

**the**

**OPP**

**The Omega Point Program**

Phase One

the  
**OPP**  
**MENTORS GUIDEBOOK**

a

DAILY READING

and

MENTORS SESSION GUIDE

for

Phase 1

Days 1 to 20

by Bill Wich

OmegaPointProgram.com

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# Omega Point Program Protocols

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

The OPP Phase Two, Days 21 – 40, are included in a separate document available on the OPP website: [OmegaPointProgram.com](http://OmegaPointProgram.com)

## Omega Point Program Protocols

### Daily Readings and Homework by Day

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

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

# **The Omega Point Program**

a 40 day *Pay It Forward* experience

## **An Invitation**

Pierre Teilhard de Chardin is often quoted as saying:

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

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

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

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

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

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

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

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

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

## The Gift

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

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

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

## WAYS TO CONDUCT PROGRAM

### 1. Mentor to Mentee

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

### 2. Round Robin – for 2 to 5 people.

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

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

The Phase Zero program provides facilitation experience as preparation for mentoring the OPP; available at: [OmegaPointProgram.com](http://OmegaPointProgram.com)

## PROGRAM DIRECTIONS

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

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

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

### 1. Program contains two elements for each day:

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

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

To be read by Mentor prior to each session,

To be read by Mentee after each session as Homework.

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

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

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

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

## Instructions on Choosing a Mentee

### A. Choose Mentee(s)

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

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

It is recommended that Mentees be:

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

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

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

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

### B. Contact Prospective Mentee

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

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



## General Facilitation Guidelines for Mentors

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

## Specific Mentor Guidelines for this Program

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

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

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