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OPP

The Omega Point Program

Phase Zero

the
OPP
MENTORS GUIDEBOOK

a

DAILY READING

and

MENTORS SESSION GUIDE

for

Phase Zero

Days 1 to 20

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The Omega Point Program (the OPP)

The OPP is a 40 day program where one person (a Mentor) guides another person (a Mentee) through a different process each day. These daily sessions take from 30 to 45 minutes a day and are usually done on Zoom or on a phone call.

During the 40 day program, the Mentee has the opportunity to do some deep personal work, address the major issues in their life and make major improvements in their effectiveness and enjoyment of life.

They will also learn a number of communication skills to help them develop more loving and supportive relationships in all aspects of their life.

The major adventure included in the OPP is a deep dive into the Mentee's Inner World where they learn to work directly with the different parts of themselves which are often hidden away in their subconscious.

The original 2020 Omega Point Project was launched in April of 2020. It consisted of two Phases - Phase 1 and Phase 2, which covered the intended 40 days of the program.

The feedback on the program has been incredibly positive.

In an effort to make the OPP accessible to a wider audience, a revised and upgraded version of the OPP was launched on 1 - 20 - 2021.

The invitation to participate in this Omega Point Program can be found in the Daily Reading for Day 20 at the back of this document and also on the website:
<https://omegapointprogram.com/phase-1-1-10>

This new version, now called The Omega Point Program, consists of five Phases:

Phase Zero – A 20 day program for two people who want to participate in the 40 day program and have not yet experienced doing or facilitating this kind of personal growth work. These two people will alternate roles as Mentor and Mentee during the 20 days.

Phases 1 & 2 – The basic 40 day program with one Mentor taking one Mentee through each day's session.

Phases 3 & 4 – Advanced Phases for those who want to continue with the program.

Phase Zero

An Introduction to Doing and Facilitating Personal Work

In today's culture, we are seldom taught communication skills that are caring, helpful and effective in creating meaningful relationships. Instead of seeing these skills as the domain of therapists and counselors, we could learn these skills much like we learn basic Math.

Every parent, boss, sister/brother, co-worker, friend or spouse can immeasurably improve and deepen their relationships by developing better communication skills.

This program is designed to introduce two people to some basic communication and facilitation skills and have you experience and practice those skills through a daily 30 minute phone call with each other.

This Phase Zero is an introduction to doing Personal and Spiritual growth work. It also provides the opportunity for someone to gain experience in facilitating a person through some basic healing processes.

Not only will you learn the skills, you will have multiple opportunities to do "work", i. e. go through a process to help you resolve major issues in your life and develop greater peace of mind.

It is our hope that this 20 day program will prove to be beneficial on its own, as it also serves to enhance the experience and effectiveness of the 40 day OPP program.

This 20 day program is designed for two people to facilitate each other through some basic healing processes. The program will guide you through exercises that enable a comprehensive reflection on your life. It also provides step by step processes to effectively address those areas of your life that may not be working as well as you'd like.

Many days will include a written introduction to a skill or process that you will read before your phone call. The 30 minute call will then be dedicated to the experience of that skill or process.

No prior experience of personal work is required. The two partners will learn together. If you are 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.

If you are confident in your ability to facilitate another, you are invited to begin the OPP Phase One as a Mentor. If not: Welcome to Phase Zero!

Omega Point Program

Phase Zero Protocols

Table of Contents

Day	DAYS 1 – 20	Page
1.	Active Listening - Introduce self, use silence - switch	12
2.	Active Listening - Use Echo, What want from OPP, switch	17
3.	Active Listening - I-statements, 5 emotions, Share what comes up	20
4.	Active Listening - What to Avoid, Share challenges, switch	26
5.	Active Listening - Share Physical history, switch	29
6.	Mentoring Process - A mentors B - Physical issue for B	33
7.	Mentoring Process - B mentors A - Physical issue for A	33
8.	Active Listening – Share Emotional history, switch	39
9.	Regression Process - A mentors B - Emotional issue for B	43
10.	Regression Process - B mentors A - Emotional issue for A	43
11.	Active Listening - Share Mental history, switch	52
12.	Mentoring Process - A mentors B - Mental issue for B	54
13.	Mentoring Process - B mentors A - Mental issue for A	54
14.	Positive Intent (PI) – A mentors B - what want from OPP	60
15.	Positive Intent (PI) – B mentors A - what want from OPP	60
16.	Active Listening - Share Spiritual history, switch	63
17.	Mentoring w/PI - A mentors B - Spiritual issue for B	69
18.	Mentoring w/PI - B mentors A - Spiritual issue for A	69
19.	Echo Process – Use Echo Process – switch	74
20.	De-brief experience, Partner feedback, Plan to start P1	78

The OPP Phase One and Two, Days 1 – 40, are included in a separate document.

Please choose who will be Person A and Person B as you begin Day 1.

Person B is recommended for the less experienced Partner.

Omega Point Program

Phase Zero Protocols

Daily Readings Index

Reading for Day		Page
1.	Daily Outline, Check-in & Check-out, Agreements	8
2.	Introduction to Active Listening	15
3.	PEMS, I-statements, 5 feelings	19
4.	Introduction to What to Avoid in Active Listening	23
5.	Physical - Personal Health, Living Environment	28
6.	Introduction to Reframing, Mentoring Process	31
8.	Emotional - Personal Emotions, Social & Relationships	36
9.	Introduction to Regression Process	41
11.	Mental - Intellectual clarity, Cognitive abilities, Career	46
14.	Introduction to Positive Intent (PI)	57
16.	Spiritual - Religion, Spiritual Awareness, Worldview	62
17.	Intro to Mentoring Process with PI, Healing Overview	65
19.	Introduction to ECHO Process	72
20.	Instructions for OPP Phase One	77

Please read through the DAILY READING prior to each day's session.

For many days, Mentor B can do the Reading after they have experienced the process.

- These **Days are 6, 9, 12, 14 & 17** – shown in bold above

Daily Protocols

What follows this page are Daily Protocols to guide you through this 20 day program.

Each day will have a: **MENTORS SESSION GUIDE**

- A script for taking your Partner through the day's protocol

Most days will have a: **DAILY READING**

- A cognitive teaching piece introducing the day's topic

Instructions

This program is designed to be shared by two people (Partners) who will alternate between the roles of Mentor and Mentee (i.e. One person facilitating the work and one person doing the work).

These protocols will be referring to Person A and Person B for the two people who will be switching roles frequently.

- You may want to designate the person with the most experience as Person or Mentor A. Mentor B can then get to experience most processes before they will mentor them.

Please choose who will be Person A and Person B as you begin Day 1.

Please read through the DAILY READING prior to each day's session.

- For many days, Mentor B can do the Reading after they have experienced the process.
- See Days: 6, 9, 12, 14 & 17 – shown in bold in Index, pg. 4)

As you begin Phase Zero, it is requested that each partner take a moment and register on the OPP website. Simply click on this link:

<https://omegapointprogram.com> and scroll down slightly to Quick Links.

Click on “Register” and enter your information.