it on to them?

Before you do, you may want to share with them more about this gift or talent and how it can be used in a good way to help serve others.

You may also share any concerns or advice you have for them around having and using this gift.

If you are willing and ready to pass it on now, please create an image for this talent and hold it in your hands in front of you.

Now surround it in a capsule filled with white light to purify it from any energies that could be detrimental to your future self in their current lifetime.

When that is complete, and you are holding this gift in front of you, feel your energy moving into your future self.

Become your future self (Mentee), now receiving this gift from this past self.

Put your hands out, palms up, and when they place it in your hands, slowly bring it into your body.

Be with this new energy for a few moments in this place and time.

When that feels complete, thank your Past Self and slowly return to your sacred meadow and your totem animals.

CLOSURE & RETURN

Say your goodbyes and thanks and return to this time and place when complete there.

Slowly come back to your room, knowing that you will remember everything you want to remember from this experience.

Stretch your arms and legs, and come back feeling more energized and refreshed than you have felt in years.

Now open your eyes and touch the place in your body where you placed this new talent or gift.

How does that feel? How was that experience for you? Anything you need to feel complete with this today?

Please be aware in the next days and months how this gift may be expressing itself in your life. It may do this in subtle and sometimes dramatic ways.

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 15

INTENTION

- To Journey with Totem Animals

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

INTRODUCTION

Today we will be going to visit with your Totem Animals and their Wholeness and ask them to take you on a journey.

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.

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 your intention to meet with your Totem Animals and their Wholeness and ask them to take you on an adventure.

Ask your parts to share any comments or suggestions on this intention and/or anything else they'd like to share with you today.

Please share what you are hearing from each part.

TOTEM ANIMALS

Ask your Higher Self if it is OK for you to go to the meadow and meet with your Totem Animals now.

Follow any suggestions or directions from your Higher Self .

When you are ready, you may want to ask one or two of your parts to go with you.

Now, take a deep breath and let it out slowly and go to the meadow outside your Sacred Space and be with your Totem Animals and the Being that embodies their wholeness.

Take a few moments to look around and simply be with your animals.

You may want to observe what they are doing, how they are relating to each other and please share whatever comes up for you as you spend some time with them.

If any are missing, please invite them to come in now.

When you are ready, ask them if they have anything they want to share with you today.

Take as much time as you need to hear what they have to say or whatever they want to show you.

When complete, ask if they would be willing to take you on a journey today, maybe an adventure or learning experience they want to share with you.

Simply follow their lead and share what comes up for you as you wish.

Let me know if you need anything further from me, otherwise, enjoy the journey and let me know when you feel complete.

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

MENTORS SESSION GUIDE

DAY 16

INTENTION

- To enter the Dungeon

CHECK-IN

Today we will be doing a fairly long visualization so we'd like to keep our Check-ins brief. Please remember your Mission Statement. I can start today.

[mentee and mentor check in]

Any comments on yesterday's journey with your Totem Animals?

INTRODUCTION

Today, we will be doing an extended visualization. So please get comfortable and begin to relax.

Today, we will be looking to explore the Dungeon that may be located below your Sacred Space.

I will start an Induction soon. Please let me know when you are ready.

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, 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

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

Share that today you will be exploring what may be a Dungeon below your Sacred Space.

Ask for any comments they may have about this as well as anything else they want to say today.

Please share what each part says and when they are complete.

[mentee speaks]

DUNGEON

When complete with this, look around your Sacred Space and you may notice somewhere off to the side of your Inner Circle, there may be a large cellar like door in the ground or the floor. Look at the door and you may notice that it looks like a very old, even ancient thick wooden door with heavy rusted black hardware.

Ask your Higher Self if it is OK to go through this door today.

(If not, say thank you, and take time to say goodbye to your Inner Circle in your own way and return to this place and time.)

If OK, ask a part of you, or a power animal, to come with you to open and go through this dungeon door.

Now see the door below you, it may be very heavy and even stuck from being closed for so long. Slowly open the door and ask for help if you need it. You may notice a strong musty smell coming up from below as you begin to lift the

door open. As the door slams fully open against the floor or ground, you notice a descending stone stairway leading from the opening.

You notice how dark and even damp the stairway is and you may see a lamp or torch of some kind nearby that you can take with you.

Slowly you start to descend the stairway with your supporting part right before or behind you.

Deeper and deeper you go down and down the stone stairway.

Down and down, deeper down you go. Stair after stone stair, deeper down into the darkness.

Eventually you may start to notice a landing down below.

As you come to the landing. There is a solid wall of rock and stone facing you and you see off to your right is a long hallway carved out of solid rock.

As you slowly move down this hallway, you now begin to notice something at the end of this stone tunnel. It looks like heavy metal black bars making up some sort of cell enclosure.

The bars seem to cover the width of the hall and behind the bars is a cave like cell also carved out of solid rock. And now, it seems like there might be something or someone inside this cell, this forgotten dungeon.

As you raise your light source closer, you now see clearly what's inside the cell.

What do you see?

Now, ask the forces of light to fill this cell with a soft white healing light and notice that the light may also have the cell door gently swing open and you find yourself face to face with what may be a long lost part of yourself.

Ask your Higher Self to join you here.

Ask the part in the cell if it is a part of you?

If Yes, say thank you.

(Go to **CHILD RESCUE** – see below)

If No, ask the forces of light to surround them in a capsule of white light

(Go to Differentiating Questions and follow the release protocol.)

If Maybe, partly, or evasive and unsure, ask it to split into two images - one that is a part of you and one that isn't. Ask each of those two parts "Are you a part of me?" and handle as just described above.

CHILD RESCUE

I will speak directly to the part and you may simply speak for them.

How do you feel?

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

Is there anything you want to share about being in this situation, this cell?

Please allow yourself to go back in time and let an image come up of yourself at a younger age, just before you became locked in this dungeon.

Go back in time, to before you were locked up,

Let your body take you back, back in time. Allow whatever images want to come up to come up for you now.

What's happening? What do you sense or see? Who's there?

How old are you?

Now slowly move the clock forward in time. What's happening now?

Now, please take a breath and I'd like you to turn the clock back to just before the beginning of the event.

This time, I'd like you to see your adult-self there with you.

This is you when you get older, and have come back here to help you with this.

Do you see them there?

Is it OK for them to help you now?

OK, let's start moving the clock forward now and tell me what happens this time with your adult self with you.

What's happening?

(Repeat "and then what happens" until complete.)

What thoughts are coming up for you now?

Is it OK if I speak to your adult self now?

Ask the child if they would like to come with you to a safe place where it will never have to go through this again.

Take the child back to your inner circle and invite the Caregiver and others to be with it now and make sure they have everything they need.

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.

How do you feel?

How was that for you?

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

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Tomorrow is another Ritual Release, prepare yourself as you see fit.

DAILY READING

DAY 17

Preparation for Release Ritual

Today's session will be a repeat of the Ritual Release process conducted on Days 8 & 12.

Please review the Days Reading for Day 8 and make sure you have the Differentiating Questions and Release Protocols handy for today's session.

This release process could be repeated as often as you'd like. You can simply add extra days to this Phase Three.

This protocol is written to allow the Higher Self to invite in whatever entity it deems appropriate.

The types of entities may vary between Demonic, Extra-Terrestrials, Earthbounds, Past Lives or some other type that we haven't discussed.

If you want to experience each of these types, you may ask the Higher Self if it would be OK to invite in a specific type of entity. If OK, simply ask the Higher Self to invite in a part that has that type of entity already attached to it.

The rest of the protocol can be followed as is.

If you ever encounter a type of entity that we have not discussed, simply ask it how you can help it leave mentee and go home. If you come from love and respect and humility, they will usually tell you how you can help and will work with you.

If nothing works, you can call upon the Cosmic Forces that enforce the prime directive of "non-interference" and ask for their help.

MENTORS SESSION GUIDE

DAY 17

INTENTION

- To Conduct another Ritual Release

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement and Parts Language in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's experience of going to the Dungeon?

INTRODUCTION

Once again, today's visualization may take longer than usual.

Today we will be going to your Ritual Release Space and with the help of your Higher Self, release an attachment that you may not have encountered yet.

I will soon start a visualization so please let me know when you are comfortable and ready to go.

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, 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.

Note how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper 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.

If there is any part that seems to want your attention right now, spend a few minutes with that part. If not, or when complete with that part, ask your Higher Self if they have some time now to help you with something.

RITUAL RELEASE

Ask your Higher Self if it would be OK to perform a Ritual Release today for an Intrusive Entity of some kind, that may be attached to you or one of your Parts.

If OK, Ask your higher Self to take you the Ritual Release Space and make preparations for a Release. Have Higher Self invite in the parts of you who can assist in the Release.

When the space has been made ready, ask your Higher Self if they prefer to release an attachment directly from you or from a Part that could be invited into this space.

(Optional: If you want to experience different types of entities, you may ask your Higher Self to invite in a part with a different attachment than the ones you've already worked with. Please leave it up to your Higher Self to decide what is best for you today.)

IF FROM YOU, step into the center of the Release space and ask your Higher Self to touch your body where the attachment is.

Now see an image of this attachment. Ask your Higher Self to surround this image and this energy in a capsule of White Light and gently pull it out of your body and hold it in front of you. You can focus on letting it go.

(Once separated, Mentee can now speak to the intrusive energy. Start below with: **ASK IT: ARE YOU A PART OF ME?**)

IF FROM A PART, ask your Higher Self to invite in the part of you that has an attachment.

When the part arrives, thank it for coming to be with you today. Ask the part to split into two images, one image being a part of you (Mentee), and one image that is not a part of you. When the images separate, ask the one who appears to be a part, if it is a part of you. If yes, then welcome that part and ask it to now focus on letting go of the other energy.

Ask your Higher Self to surround the other energy in a capsule of White Light, an unbreakable, inescapable, impenetrable capsule of White Light. You may now speak to this energy.

ASK IT: ARE YOU A PART OF ME?

If it says **MAYBE** or is unsure, ask it to split into two images again and speak to each separately. Start with the above question: Are you a part of me?

If it says NO,

- GO TO: DIFFERENTIATING QUESTIONS (PAGE 1)

(Follow the Release Protocol Instructions found in the Reading for Day 8 and on the document you printed. Once the release is complete, i.e. once you've gotten to the bottom of the specific entity release page, return to the next page where it says: **RETURN HERE.**)

RETURN HERE

Ask your Higher Self to if there is anything else that is needed to complete this release.

When complete, ask Higher Self or another Part of you to conduct whatever Ritual, they deem appropriate for closing this Release Ceremony.

Return to your Sacred Space and make sure that the part that invited in the entity is well cared for.

Ask your Higher Self to invite in the healing force of light to fill your Sacred Space and all your parts and yourself with Healing light.

When this feels complete, ask your Higher Self if there is something else that needs to be done to complete this experience for today.

CLOSURE & RETURN

When that is complete, say your goodbyes and 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.

How was that for you?

How are you feeling?

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please see the Daily Reading for tomorrow and review these summaries of the healing techniques covered in Phases 1, 2 and 3. We will be using this information in tomorrow's Remote Healing exercise.

DAILY READING

DAY 18

Healing Summary

WHEN WORKING WITH A PART:

1. If It is a Part of “Mentee” ---- DO REFRAMING
2. If It Gets into Deep Emotion or Stuck – DO REGRESSION : CHILD RESCUE
3. If Part of Someone Else (Has Cord Attached) – DO FRAGMENT RELEASE
 - Send back along cord and cut it
4. If Not a Part of “Mentee” (If No Positive Intent) – DO SPIRIT RELEASE

Spirit Release

DEMONIC

From the Dark, reacts physically to capsule of light

Form capsule of white light around the entity, ask forces of light to take it to the light

EARTHBOUND ATTACHMENT / PAST LIFE

Has a name, thinks it's a different date, had a physical human body of its own

Go to life in its own body, go to death scene, if goes to light it's a past life ----- recreate perfect end to that life and undo contracts.

If doesn't go to light, it's an attachment, Have it call someone to come from the light and then go to the light with them

ET - EXTRATERRESTRIAL

From far away, gathering data, color of sun is different from yellow or gold.

Cite the Prime Directive of NO INTERFERENCE. Have them call someone from their universe, heal damage done, go with them back to their universe.

IN ALL CASES (EXCEPT PAST LIVES)

Have them become the child who let in the entity and do a Child Recovery, and fill all holes with Healing Light

OPTIONS

1. If in doubt, put in capsule of light and squeeze, if it feels it, it's demonic.
2. If demonic resists, ask the warriors of light, the forces of Michael the Archangel, to come and take it away.
- 3. If nothing works, regress X to before it happened and place X in a capsule of light protecting them from any attachment or invasion, age progress X to current age.**
4. Can also call on someone from where this entity came from to come for him. Ask entity what he sees coming for him.
5. Always come from Love and wanting the best for the entity and X
- 6. Sometimes the main resistance is from an inner child who does not want the entity to go. Work with the child to see what it wants (Active Listening) and allow other parts of the person to meet those needs. Take child to Inner Circle.**

BASIC GUIDELINES:

1. Come from love.
2. Tell the truth, be sincere.
 - I want to help you and this person,
 - I believe you are both better off separate and on your own journeys
 - I'm new at this, may I read this?
3. Ask for help; from wise parts, Higher Self, spirit guides or the entity:
 - How can I help you get back home?

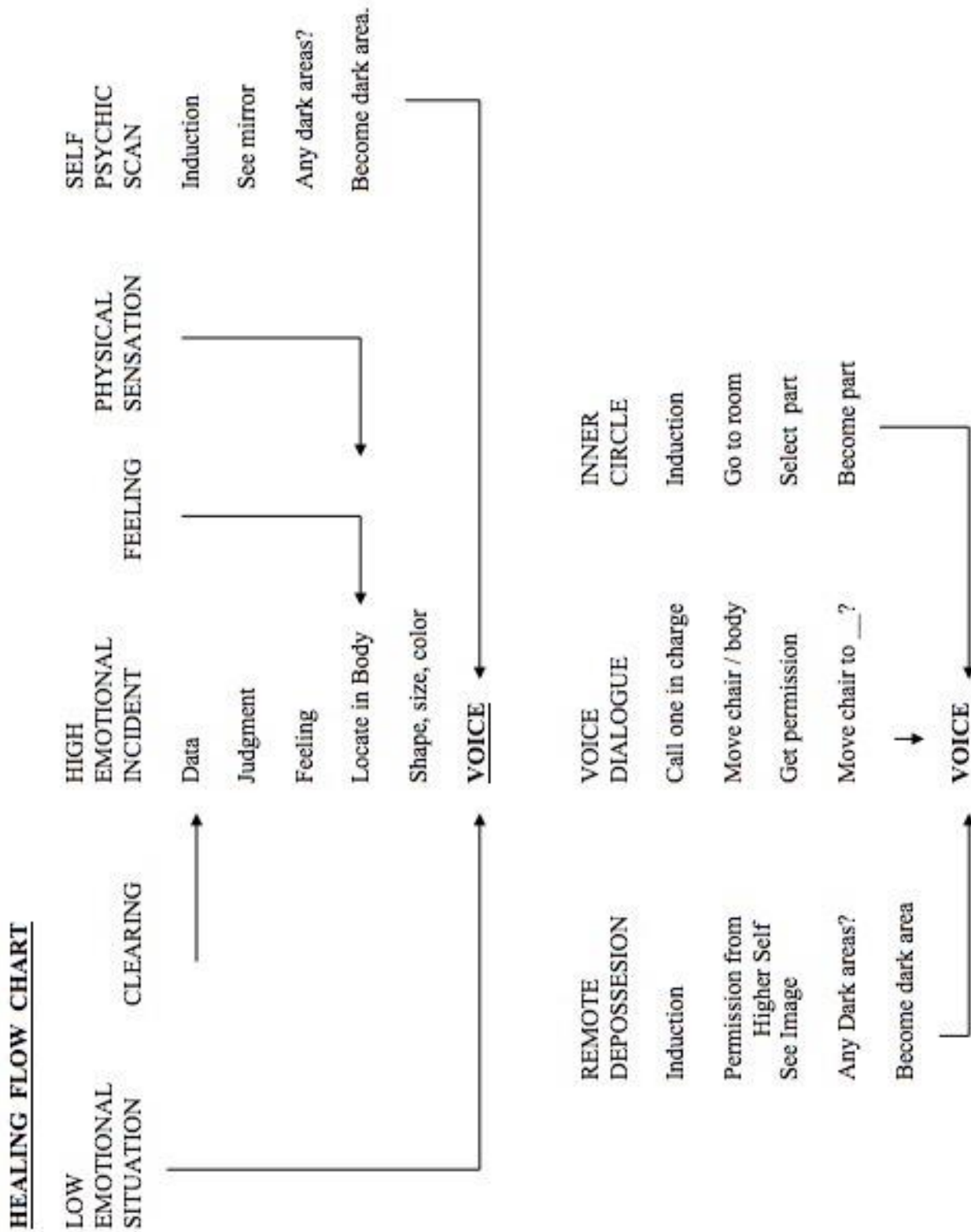
VOICE: Part of X? Yes (1,2,3) NO - Have a Name? Yes (4) / No - Ever been alive in own body? Yes (4) No - Where from? darkness (5) Far away - What is the color of the sun in your universe? Other than yellow - (6)

SPIRIT RELEASEMENT

1. REFRAME (rescript) Current situation	2. REGRESSION (child rescue/bucketing) Go to earlier time	3. PAST LIFE Pg. 26 Go to original source	4. EARTHBOUND Pg. 27 Male / female?	5. DEMONIC Pg. 28 Capsule of light	6. ET Pg. 29 Purpose?
What want	Identity (How old? Clothes? etc.)	Identity / situation	How old?	Purpose?	When joined X?
Positive Intent - If none --(Q) What do?	Event / Trauma Emotional release	Go to before death Last thought	What year is it? How old was X when joined him?	When joined X?	Prime directive Ready to withdraw?
Working? - Resistance (2) Open to Change?	Neg. beliefs learned Rescript / rescue	To the light? -If NO --(4) Redo w/Pos. result	OPT: Go back to last time had own body Death / ask for someone From light	Boss - capsulize Want Freedom?	Call Someone from (pink) light Fix damage
New choices	New lesson / belief	Undo contracts	Check eyes / take hand	Step into light	Go to light
New behavior (change shape, etc.) (return to Inr. Cir.)	Forgiveness		Check for others / Go! - fix damage Fill space Address needy child	Fix damage Call others to transform Go to light	Child rescue Fill w/light Rescue child Fill w/light

**Note: Fragments: Parts of someone else attached to "X" by a cord (also attached by a cord to the person it is a part of.)
Process: Cut the cord attaching the fragment to "X" and send back along the cord to the source person.**

The following chart shows a number of ways that a facilitator can access the voice of a part. Some of these have not yet been covered in this program.



SIMPLE HEALING APPROACH

1. Give Sensation or Feeling a shape, size, color, etc.
2. Hold in front of person (move from inside body)
3. Surround energy/shape in capsule of white light
4. Get willingness to let go of whatever is not a part of “you”
 - If willing to let go, go to #5
 - If not, work with resistant part – usually wounded child
5. Ask forces of light to take away whatever does not belong to this person – see what’s left. Ask what’s left if it's a part of this person, if so, reframe and bring it into the body. (Note: light can only take away demonics – not parts or ET’s, if light cannot take it, and it is not a part, go to #6)
6. Ask someone from the Universe that the energy comes from to come and take it “home” (ET), if nothing comes, #7
7. Ask ancestor (deceased parent, etc.) to come from the light to get it and take it to the light (ghost), if nothing comes, #8
8. Regress to original source of issue (Past Life). Rescript ending.

Tomorrow we will be using these skills to do a remote healing for someone you care about. This remote healing will be a visualization that will follow a similar structure as this next process. Please review this process to prepare for your experience tomorrow.

REMOTE HEALING

1. Choose a target person known to the participant going in trance.
2. Have participant become a part of themselves that can access an altered state for healing.
3. Ask that part to access a safe place in their inner world and take a seat.
4. Ask the target person to come forward.
5. Ask your Higher Yourself if it OK for you to proceed with this Healing.
6. Ask the Higher Self of the target if it is OK to proceed with a healing for everyone's highest good.
7. If yes, ask part to see the energy field of the target and report any dark areas or anomalies.
8. Choose the strongest affect and ask the part to dialogue with that affect (darkness, anomaly, etc.)
9. Ask the "affect" if it is part of the target – continue to ask questions until you can identify the entity and then follow appropriate protocol.
10. When finished, call in healing energies to fill holes in their energy field.
11. Address any remaining anomalies until energy field is clear and symmetrical.
12. Release target and return.

In preparation for this Remote Healing, please have your release protocols handy. Also make yourself familiar with the shortcuts that can be used from today's Reading.

MENTORS SESSION GUIDE

DAY 18

INTENTION

- To Introduce Remote Healing

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's Release Ritual?

INTRODUCTION

Once again, with today's visualization we may take longer than usual.

Today, we will be going to your Sacred Space and then go outside it to the garden where you can invite someone in your current life to come and be with you similar to what we did with the EPC earlier.

This time, however, we will be doing a remote healing for them.

While we cannot always work with a person's parts from a distance, we can do Spirit Releasement remotely.

This is something shamans and medicine men have done for centuries.

With this remote healing approach, you can now do more than pray for someone who is struggling. You can bring significant and often dramatic healing to them.

So please think of someone that you care about who could use some special help.

They may have a serious or chronic health condition or a problem with an addiction. It could be anything where an attachment may be playing a role in their struggle.

Who would you like to help today? Thank you. In a moment I will be starting a visualization, so find your comfortable place and let me know when you are ready to begin.

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, 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.

Note how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper 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 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.

REMOTE HEALING

Now, tell your parts that you'll be going outside to the garden area to do a Remote Healing for someone special to you. Ask your Higher Self to go with you.

See the front entrance to your Sacred Space and walk outside. You may notice a charming walkway leading away from the entrance. Walk along this path and soon you may see a beautiful garden area, as colorful as you have ever seen.

Notice how the walkway leads into the garden and you may notice that right in the center of the garden, is a small area with two solid looking wooden park benches facing each other. You walk to the bench facing a beautiful sunset and take a seat. For a few moments, you simply breathe and enjoy the dramatic sky scape with your Higher Self by your side.

You also may notice the incredibly rich and diverse fragrances coming from the flowers that surround you. You take another moment to stop and smell the roses that are just to your right side and seem to be reaching out to you in all your favorite colors. The breeze flowing past you and the sight and sounds of birds flying overhead add to what is becoming the most sensual and peaceful experience you've had in years.

You now start to think of the special people that are in your life right now and could use some outside help to deal with some health or mental problems they are struggling with. One person seems to stand out for you, and you wish you could help them in some way.

And as you breath into that thought, you may see that very person sitting across from you in the facing park bench. Who do you see there?

Ask them to stand now and you may notice you are seeing them differently than before. You seem to be able to see their entire energy field like a slightly see through version of their physical self .

Before we start, ask your Higher Yourself if it is OK for you to proceed with this Healing.

If OK, now ask your Higher Self to ask the Higher Self of the person across from you, if it is OK to proceed with a healing for everyone's highest good.

If OK, look at their energy field and report any dark areas or anomalies. There may be darker colored areas or discontinuities in the energy flow. What do you see?

Choose the strongest affect and surround it in a capsule of white light. Now begin to dialogue with that affect, that darkness or anomaly, etc. Ask the "affect" if it is part of this person.

Continue to ask questions until you can identify the entity and then follow the appropriate protocol to release it.

(For some dark spots, you may use the simpler release method of asking the forces of light to surround the spots in a capsule of white light and take, what does not belong to this person, to the light)

When finished, address any remaining anomalies until the energy field is clear and symmetrical. Call in the healing light to fill any holes left in the energy field.

When complete, ask your Higher Self to bless this person and conduct any healing ritual that they may close this in a good way. Thank this person for being with you and release them from this space.

Now ask the forces of light to surround you with a capsule of white light and take from you any of remnants from this healing or any other energies that are not a part of you. Just breath and let go and feel the light moving through you and away.

CLOSURE & RETURN

When complete, thank your Higher Self and slowly come back to this time and space.

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.

Stretch your arms and legs, and come back feeling more energized and fresh than you have felt in years.

Now open your eyes and find yourself totally present and fully grounded back in your body.

How was that for you?

How are you feeling?

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 19

INTENTION

- To EPC with someone who has passed on

CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

[mentee and mentor check in]

Any comments on yesterday's experience with Remote Healing?

INTRODUCTION

Today, we will be going to your Sacred Space and then your garden area to do another EPC only this time we will invite in someone who has passed on.

So please get comfortable and in a moment I will start a visualization.

INDUCTION

Please tell me when you're ready to begin.....

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.

Note how your body feels against the chair or bed or your feet on the floor.

Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper 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.

INNER CIRCLE CHECK-IN

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

Tell your parts that you'll be going outside to your beautiful garden area and talk to someone special to you that has passed on from this life.

You may want to ask them if they have any comments on this intention or suggestions on who you could talk to.

Please share what each part says.

[mentee speaks]

TALKING TO A LOVED ONE WHO HAS PASSED

When you feel complete with your parts, see the front entrance to your Sacred Space and walk outside. You may notice a charming walkway leading away from the entrance.

Walk along this path and soon you may see a beautiful garden area, as lush and colorful as you have ever seen.

Notice how the walkway leads into the garden and you may notice that right in the center of the garden, is a small area with two solid looking wooden park benches facing each other.

You walk to the bench facing a beautiful sunset and take a seat.

For a few moments, you simply breathe and gaze see the dramatic sky scape.

You also may notice the incredibly rich and diverse fragrances coming from the flowers that surround you.

You take another moment to stop and smell the roses that are just to your right side and seem to be reaching out to you in all your favorite colors.

The breeze flowing past you and the sight and sounds of birds flying overhead add to what is becoming the most sensual and peaceful experience you've had in years.

You now start to think of the special people that may have been close to you and have passed on. You may wish you could tell them how much they mean to you.

One person seems to stand out for you, and you wish you could share this time and place and this beautiful setting with them.

And as you breath into that thought, you may see that very person slowly coming towards you along the walkway. Who do you see coming?

You notice how they look so familiar and also there's something different, more wonderful about them. You greet them in the way you've always wanted to and then invite them to take a seat across from you.

You both are unexpectedly silent for a few moments as you look at each other and seem to be synchronizing your breaths and now are breathing deeply and fully in unison with each other.

You surprise yourself again, by speaking now in a more loving and honest manner than usual. You begin to say what you've wanted to say to this person for a long time. You can speak out loud if you like or silently so only they can hear you.

And after you've shared, you now find yourself actually listening to them.

You hear them talking like you've never really given them a chance to talk to you before. Take your time and enjoy this conversation. Let me know when you feel complete or want my input.

So, it is now time for this get-together to come to an end. Take a moment to say your goodbyes and release them to return to their time and place.

Know that you can come to this place or even the open meadow beyond, to meet with this person or any of your loved ones that you want to make a deeper connection with.

Now see yourself returning to your Sacred Space, and share what you'd like with your parts.

CLOSURE & RETURN

Would you like to have some alone time now to journal and contemplate or would you like to talk for a few minutes?

If Mentee wants to be alone: Mentor says goodbye, see you tomorrow.

If Mentee wants to talk, Mentor can use these questions if needed.

Anything else you need to feel complete with today's experience?

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?

How do you feel?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 20

INTENTION

- CLOSURE with Inner Circle

CHECK-IN

Please check-in and take your time today. Would you like to start?

[mentee and mentor check in]

Any comments on yesterday's experience with talking to someone who has passed on?

INTRODUCTION

Today we will take as much time as we need to. Are you able to go up to an hour for our final day?

Today we would like to do an extended check-out with your Inner Circle and your Archetypes.

Is there anything you want to share or ask before we start?

Please let me know when you're comfortable and ready to go.

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, 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.

Ask your Higher Self if it would be OK for your Archetypes to join the Inner Circle with your parts just for today's check-out from this Phase 3 of the Omega Point Program.

If OK, invite your Archetypes in, expand the circle and welcome them when they arrive.

Tell everyone that this is our final day together in this Phase 3 of the OPP and we'd like to do an extended check-out with everyone here.

INNER CIRCLE CHECK-OUT

Our check-out round will be anything each part wants to say to you about where you are on your journey and if they have any suggestions or gifts for you.

We can spend some time with each part and Archetype so no need to hurry or rush this.

So please conduct this check-in and I'll help remind you where you're at and what to say.

I'll also be taking notes for you.

Please start when ready and let me know when you feel complete.

[mentee speaks]

Ask your Higher Self to make a closing statement and convey a blessing from Spirit to you and all your parts.

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?

How do you feel?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

MENTORS SESSION GUIDE

DAY 21

INTENTION

- To do a Blessing Round with the Archetype Circle

CHECK-IN

Please check-in using PEMS.

[mentee and mentor check in]

ARCHETYPE CIRCLE

Today we will do a short induction and take you to your Archetype Circle.

We will do a Blessing Round with the Archetypes and then a final check-out.

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.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up.

As you focus on this image you may find it expanding and you may find yourself in your Archetype Circle.

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

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 all the Archetypes are present.

If not, invite them to come in now.

ARCHETYPE CIRCLE BLESSING

Ask your Ruler if it would be OK, if today we do a few rounds of check-ins with your Archetype Circle and then a final check-out.

Tell everyone that this is one of our final days in this program and from now on you'll be visiting them on your own.

To start off, we will do our first check-in round which will be a type of Golden Hot Seat for you (Mentee).

Each part can check-in with three things:

- What they see as your Poison, things you still need to work on.
- What they see as your Medicine, what you are especially gifted at, or what they especially like about you. And then,
- What their graduation gift to you is.

So please conduct this check-in and I'll help remind you where you're at and what to say.

I'll also be taking notes for you.

ARCHETYPE NAME

Our next item is for your Archetype Circle to give you (Mentee) your Archetype name.

If they like they can simply present you with a name, an image of the name, of they can invite in a part that embodies your name.

So invite them to take some time and let you know when they are ready.

If they need more time to do this, they can present it to you on another day.

BLESSINGS FOR MENTOR

For the next round, each Archetype can share something directed to me, your Mentor.

This can be anything they like, a blessing, suggestion for improvement, the name you will use in the future when you might refer to me etc.

So please conduct this check-in and I'll help remind you where you're at and what to say.

PARTING GIFT FROM INNER CIRCLE TO MENTEE

Now ask your Ruler if there might be a graduation Gift from all of the Archetypes for you (Mentee) and if they would like to convey that gift to you now?

When complete, ask your Ruler to make a closing statement and convey any blessings from Spirit to you (Mentee).

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?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the Daily Reading for Day 22 before the next session.

DAILY READING

DAY 22

Post Phase Three

Logistics and Future Plans

WEBSITE AND EMAIL

For more resource information and updated protocols, please visit these Websites:

For the OPP – Phases Zero, 1 & 2

OmegaPointProgram.com

Email: team@OmegaPointProgram.com

Facebook: Omega Point Program

For OPA – Phases 3, 4 and beyond

OmegaPointAcademy.com

team@OmegaPointAcademy.com

Omega Point Academy

MENTEE AND MENTOR FEEDBACK

On the Omega Point Academy website are forms requesting feedback on Phase Three from Mentees and Mentors. Please go to [OmegaPointAcademy.com/feedback](https://www.OmegaPointAcademy.com/feedback)

Please visit the website and record your feedback there. This feedback will help us make improvements to this program.

We also request that you leave a “quotable quote” that we may use to encourage others to experience and mentor this Phase of the OPP.

REGISTRATION

At the end of the Mentee feedback form is a place to register that you have completed Phase Three.

This will make you eligible to access additional resources that relate to the OPP.

Follow-up to Phase Three includes Phases 4 and 5. These phases can also be covered prior to Phase Three is desired.

As of July, 2021, OPP Phases 3 and 4 are available on the OPA website for a nominal fee.

MENTORS SESSION GUIDE

DAY 22

INTENTION

- Wrap Up, Logistics and Future OPP Plans
- To reflect on and integrate Mentee's experience of Phase Three

CHECK-IN

Please check-in using PEMS and remember to state your Mission.

[mentee and mentor check in]

INTRODUCTION

Having completed this 20 day program, today is about reflecting on your experience, and preparing for any follow-up that you may want to pursue.

Did you take some time to look over the Daily Reading for today?

(If not, briefly cover the Reading.)

Do you have any questions or anything you want to discuss about this information?

MENTORSHIP PREPARATION

What is your current status with Passing On the OPP or Passing On Phase Three as a Mentor?

Is there anything you'd like to discuss about your current experience of Mentoring or your plans for taking on a Mentee in the near future?

DAILY PRACTICE

Have you been able to visit your Sacred Space on your own, possibly as a Daily or Occasional Practice?

Are you interested in continuing with this approach of working with your Inner World?

Is there anything I can help you with so you can continue to develop your relationship with your Parts, your Archetypes and your Higher Self on your own?

REFLECTING ON PHASE THREE

To help you integrate what you've experienced so far, I'd like to ask you a few questions.

As I ask these questions, feel free to share whatever comes up for you.

Please describe your experience of the Phase Three in your own words.

How much of this experience was new to you?

What did you learn about yourself ?

What did you learn about your parts?

How are you different now from when you started Phase Three?

How is your life different?

Did you encounter any conflicts with your current belief system?

Have you made any changes to your worldview or paradigm?

Please share any additional comments you have about this phase.

What kind of follow-up to this phase would you be interested in?

On a scale of 1 to 10 (outstanding), how would you rate Phase Three of the OPP?

Please share any feedback you have for me as your Mentor.

Would you like my feedback on having you as my Mentee?

CLOSURE

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

Thank you. Now, let's check out.

FINAL CHECK OUT

SEQUENCE OF AN EARTHBOUND SPIRIT RELEASEMENT

Once an entity has been discovered there is a specific sequence of information gathering questions. The first question assists in differentiating between the dark energy or demonic being and the earthbound spirit of a deceased human

T: "Have you ever been alive in your own human physical body?"

If the answer is affirmative, then there is a series of questions which will lead to more precise diagnosis. The responses will assist the therapist in determining which category best fits the attached discarnate entity. If the answer is negative, attention is focused on the categories of non-human entities and energies.

If the discarnate entity claims a history of human life, the therapist asks for information in the following order:

T: "Are you male or female?"

T: "How old are you?"

The spirit of an older female may hedge or hesitate to answer. Discretion and sensitivity must be used in finding the approximate age.

T: "Are you over 10? Are you over 20? Are you over 30? (etc.)"

A pause between each question will assist a confused entity in recalling its age. The terminated pregnancy does not know its age in years. Such a spirit does know how far along in the pregnancy it was.

T: "What year is it for you?"

The earthbound spirit is fixated in the year of its death. The mind fragment of a living person knows the present date. The terminated pregnancy is not aware of the date.

T: "What is your name?"

"How do people address you?"

"When someone calls you by name, what name do they use?"

T: "How old was _____ (client's name) when you joined her in this life?"

The earthbound and mind fragment will know the person's age at that time.

T: "What attracted you to her?"

"Was it mutual in any way?"

"Did she invite you to come in?"

"Did you ask if you could join her like this?"

"Did she give you permission to join?"

"What allowed you to attach to her like this?"

"What was the opening that allowed you to get in?"

“How was she vulnerable to you?”

“How was she susceptible to you?”

This sequence of questions furnishes valuable information for the ongoing therapy in healing the vulnerability which allowed the attachment.

The therapist next gathers data regarding the nature and extent of the interference and damage caused by the attachment.

T: “How have you affected her physically?”

“How have you affected her mentally?”

“How have you affected her emotionally?”

“What damage have you caused her by being here?”

With the successful resolution of the conflicts which hold the entity attached, the entity is ready and more than willing to go. The being is directed to focus upward and to describe what it perceives. It is most often a brightness, a Light, brilliant and warm. With the resolution of the earlier resistance the Light is very close or surrounding the entity.

T: “Is there anyone there? Is there anyone in the Light? Can you see the forms of any people?”

The guiding spirits usually appear in the Light. If there is nobody visible or perceivable, the therapist prompts the entity to look deeper into the Light.

T: “Think of someone who knew and loved you when you were younger. Look deeper into the Light. Is there anyone there? Is there someone in the Light that you recognize and trust?”

The one who comes most often as a guiding spirit from the Light is the mother of the entity. Next most often is grandmother. Brothers, sisters, aunts or uncles, even children can come as guides. Occasionally father comes, especially if there was conflict with father while both were living. This is a time when that conflict can be healed. Buddies who died in a war often come for a soldier who died in combat. Some entities do not recognize the guides; they look like angels, and that is enough. The entity, through the client, will describe hands reaching out.

T: “How does it feel when she takes your hand?”

When the entity takes the hands of the guiding spirit from the Light, it is most often described as “warm.” The next most common descriptions are “strong,” “safe,” “friendly,” or “good.” If the hand is described as “cold,” “rough” or in any way unpleasant, this is a deceiver who has come to take the spirit to a different place, usually the dark side.

T: “Is there anything you would like to say to her before you go?”

Usually, it is an apology for any harm that has been done, a plea for forgiveness and the expression of love.

T: "Now that you are connected with the Light, do you feel stronger?"

C: "Yes."

T: "Can you reach back and repair the physical damage you have caused? Ask the guiding spirit to help you. Can you do that? Please tell me when that is done."

C: "Yes, I'm doing that now." (pause) "It's finished."

T: "Thank you. Will you reach in and remove the thought patterns and beliefs which you imposed on this one's mind?"

C: "Yes, I can do that." (pause) "That's done now."

T: "Please remove any emotional residue that was yours. She does not need to continue to carry any of your emotional burdens."

C: "Yes, I've done that now."

T: "Thank you. Are you ready to move on into the Light?"

C: "Yes, I want to go. Thank you."

T: "You are welcome. We send you home to the Light, with love, and we say farewell."

The final step is the Sealing Light Meditation. (page 208 in the Technique Manual)

T: "Close your eyes and focus inside. Focus deep inside to the very center. Find your own spark of Light there, your own Light, deep inside. Feel it, see it, sense it there, imagine it there, deep inside you. Imagine that the spark of Light glows warmly and expands in every direction, upward and downward. The Light expands all the way into the tips of your toes up to the top of your head, from fingertip to fingertip, filling every cell of your body. Imagine the Light expanding outward beyond the boundaries of your body about an arm's length in every direction, a shimmering bubble of golden white Light all around you."

It is very important and necessary to fill, metaphorically, the space left by the departing being or beings. The client is urged to repeat this visualization of the Sealing Light Meditation several times each day.

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SEQUENCE OF A DEMONIC SPIRIT RELEASEMENT

There is a specific, logical sequence of events in the releasement of the dark-energy beings, the demonic spirits. Once the diagnosis of dark-energy being has been made, this sequence is followed. See page 328 in the Technique Manual.

1. "I call on the Light to guide and direct the session."
2. "I call on the Warrior Angels of Light to stand against the darkness that would interfere."
3. "Mighty Rescue Spirits of Light, surround this _____ (dark one, red eyes, growler, etc.) with a mesh of Light, a net of Light, a capsule of Light: impervious, impenetrable and inescapable. Squeeze the capsule tightly around this one."
4. "What did they tell you about the Light?" Usually they are warned to stay away from it, it is dangerous and harmful. Of course they will not approach and learn about the Light. They will be "kept in the dark" about the Light.
5. "What did they tell you it would feel like if the Light came this close?" Usually they say it would burn. The third deception is that the Light is harmful. "Is it burning?" They will say no.
6. "What did they tell you would happen to you if the Light came this close to you?" They are told they would be destroyed, they would cease to exist, disappear, die. The second deception is that they can be destroyed, that they can cease to exist. A God-created being is eternal and cannot be destroyed. "Are you being destroyed, are you disappearing?" They will say no.
7. "Do you want to be free?" They usually say yes. "Look deep within yourself, deep into the center of your being. What did they tell you was inside you?" Usually they are told there is nothing but darkness, or pain, or emptiness inside. The first deception is that there is no Light within. The spark of God does not exist in them. The denial of God is a deception of the first magnitude.
"There is only one key to freedom, one escape, and it lies at your center. Look for your own key to freedom." It will locate its own spark of Light. It will be described as a candle, a flame, a diamond, a crystal, a pearl, a little spark, or something like that.
8. "What happens to that little (use its word for the spark) as you continue to observe it?" It will grow larger and brighter.
9. "How does it feel?" It will feel warm.
10. "Step into the Light and become the Light. How does that feel?" It feels good, strong, peaceful.
Discovery of its own Light, moving into that Light, and becoming the Light is the process of transformation of this little dark being. The darkness will disappear along with the hostility and destructive behavior. They may want to take a new name, or the therapist can call them "little friend."
11. Dialogue with the one inside the capsule. Discover the vulnerability which allowed the attachment to the client, the purpose for attaching and the effects of the attachment.
12. "Would you like to begin to balance some of the damage you have caused?" It will usually say yes. "Call to all of your underlings, your associates that are attached to this person (the client), attached to any other family member, friends or co-workers. Call out across the horizons of time and space and dimension, across the carpet of time, past, present, future, to all your underlings, associates and all those of equal rank and stature. Do you understand what I am asking of you?" They usually do, and they agree to do this. The transformed dark one will

assist in summoning its underlings and subordinates, its associates and those of equal rank and stature.

13. The therapist calls out. "In the name of the Light I call out across the horizons of time and space and dimension to those of higher rank and stature, and for all the dark replacements, unto the end of the replacements for all these who are choosing the Light this day. I call on the Rescue Spirits of Light to gather these dark ones that come, each in its own capsule of Light, and transport them to their appointed place in the Light."
(The therapist speaks to the transformed dark one) "Urge all these who come to find their own spark inside as you did. Are they doing this?" They usually do it immediately.
14. "Rescue Spirits of Light, lift this one home to its own appointed place in the Light. Is there anything you want to say to this person (the client) as you go?" Usually there is an apology for the harm caused, sometimes an expression of love.
"In this moment, we send you home to your own place in the Light and we say farewell."
15. "I call on Archangel Michael and the Legions of Heaven to gather every dark one along every thread of any and every dark network involved or associated in any way with _____ (the client) the ancestors, the offspring, including those yet unborn, with anyone who has married into this family or has been connected in any way. Move them all into their own appointed place in the Light."
16. "I request that the Legions of Heaven continue this gathering of the dark ones, and to lift the path of freedom far, far from anyone involved in the session, the places in which we work and our residences, and far from the earth plane."
17. "I call for the Mercy Band of Rescue Angels of Light to gather and take home to the Light all those earthbound spirits now freed by the dark-energy beings as they are being lifted to their appointed place in the Light."
18. "We give thanks to all those who assisted in the rescue work this day."

For the client (or entity) who has made some sort of contract with the dark forces in this or another lifetime, the Renunciation of the Darkness is appropriate. (pg.316)

T: "Would you like to break that false contract? Are you willing to declare the renunciation of the dark forces and pronounce your separation from the pact?"

The client (or entity) usually says yes.

T: "Repeat these words. Make them your own. You must repeat them as your own: In the name of the Light, I rebuke you, darkness."

The client repeats the sentence.

T: "I renounce all activities of the darkness."

The client repeats.

T: "I revoke all contracts, agreements, bargains, rituals, initiations, and ceremonies with the darkness." (The therapist may have to repeat these one word at a time.)

The client repeats.

T: "Throughout eternity, for as long as my soul exists."

The client repeats.

T: "In the name of the Light, it is so."

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SEQUENCE OF AN EXTRATERRESTRIAL RELEASEMENT

Once an entity has been discovered there is a sequence of information gathering questions. The first question assists in differentiating between the dark energy or demonic being and the earthbound spirit and the extraterrestrial.

T: "Have you ever been alive in your own human physical body?"

If the answer is "no", attention is focused on the categories of non-human entities and energies. Information is gathered with the following questions.

T: "How old was _____ (client's name) when you joined her in this life?"

T: "What attracted you to her?"

"Was it mutual in any way?"

"Did she invite you to come in?"

"Have you known her in another time or another place?"

"Did you ask if you could join her like this?"

"Did she give you permission to join?"

"What allowed you to attach to her like this?"

"What was the opening that allowed you to get in?"

"How was she vulnerable to you?"

"How was she susceptible to you?"

This sequence of questions furnishes valuable information for the ongoing therapy in healing the vulnerability which allowed the attachment.

The therapist next gathers data regarding the nature and extent of the interference and damage caused by the attachment.

T: "How have you affected her physically?"

"How have you affected her mentally?"

"How have you affected her emotionally?"

"What damage have you caused her by being here?"

The next question will usually differentiate between a dark energy being and an extraterrestrial.

T: "Where are you from?"

The dark energy beings will often claim their source is the dark or the darkness. Et's will simply state: "...from far away."

T: "What is your purpose here? What is your function, what is your assignment with _____ (client's name)?"

The dark energy beings will claim ownership, will proudly proclaim their function is to destroy the person, they will admit to getting in the way, holding the person back or down, and will generally present a hostile attitude.

The extraterrestrial will often present as benign, even surprised that you are questioning or challenging them. The et often claims the mission is to gather information on the surrounding environment through the sensory apparatus of the person. They may be gathering information on the human psyche. Remind them of the prime directive (à la Star Trek) of non-interference with a sentient species, i.e. human beings.

T: "I claim in the name of humanity that we are a sovereign species and demand that you withdraw from this and all other such humans you and your people have intruded upon in this way."

They will often agree immediately. Ask to speak to the captain, chief, first officer or science officer in charge of this group. That one is usually aboard a mother ship near the earth, probably a multi-dimensional craft. From that one, you can ask to be cross-connected to headquarters on the home planet or home location. You will get the High Council or Regent or whatever they call their president. Be bold but not arrogant, firm but not demanding, and respectfully request they withdraw from this place and our peoples. They will usually agree. The rescue effort begins and the questions are again focused on the attached et.

T: "What color is the Light in your Universe?"

It will be described as blue, green, violet, pink, lemon-silver, or some other color. The therapist calls for help from their own Light beings.

T: "I call on the Rescue Spirits of Light from the Pink Light Universe. There are some of your people here who are ready to come home. (pause)
(to the et attachment) "Can you see them coming? Do you recognize them?"

They usually do. And they go home to their own Universe willingly.

The et's sometimes state their intent is simply to take over this person and eventually the world. And there is nothing you or anyone else can do about it. It is a quietly arrogant statement of power and certainty, not blustery defiance of the dark energy beings. The et's who want to take over and control are under the influence of the higher dark energy beings. These demons are major soul thieves. These are the powers and principalities of the Universe. This requires two lines of pursuit by the therapist; before going through the chain of et command, the dark ones must first be addressed. They are treated like any other dark energy beings.

The therapist begins with the dark one controlling this et, then asks for the immediate superior (usually called a commander) and on up the chain of command of dark ones. The one in charge of this alien civilization is a high prince or princeling of darkness. The Council sold out to the dark force in return for power. They literally sold the souls of all their peoples to the devil.

After the dark ones have been discharged properly, the et's have no further interest in taking over any humans. Or another planet. They usually describe having enough problems on their own home planet. The therapist asks the color of the Light in the et's Universe. The Rescue Spirits from that Universe arrive for the rescue.

T: "Is there anything you would like to say to her before you go?"

Usually, it is an apology for any harm that has been done, a plea for forgiveness and the expression of love.

T: "We send you home to the Pink Light Universe, with love, and we say farewell."

The final step is the Sealing Light Meditation. (page 208 in the Technique Manual)

T: "Close your eyes and focus inside. Focus deep inside to the very center. Find your own spark of Light there, your own Light, deep inside. Feel it, see it, sense it there, imagine it there, deep inside you. Imagine that the spark of Light glows warmly and expands in every direction, upward and downward. The Light expands all the way into the tips of your toes up to the top of your head, from fingertip to fingertip, filling every cell of your body. Imagine the Light expanding outward beyond the boundaries of your body about an arm's length in every direction, a shimmering bubble of golden white Light all around you."

It is very important and necessary to fill, metaphorically, the space left by the departing being or beings. The client is urged to repeat this visualization of the Sealing Light Meditation several times each day.

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SEQUENCE OF A REMOTE SPIRIT RELEASEMENT

The person who is to act as the medium or connecting link for the remote releasement must first be cleared of her own spirit attachments. The client is directed to visualize the target person face to face.

T: "Look into the eyes of _____ (the target person) Can you see the eyes?"

C: "No, he is turning away from me."

T: "Call to him, ask him to look at you."

C: "Good, he is looking this way."

T: "Look deep into the eyes. Can you feel the connection?"

Often the client will move, even twitch or jerk slightly. This indicates the moment of connecting psychically with the other person.

T: "I call for High Self permission to proceed with this work. What do you sense as an answer, yes or no?"

The client will usually describe a feeling of warmth, a smile on the face of the other person, a nod of the head, a shout of "YES" from the other, even a written message that reads "YES." Rarely does the response come back as "no."

T: "Look deep into the eyes of the other. Is there something there? Something else there? Is there something else looking out the eyes? Is there another face superimposed on his? Are there any other faces hovering around his head? What do you sense, what to you perceive?"

The client may describe other eyes looking out from his eyes or from behind his eyes. There may be a dim outline of another face over his like a transparent mask. There may be other faces hovering close by.

It is essential for the client acting as the intermediary in the remote work to refuse permission for these entities to come in and take control of her body or voice. This is especially true for the dark ones who will be more intrusive and aggressive. They want to come in and take over. Unfortunately, they don't want to leave after they get in.

It is important for the client to establish this boundary, to pronounce the refusal at this time. The therapist speaks these words aloud and the client repeats.

C: "I do not give you permission to approach me. I refuse you permission to enter my body or use my voice. I do not give you permission to touch me or influence me in any way. I will repeat your words."

T: "Do not touch her body in any way. She will repeat your words. I call out to the one looking out from behind his eyes. Step forward. What is the first thing you want to say to us?"

Or, "I call out to the one in charge here. I call out to the strong one with this man. The

one in charge, what's your name?"

Or, "I call out to the one who likes the alcohol."

Or, "I call out to the one with _____ (the person's name) who likes the drugs."

Or, "I call out to the one who _____ ." (descriptor of the problem)

This will usually elicit a response from the designated spirit. The descriptor can be any problem or condition afflicting the target person as outlined by the client.

From this point, the procedure for the remote spirit releasement is the same as for direct spirit releasement, earthbound, extraterrestrial, and dark.

The client takes responsibility for continuing the visualization of filling and surrounding the other person with the Sealing Light Meditation. When the process is complete, the therapist calls on spiritual help for the target person.

T: "We call on the High Self to descend into the body of this one, and to remain and assist as the healing and integration continue. We ask the Healing Angels of Light to touch in to this person to heal what can be healed, to restore to wholeness that which is damaged. We call on the Warrior Angels of Light to walk with this one in the days and years of his life, to guard against any further intrusion of dark spirits. We ask this in the name of the Light."

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