

the  
**OPP**



**The Omega Point Program**



# The Omega Point Program

## INTRODUCTION

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## The Omega Point Program (The OPP)

### HOW TO START THE OPP

The following 13 pages are a comprehensive introduction to the OPP.

For someone just hearing about the OPP and wanting to see if it fits with their needs, this introduction will provide the information needed to help you decide if and how you would like to pursue this program. If this sounds like you, you are invited to skip this page and start your OPP inquiry on the next page.

For those who have already decided to begin the OPP, have a partner to work with and are ready to go, you may skip this entire introduction, if you'd like, and go right to the protocols for Phase One of the OPP.

All you need to do is to choose which of the two versions of the Phase One protocols is right for you: the **Phase One** or the **Phase One - Reciprocal** protocols.

All of the OPP protocols are written for a Mentor to take a Mentee through each daily session.

**Phase One - Reciprocal** is designed for two people who essentially alternate the Mentor/Mentee roles every day. No prior OPP experience or facilitation experience is required for this approach. This version takes 24 days with each person getting to "do work" on about half of those days and then facilitating the work on the other half.

The regular **Phase One** protocols assume there is one Mentor and one Mentee for the entire phase. This version of Phase One requires a Mentor who has already completed Phase One as a Mentee or has some experience in facilitating personal growth work. This version takes 15 days and involves only the Mentee "doing work" while the Mentor is always facilitating the work. Both roles are extremely rewarding.

If one of these descriptions fits for you, you can find the **Phase One** and the **Phase One - Reciprocal** protocols on the OPA website: [OmegaPointAcademy.com](http://OmegaPointAcademy.com).

If you are still unsure, you may want to start reading on the next page of this OPP Introduction. Enjoy!



## OPP INTRODUCTION: TABLE OF CONTENTS

<b>TITLE</b>	<b>PAGE</b>
HOW TO START THE OPP	2
INVITATION	4
PROGRAM DESCRIPTION	5
OPP FEEDBACK & REVIEWS	6
PAY IT FORWARD	10
PROGRAM PHASES	11
WAYS TO CONDUCT THE OPP PROGRAM	12
PROGRAM DIRECTIONS	13
THE DAILY READINGS	14
SESSION OUTLINE	15
ADDENDUM INDEX	17



# The Omega Point Program

a *Pay It Forward* experience

## 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. He says:

"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 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 our 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 Omega Point Program (the OPP)

## PROGRAM DESCRIPTION

The OPP is a daily 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. Each day consists of a different script for the “Mentor” to follow.

During this program, you, as a Mentee, will have the opportunity to do deep personal work, address the major issues in your life and make major improvements in your effectiveness and enjoyment of life.

Your Mentor will follow a set program designed to share skills and processes to help you establish an active inner life and to grow both personally and spiritually. Most of all, your Mentor will listen to you.

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 help you be with others, in a loving and effective manner, develop a deep one on one connection and communicate in ways not usually possible in our culture. You will learn a number of communication skills to help you develop more loving and supportive relationships in all aspects of your life (Phase 1).

The major adventure included in the OPP is *going inside* into your Inner World (Phase 2). In this deep dive into your subconscious, you will learn to work directly with the different parts of yourself which are often hidden away from your conscious mind.

"Go Inside" is a common refrain in spiritual circles, yet there is little support for helping one to understand what this means or how to do it, i.e. :

*Your vision will become clear only when you look inside your heart. Who looks outside, dreams. Who looks inside, awakens ~ Carl Jung*

*There is only one journey. Going inside yourself. ~ Rainer Maria Rilke*

*What lies behind you and what lies in front of you, pales in comparison to what lies inside of you. ~ Ralph Waldo Emerson*

The OPP will take you step by step into your inner world and teach you the tools to navigate it effectively.

This program is secular and not based on any religious or spiritual discipline. It 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 or spiritual discipline.

The OPP is a giveaway to you and only asks that you give it away to one or two others.

After completing the program, you will be given everything you need to share what you've experienced.

The OPP revitalizes the Oral Tradition of passing on wisdom like our ancestors may have done. It also emphasizes teaching as an essential component of learning.

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.

The original OPP, named the 2020 Omega Point Project, was launched in April of 2020 when Covid forced the cancellation of all the Next Step Trainings.

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 and this current upgraded version was launched on 3-1-2024.

The feedback on the program has been outstanding:



## OPP FEEDBACK & REVIEWS

The following are excerpts from the feedback we have received from Mentees who have completed Phases 1 & 2 of the Omega Point Program.

### **ABOUT THE OPP**

"The OPP is a journey unlike any you've taken before. The treasure that awaits you at the end dwarfs mere gold and jewels: it's the authentic you."

"Although many of the concepts were familiar, the way it progressed was magical."

"OPP's incremental, facilitated, experiential, and gently unfolding process, inner world framework and powerful self-processing tools are enabling me to effectively and efficiently access, grow with, and receive the blessings and love of my myriad inner parts and more. It's so well done I've not been able to allow myself to sabotage it the way I've sabotaged the numerous other methods I've tried in the past 39 years to get out of my own way so that I can finally live and love my best life. This is the most promising inner technology program I've ever encountered."

"It's brilliant and loving and I can't believe that someone was willing to spend up to an hour a day taking me through this enchanting experience. I felt loved and cared for by my mentor, by the words in the script, by the lack of judgement or agenda and yet the guidance was clear, firm and powerful."

"The self-pace, scheduling daily when I was not working was very helpful. My mentor was very committed and compassionate which kept my trust factor able to be vulnerable. The website was easy to follow and printing out the materials was beneficial to be a mentor to my mentee. Your free service of not charging enabled me to attempt this amazing program. I would not have had this experience and I am forever appreciative of this gift you have given society and me."

"The induction, the slow progression into parts work and the simplicity of the protocols allowed me total freedom to create my own inner journey. I really loved it when my mentor would speak from the script like an actor embedding a role. My mentor was caring, consistent and handled off-script moments brilliantly."

"Like Uber disrupted the taxi industry, OPP has the potential to revolutionize how the western culture approaches therapy, education, personal growth, addiction treatment and spiritual development. Finally, a healthy, grounded, effective and empowering pathway to enlightenment."

""Self-discovery" will never mean the same thing again."

## **FROM PROFESSIONALS**

"None of this experience of inner child work was new. I have had some work cognitively on all these issues, yet in this model of imagination I was able to go "beyond imagination" and in doing so it allowed me to take the time and reframe my personal story. I am a Licensed Marriage and Family Therapist, Clinical Hypnotherapist, Trauma expert, and yet this has been an incredible journey of self-discovery."

"I have done much work in visualizations, reframing, positive intent and echo process in my 35 year professional world and I have sporadically used Jungian Psychology in my personal life, understanding the concepts... YET altering them and using them for healing energy is a new path."

"This Omega Point Program has been life altering. I am in such deep gratitude for the opportunity to explore my inner world in this safe and compassionate manner. It has allowed my inner child to understand more fully the effects of the historical perspective of my family interactions, my family loyalty bonds, my reactions to decisions about managing through the death and dying of my ancestors. Using the script created has enabled a hypnotherapy model of inner healing, which has given me as a professional Hypnotherapist an additional personal glimpse on the inside of the beauty of this healing process."



## **PARTS WORK**

"I learned the process of accessing my various parts. In addition I have become aware of how important it is to acknowledge what ALL the parts have to say. I realized how readily I have discounted what the parts have going on and how much this contributes to my dissonance, anxiety and perhaps even states of depression. "

"I have learned to further trust and playfully listen with my parts. I have learned that with each part's healing and development that I become stronger as a whole. Every voice is a part of me. Everything I hear is a part of me. The more I listen and honor my parts, the more aligned they become. The more aligned they become the more powerful my intention and focus becomes. The more focused I am the more I am able to manifest my life."

"I learned that I have certain dominant parts, that I have significant power to heal within through parts work, and that I can be connected to mission even more through this work."

"There is a whole team of parts, including a loud "Committee of Negatives" working to protect me and who get in the way of my progress."

"I met some new parts and I also learned how to separate parts of me from parts that are not me. That was really helpful work."

"I'm more aware of myself and of others. I've learned that just as I'm made of parts, others are too. This allowed me to be less judgmental of them as a whole."

"This expanded my view of what's possible for humans working with parts and spirit"

"I have run away from myself more and longer than I ever imagined. Mostly I have accepted being alone, unsafe, wounded, small, powerless, cut off from myself and others, a victim and now I have a whole wonderful loving supportive family growing inside me – I am not alone anymore!"

"I am not alone. Me and my parts are all in this together. I have effective tools that allow me to be with whatever comes up inside me. I can change. I am changing. I want this change to continue."

## **INNER WORLD HOME BASE**

"The OPP has been of huge benefit to me. The gift of connection to my unconscious, inner circle and sacred space has brought a new grounded, solid, complete being to me. I now have ability to seek council within instead of seeking external answers to inner world issues."

"OPP allowed me to discover an inner-world I previously was unaware existed. It was fascinating, illuminating, and allowed me to learn a great deal about myself. And in the process, allowed me to begin the path of healing. "

"Some of my parts were not welcome in my inner circle and it's past time to make them feel comfortable and learn what they bring to the table."

"I learned that all my parts have a rightful place in my inner circle. I had repressed many of my parts growing up and this project has been a celebration of reuniting them consciously and with purpose. "

## **OPP, MEDITATION & SPIRITUAL PRACTICE**

"The Vipassana Meditation version of Buddhism I've been learning and internalizing over the past 6 years had left me believing that nothing satisfies, that all things are impermanent and that I am Not. So I was believing escape was the only answer. The centering prayer I practiced 30+ years ago called upon me to bypass everything to contemplate the center/source/god. Many of the things I bypassed there, in Zen meditation, and in vipassana meditation persisted/were not released/continued to weigh me down and impede my happiness. With OPP I am encountering what I bypassed/ignored, imagined didn't matter and finding that for me this is a surer way to love, expansion, connection, agency, empowerment because I cannot avoid myself here the way I have been most of my life. I stopped meditating – OPP is my current practice.

"Meditation never really did it for me, but sacred space realizations do work for me. I get both a sense of peace and clarity, as well as answers to questions I come in with."

"I now regularly sit with my inner circle in meditation and consult my parts before acting. The concept of my parts having a positive intent even when they are dysfunctional has resulted in a powerful shift to my self-esteem."

"I am behaving in a way that serves me (my higher self) better. I feel less apologetic for my actions, I think this is because my actions are now much more aligned to me and my higher self."

" I have experienced an increase in my inner peace, tranquility and groundedness."

"I now have a better definition of "spiritual", which I did not have before. "

## **HEALING**

"I finally learn how to love myself at my core. I'm now aware that all the parts of me that I repress and deny are the one that needs my love and attention the most. Negative voices that trigger guilt and shame in me are my whistle to find them and fully love them. Self-love is much easier in my life and help me love and welcome others as they are. I'm becoming a more loving man each time I practice this way of being with myself."

"I have been shown, taught that I have the power and strength to be the master of my life. This idea was very daunting at the beginning of the program, but through the work and mentoring has become integrated into my being."

"When I feel a strong emotion, I stop and check in with my inner circle before reacting in the world. This pause and choice making has made all the difference in living my mission."

"I am much more accepting of my inner triggers, less judgmental when they pop out. I respond with more patience and self-care."

"I'm more inclined to be charitable toward those whose opinions and actions strongly clash with mine."

"I am more peaceful and grounded. I am also slower to react and able to respond to situations."

"I'm finding confidence to push my growth and challenge myself in ways I never did before."

"I'm more confident and conscious of my ability to make choices and decisions."

"I now have tools to deal with my own self in a healthy and meaningful way and a clear process that I can use to mentor others. I like the progressive approach to the training."

"I feel more connected to body/incarnation - so spirit feels more soulful while still completely interconnected to all."

"I now have the ability to self-heal, if I so choose. And that I am made of many parts, who can assist me along the way. "

"As I'm about to begin mentoring someone through OPP, it's strengthening my identity as a healer. It's given me confidence that "existential" questions can be confronted and answered in a productive way. It's bolstered my ability and willingness to visualize and see symbols. It's called attention to parts I've repressed, such as my curiosity and sense of risk taking. It's made apparent what symbols and feelings give me peace, such as circles / community vibes."

"I am more open to good things coming my way and miraculous things happening."

## **GRATITUDE**

"Thanks you for your gift, energy, insights and wisdom."

"Thank you so much for this Omega Point Program. Your generosity is astounding."



## **PAY IT FORWARD**

Once a person has completed Phases 1 & 2 of the OPP, it is highly recommended and requested that they Mentor at least one person through Phases 1 & 2 .

Many people have found this Mentoring experience to be even more rewarding than their own OPP experience as a Mentee. This act of service is not only a richly rewarding experience, it is our way of promoting the spread of this work to a greater audience throughout the world.

Please share this gift with others and enjoy it as a unique and precious gift to yourself.



## PROGRAM PHASES

The Omega Point Program is conducted in Phases which vary from 15 to 24 days each. There are currently 4 phases (60 days) available with more to come.

### Phase One – Essential Healing Skills

In Phase One you will have the opportunity to learn basic communication and healing skills. Included in the daily protocols is a brief description of the skills and a script that makes it possible for you to experience someone facilitating you using these skills. There are two versions of Phase 1:

– **Phase One** (a Pay it forward experience)

A 15 day program where an OPP graduate or an experienced Mentor takes the Mentee through each day.

– **Phase One - Reciprocal** (previously Phase Zero)

A 24 day program for two people who may have little or no experience doing or facilitating this kind of personal growth work. These two people will alternate roles as Mentor and Mentee during the program. The Reciprocal version allows both partners to experience receiving and providing facilitation.

Note: All advanced Phases (after Phase 1) do not have a Reciprocal version. They can be done as reciprocal by simply repeating each day and switching Mentor/Mentee roles.

### Phase Two – Next Step: Parts Work and Inner World

In Phase Two you will build a home base in your Inner World where you will gather together your sub-personalities. You will use the basic skills taught in Phase One to develop a positive relationship with your parts and help them heal from past traumas. You will also establish a working relationship with your Higher Self

### Phase Three – Mystic Warrior: Inner Resources

An advanced Phase for those who want to continue with the program. Includes discovery of powerful Inner Resources: Archetypes and Totem Pole Animals. Also, advanced visualizations and adventures.

### Phase Four – Mystic Warrior: The Under World

An advanced Phase for those who want to continue with the program. Includes Spirit Release and communication with Inner Realms.

### Phases Five through Eight – Paradigm Wizard: The Omega Point Paradigm

Advanced Phases that provide a new context for this work and unveils the mysteries of our Universe. A hands on journey to find your true identity and your purpose on this planet. Opportunities are provided for much deeper work and cosmic adventures into other realms and times.



## WAYS TO CONDUCT THE OPP PROGRAM

### 1. One Way: Mentor to Mentee – for 2 people, one experienced, one inexperienced.

Appropriate when Mentor has completed the OPP, is currently doing the OPP or has experience facilitating other types of personal growth work.

#### **Use Phase 1**

Note: Paid/Certified Mentors are available.

To find a mentor or mentee:

1. Go to [www.omegapointacademy.com](http://www.omegapointacademy.com)
2. Click on "Members"
3. Click on "Sign Up"
4. Sign up with one of the three choices: Google, Facebook, or Email
5. At the "Members" screen, click on "OPP Mentor Match"
6. Use the Formats for "Sample Mentor Post" or "Sample Mentee Post" to enter information and "Create a Post"
7. Scroll through posts to find a mentor or mentee and leave a comment.

### 2. Round Robin – for 3 to 5 people, one experienced.

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

#### **Use Phase 1**

### 3. Reciprocal: For 2 inexperienced people.

Two people will alternate roles as Mentor and Mentee during the program. The Reciprocal version allows both partners to experience receiving and providing facilitation. Recommended for 2 inexperienced people. It is also appropriate for two experienced people who want to begin their OPP experiences together.

#### **Use Phase 1: Reciprocal.**

Note: All advanced Phases (after Phase 1) are presented as One Way protocols only. They can also be done as reciprocal by simply repeating each day and switching Mentor/Mentee roles.



## PROGRAM DIRECTIONS

The OPP is a daily program which takes between 30 to 45 minutes a day. Daily scripts for up to 60 days are currently available.

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

It works best when Mentee and Mentor can work from a quiet place where they won't be disturbed. Some sessions may involve doing visualizations where the Mentee needs to be in a fully relaxed state. Privacy is also important when Mentee is sharing personal thoughts and information.

These protocols contain two elements for each day: a Daily Reading and a Mentor's Session Guide.

### 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

### MENTORS SESSION GUIDE

A Mentor's script that can be simply read to the Mentee during the session.

Mentor will guide Mentee through each session using the script provided.

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

For most sessions, Mentee can simply relax and follow Mentor's instructions.

Mentee will often receive homework assignments, usually the Daily Reading.

To start the OPP, please select from the guidebooks available at [OmegaPointAcademy.com](http://OmegaPointAcademy.com). The guidebooks for **Phase 1** and **Phase 1-Reciprocal** follow this Introduction.



## THE DAILY READINGS

The primary purpose of the Daily Readings is to provide the Mentor with instructions and a context for the day's 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 day's reading for a context of what they just experienced.

This way, the Mentee will better relate to what the reading says and 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 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.

Sometimes the Mentee will be instructed to read the Daily Reading for the next day. 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.



## SESSION OUTLINE

Each day's session will follow a similar outline. The section headings in each session will be shown in **BOLD AND ALL CAPS**.

The words that follow each heading are the script for the Mentor to read to the Mentee.

Most Sessions will include the following sections:

**CHECK-IN**

**INTRODUCTION**

**THE DAYS PROCESS**

**CLOSURE**

**CHECK OUT**

**SCHEDULE THE NEXT CALL**

**HOMEWORK**

### Instructions for Each Section

#### **CHECK-IN**

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

Normally check-ins are not interrupted with questions or comments. It's a chance to express what is coming up for you without any interference.

For the first few days of this program, we will keep our check-ins fairly simple and will share how we are feeling right now and mention any recent happenings that we think may be contributing to this feeling.

We will also confirm that we did the reading for today.

Example: My name is Robert and I'm feeling sad today. I had an argument with my daughter today and I think I just made things worse between us.



I did the reading for today and am ready to go. I'm in with that.

## **INTRODUCTION**

This section is to introduce Today's Topic or Exercise. This will be a script that includes most of what is shown as the Days Intention at the top of the page. The Mentor for this session may simply read this script.

## **DAYS EXERCISE OR PROCESS**

In the Mentor's Session Guide will be the script for the Mentor to take the Mentee through The Day's Exercise or Process. This process is usually pre-viewed in the Daily Reading.

## **CLOSURE**

This section provides the script for the Mentor to close out a process and will usually ask for feedback from the Mentee.

## **CHECK OUT**

With Closure completed, you can each do a brief (1 minute) checkout, which is simply a closing statement where you each can share any reflections on today's experience, how you are feeling and/or any thanks or appreciation you want to express to your partner. As with check-ins, we do not interrupt a person's checkout.


## **SCHEDULE THE NEXT SESSION**

Please take a few moments to confirm the time for your next call.

## **HOMEWORK**

Session follow-up and preparation for the next session will be shown here.

Please start a journal for this program. You could record your notes from these exercises in a notebook or a document on your computer or phone.

Most "Script" in the MENTORS SESSION GUIDE is meant to be read out loud by the Mentor. When the Mentor sees this "stop sign"  icon, or sees notes in brackets like this: *[mentee shares]* the Mentor is to stop and listen for the Mentee's response. Use Active Listening as appropriate.



## ADDENDUM INDEX

### Addendum A: Mentor Guidelines & Instructions

- General Facilitation Guidelines for Mentors
- Specific Mentor Guidelines for this Program
- Reasons for Adding Days Beyond 40
- Instructions on Choosing a Mentee
- Instructions for Recording Sessions
- Standard Guidelines: Releasing Energies from Sacred Space
- Additional Mentor Guidelines
  - Rapport
  - Resistance
  - Trance Work
  - Regression Techniques

### Addendum B: Inner Circle Guidelines

- Greeting New Parts In Sacred Space
- Induction and Inner Circle Check-in
- Sacred Space as a Daily Practice
- Imagine Induction

### Addendum C: Tools Summary

### Addendum D: Healing Processes & Protocols

1. Active Listening
2. Positive Intent Process
3. ECHO Process - Engaging with a negative voice in head
4. Reframing - Mentoring Process, Reframing for Whole Person
5. Reframing - Reframing a Sensation in the body using images
6. Reframing - Transformation Process, Reframe behavior of a Part
7. Regression - Re-Scripting Process, Regression for Whole Person
8. Regression - Child Rescue, Regression of a Part

### Addendum E: Archetype Test

### Addendum F: Bibliography

### Addendum G: William Baldwin's Original Release Scripts