

the

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

by Bill Wich

OmegaPointProgram.com

May 28, 2021

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.

DAILY READING

DAY 1

Session Outline and Agreements

Each days session will follow a similar outline. The section headings for 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 yesterday 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

Usually the Day's exercise or Process will be pre-viewed in the Days Reading. In the Mentor's Session Guide, under this heading, will be the script for the Mentor to take the Mentee through a process.

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.

END SESSION

Topics for Day 1

MENTOR IDENTITY

Please choose who will be Person A and Person B for this entire 20 day program.

- A & B will experience the program equally, though Mentor A will usually mentor first.
- If one Partner is more experienced in this type of work, it is recommended that they be designated as Person A..

COMMITMENTS

You will be making some agreements with each other as you pursue this program. For Day One, please be prepared to make the following commitments:

1. I commit to finishing the 20 day program, one day at a time.

If at any time, I feel that this program is not for me, for whatever reason, I will discuss my feelings with my Partner.

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

2. I will Mentor the program consistent with the Session Guide.

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

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

4. I will do the necessary reading and come prepared for every session.

With agreement on the above, Partners may discuss how they'd like to conduct this program.

- See the following instructions.

Mentor / Mentee (Partner) Instructions

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

1. The 20 days can be scheduled to be consecutive; they can be weekdays only and they may include short times off. Do what you can in a timely manner.
2. Reach agreement on time allotted for each call. Scheduling daily or specific sessions from 30 minutes or up to an hour is at the discretion of the Partners.
 - If 30 minutes is a priority, there are some sessions that you may want to split into two days. Simply add another day to your program and extend it beyond 20 days.
3. Homework or Pre-reading is often assigned to make the most of the time spent on the call. If, for any reason, pre-reading does not work for either of you, you may simply cover it in your call. Do longer sessions or add days to the program as needed.
4. Schedule calls a week in advance. Confirm next call at the end of each day.
5. Mentee or Mentor may record any session on mobile phone or Zoom.
6. Oftentimes when Mentee is in a relaxed state of imagination, Mentor is encouraged to take notes for Mentee and email them to Mentee sometime after the Day's session (or record the call and send the recording).
7. Mentee is encouraged to find a quiet place to take each days call without interruption to facilitate deeper work.
8. Partners are encouraged to keep a journal to record insights from each day.
9. Updated protocols and additional resources are available at:
OmegaPointProgram.com; Email:Team@OmegaPointProgram.com
Please "REGISTER" on the website to receive new information.
10. Quality Control: Please hold each other accountable to the faithful execution of these protocols and this program.

TODAYS EXERCISE

Each Partner will be introducing themselves to each other. If already friends, they will share more about themselves than they previously have.

Person B will introduce themselves to Person A, who will listen in silence. This might include anything you'd like to share about your current life, your relationships, financial situation, your work, hobbies, or something you are passionate about.

At the end of the 8 minutes, you will switch roles and repeat the above steps.

MENTORS SESSION GUIDE

DAY 1

INTENTION

- To confirm Agreements and Commitments
- To introduce ourselves to our Partner
- To practice listening in silence

MENTOR IDENTITY

Please choose who will be Person A and Person B for this entire 20 day program.

CHECK-IN

Mentor A:

I (Mentor A) will be taking us through this session today. Please check-in on how you are feeling right now and what you think that might be about. Also, please confirm that you have read through the Reading for Day 1.

[each partner checks in]

INTRODUCTION

Mentor A:

Today, we will be doing a few logistics and then we will each do an extended check-in to share a little bit about ourselves. Ready?

COMMITMENTS

Mentor A:

In the reading for today, four commitments were listed. These included a commitment to finish the program, to maintain confidentiality, to deliver the program consistent with the protocols and to complete the Readings prior to each session.

I choose to commit to all four. Are you ready to commit also?

Thank you.

AGREEMENTS

Mentor A:

Also in the reading was a set of instructions that we can use to conduct the program.

We can agree to our approach today and then revisit our agreements as needed in the future.

So, I'll read each item and we can decide how we want to proceed:

1. Schedule the 20 days to be consecutive or weekdays only or
 - Usually, weekdays only (and many like every day).
2. Reach agreement on the time allotted for each call.
 - Usually 30 to 45 minutes (many participants block out an hour)
3. Agree on how to best support each other on the Daily Readings.
 - If one Partner is more experienced than the other, they can choose to be Mentor A. Person B can then experience many of the processes before they do the Daily Reading.
4. Schedule calls a week in advance.
5. Agree on plan to record sessions on mobile phone or Zoom if desired.
6. Agree on taking notes for each other.
7. Agree to both register on the website (if desired).
8. Agree to hold each other accountable to the faithful execution of these protocols.

Thank you!

EXTENDED CHECK-IN – SELF INTRODUCTION

Mentor A:

In the time remaining, we will introduce ourselves to each other. This will look like an Extended Check-in where we will share without any interruption

- A few words or sounds to indicate that you're listening are OK

So, you will introduce yourself to me and I will listen in silence and then after about 8 minutes we'll switch. I'll set a timer.

I invite you to share anything you'd like about your current life, your relationships, financial situation, your work, hobbies, or anything that you are passionate about. And please share about things I might not know about yet.

Please start now.

[B shares for 8 minutes, A listens in silence]

SWITCH

Mentor A:

Thank you.

I will now set the timer and share with you. Ready?

[A shares for 8 minutes, B listens in silence]

CLOSURE

Mentor A:

Thank you!

Please share briefly how that was for you to listen and to share and then I'll do the same.

[B shares briefly and then A shares]

CHECK OUT

Mentor A:

Thank you. OK, let's checkout now. I'll go first.

[both partners check out]

SCHEDULE THE NEXT SESSION

Please confirm the time for our next call.

HOMEWORK

Please complete the Day 2 Reading prior to the next session.

END SESSION

DAILY READING

DAY 2

Active Listening

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

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

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

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

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

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

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

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

The intention for Day 2, is to provide you an opportunity to practice the first two elements of Active Listening. These are to **Be Silent** and **Echo** what you are hearing. Echo involves giving feedback on what you heard your partner say or what you understand them to be saying.

ACTIVE LISTENING

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

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

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

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

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

Maintain Eye Contact

Be Curious

Seek to Understand

Get to Clarity

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

Secondary actions we can use in our Listening are:

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

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

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

MENTORS SESSION GUIDE

DAY 2

INTENTION

- To practice Active Listening – use silence & echo
- To share what you want from program, why doing OPP
- To get to know each other better

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session.

Please check-in on how you are feeling right now and what you think that might be about. Also, please confirm that you have read through the Reading for Day 2.

[A & B check in]

INTRODUCTION

Mentor B:

Today, I'd like you to share with me, why you are doing this program and what you hope to get from it. I will listen using Silence and Echo from Active Listening. Then we'll switch roles and repeat. We'll each have about 10 minutes to share. Any questions?

EXTENDED CHECK-IN

Mentor B:

OK, I set a timer for 10 minutes. Please share with me why you are doing this program and what you hope to get from it. I will listen and Echo once in a while. I'll conclude with an Echo to summarize what I hear you say you want.

[A shares for 10 minutes, B listens using silence and echo]

Thank you for sharing.

The essence of what I heard is: (B does a summary echo)

SWITCH

Mentor B:

I will now set the timer again and I will share with you. Ready? Please ask me the same question I asked you.

Mentor A:

Please share with me why you are doing this program and what you hope to get from it. I will listen and Echo once in a while. I'll conclude with an Echo to summarize what I hear you say you want.

[B shares for 10 minutes, A listens using silence and echo]

Thank you!

The essence of what I heard is: (A does a summary echo)

CLOSURE

Mentor B:

Please share briefly how that was for you to listen and to share and then I'll do the same.

[B shares briefly and then A shares]

CHECK OUT

Mentor B:

Thank you. OK, let's checkout now. I'll go first.

[both partners check out]

SCHEDULE THE NEXT SESSION

Please confirm the time for our next call.

HOMEWORK

Please complete the Day 2 Reading prior to the next session.

END SESSION

DAILY READING

DAY 3

I-Statements and the 5 Emotions

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

I-Statements

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

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

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

Feelings

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

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

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

MENTORS SESSION GUIDE

DAY 3

INTENTION

- To practice using I-statements and the 5 emotions
- To practice the 3 key elements of Active Listening
- To experience sharing whatever comes up for you

CHECK-IN

Mentor A:

Today, I (Mentor A) will be taking us through this session.

We will be using I-statements and the 5 feelings when we check-in today. Were you able to read about these in today's Reading?

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

[both check in]

INTRODUCTION

Mentor A:

For today, I'll be reviewing some of the Day 2 Reading on Active Listening. We'll then each get a chance to practice Active Listening as the other shares whatever is up for us in the moment. Any questions?

ACTIVE LISTENING

Mentor A:

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

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

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

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

If a person can master this skill, they will notice a vast improvement in almost anything they do. It is also key to becoming a more kind and loving person who can actually be effective in helping others with whatever they are dealing with.

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

BE SILENT.

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

ECHO back what you've heard.

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

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

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

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

Is there anything else you'd like to add to this about Active Listening?

SHARING WHAT COMES UP

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

We will then switch roles and you will have the opportunity to practice Active Listening as I share. I'll be setting a timer to give us 10 minutes each.

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

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

As thoughts or images come into your mind, try not to filter them. Share them no matter how inappropriate or irrelevant they may seem. This may allow you to hear what your subconscious mind wants to share with you and begin to develop a relationship and trust between you and your sub-conscious.

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

[B shares for 10 minutes, A listens using active listening]

SWITCH

Mentor A:

Thank you for sharing.

I will now set the timer again and I will share with you. Ready?

Please ask me to share in the same way you did.

Mentor B:

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

I now invite you to share whatever is coming up for you in this moment and then continue to share whatever is coming up for you as you as thoughts and images may appear in your mind.

I will be using the three elements of Active Listening.

[A shares for 10 minutes, B listens using active listening]

CLOSURE

Mentor B:

Thank you! Please share briefly how that was for you to listen and to share and then I'll do the same.

[A shares briefly and then B shares]

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK

Please review the Daily Reading for Day 4 before the next session.

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

DAILY READING

DAY 4

What To Avoid During Active Listening

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

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

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

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

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

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

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

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

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

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

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

5. Projecting Your Stuff onto Another – “I’m so stupid”; ”you’ve got a mean critic”

Any judgement, diagnosis, interpretation or advice that comes up for you around what a person says, is most likely based on your own thought processes and experiences. They are therefore projections of what you would do or why you would do something. Projections are usually what our judgements of others are based on. They are usually wrong or, at least, not helpful. Please avoid.

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

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

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

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

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

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

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

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

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

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

11. Telling or Teaching Information without Permission

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

HAVE A COPY OF THE FOLLOWING IN FRONT OF YOU FOR THE DAY 4 SESSION

What To Avoid During Active Listening - Summary / Examples

1. WHY? (Puts THEM in their heads)

“Why did he beat you?”

2. ADVICE

“I think you need to forgive your wife.”

3. SHARING

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

“I was just like you, I ... “

4. NEGATING

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

5. PROJECTING

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

6. JUDGING

“That was a vicious thing to do.”

7. RESCUING

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

8. DIAGNOSING

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

9. FIXING

“Let me talk to your wife.”

10. CONSOLING DURING PROCESSING

OK during regression.

11. TELLING / TEACHING

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

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

MENTORS SESSION GUIDE

DAY 4

INTENTION

- To discuss what to avoid during Active Listening.

CHECK-IN

Mentor B:

I (Mentor B) will be taking us through the session today.

As usual, we will start with a check-in. Please check-in on how you're feeling right now and remember to use I-statements and the 5 feelings.

Also confirm that you did the reading for today. I'll start.

[B and A check in]

INTRODUCTION

Mentor B:

Today, we will be sharing with each other the challenges for us to use Active Listening. Specifically, we'll share which of the items from the "Avoid list we tend to do regularly.

ACTIVE LISTENING, WHAT TO AVOID

Yesterday you had a chance to practice the 3 key elements of Active Listening while I shared.

You may have noticed how difficult it can be to limit yourself to the three elements that we're using.

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

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

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

LISTENING CHALLENGES

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

We can now discuss which ones are especially hard for you to avoid. I'll share my challenges as well. Also, please let me know if there are any of these that you don't fully understand.

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

[A & B discuss challenges]

LISTENING EXERCISE

Mentor B:

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

I will share a sensitive issue with you and I want you to respond with lots of the "Avoid" responses. Feel free to exaggerate. We'll go about 5 minutes and then we'll switch roles. Any questions? OK, I'll share now.

[A shares, B responds]

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

[B shares, A responds]

CLOSURE

Mentor B:

How was that for you?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please complete the Day 5 Reading prior to the next session.

END SESSION

DAILY READING

DAY 5

The PEMS Model

During this program We'll be looking at how our lives are working or not working for us and what we can do to improve on those areas that are not working.

To take this review one step at a time. We will be taking a closer look at 4 major aspects of our lives. We will address how we are doing Physically, Emotionally, Mentally and Spiritually. We call this approach, the PEMS model.

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

These PEMS categories may include:

- Physical - Physical health, diet, exercise, fitness, living environment, etc.
- Emotional - Feelings, emotional stability, Sexual and Social issues, primary relationship, friends & family relationships
- Mental - Mental clarity, ability to concentrate, think clearly, organize thoughts. Career, Financial health.
- Spiritual - Religious beliefs, Connection to higher wisdom. Intuition, empathy, Compassion, Spirituality, Spiritual Practice

We will dedicate certain days for each aspect and will gradually work up to where we check-in every day and share how we are doing in all four aspects.

For the next three sessions we will be addressing the Physical Aspect of our lives. We will share our Physical history – our physical health, any chronic or current health issues you may be dealing with, how you take care of yourself physically, your history with physical issues and activities like sports or athletics, or whatever comes up for you around how you relate to your physical body, physical abilities and limitations, or appearance and health.

We will also start checking in daily on how we are doing physically in addition to how we are feeling emotionally.

MENTORS SESSION GUIDE

DAY 5

INTENTION

- To practice Active Listening and share Physical history
- A is Mentor as B shares, Switch

CHECK-IN

Mentor A:

I (Mentor A) will take us through today's session. Let's check-in.

Please add how you are feeling physically as well as emotionally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Mentor A:

Today, I will practice Active Listening as you do an extended check-in, on your Physical History.

After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

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

Being Silent

Echo what I've said, and

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

Please use I-statements and the 5 feelings when sharing.

Any questions?

EXTENDED CHECK-IN

Mentor A: (B after switch)

Now, please tell me about your Physical life.

I'll be using Active Listening and will do a full Echo when the 10 minutes is up.

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

[B shares, A does active listening for 10 minutes]

CLOSURE & FEEDBACK

Mentor A: (B after switch)

Thank you.

The essence of what I heard you say is

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

How was that for you?

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

What did I do that worked for you, and

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

SWITCH

Mentor A: (B skips this section, starts check out)

Thank you, Lets switch roles. You (B) can start with the Extended Check-in section above.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Person A will do the Reading for Day 6. Person B can do it after the next session.

DAILY READING

DAY 6

Reframing Introduction

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

Once an issue has been identified through Active Listening, Reframing introduces a series of questions to help a person go deeper into an issue.

Reframing Comes from NLP – Neural Linguistic Programming. It was Developed from a study of the most effective healing methods.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want? *I want to lose weight*

What are you doing to lose weight? *Eating cookies*

How's that working? *Not too well*

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

There are many versions of Reframing which we will cover throughout the Omega Point Program.

The following Mentoring Process is a reframing process for providing guidance for a person to think through a problem area in their life.

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

Reframing is a way to “Process” someone through an issue. While a person can do Active Listening without overt permission, it is best to ask permission before “processing” someone. This could be as simple as asking someone you’ve been listening to: “Would it be OK if I ask you a few questions about this?”

Reframing I - Mentoring Process

Describe a current situation or issue.

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

How does it show up in your life?

What do you want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

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

What are you doing to get it?

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

How is that working?

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

What lessons are you learning from this?

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

What are your choices? (Access inner voice)

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

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

Ask a wise, creative or fun part to come forward

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

What alternatives do you resonate with?

Which alternative do you choose?

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

What will you gain by taking action on this choice?

What action will you take?

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

Ask for support.

MENTORS SESSION GUIDE

DAYS 6 & 7

INTENTION

- To Introduce Reframing and The Mentoring Process
- To do The Mentoring Process on a major Physical issue
- A is Mentor on Day 6. B is Mentor on Day 7

CHECK-IN

Mentor:

Let's check-in.

As we did last session, please share how you are feeling physically as well as emotionally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION: REFRAMING

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

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

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

For Example:

What do you want? *I want to lose weight*

What are you doing to lose weight? *Eating cookies*

How's that working? *Not too well*

The specific Reframing process we will use today is called The Mentoring Process.

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

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

Is there a difficult or complex Physical issue that you may be currently or chronically struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it?

What Are You Doing To Get It?

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

How Is That Working?

How do you know that?

What lessons are you learning from this?

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

What other behavior choices are you aware of right now?

Are you willing to go inside now to get input from any parts of you or possibly some Spiritual resources you may have?

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.

Ask if there is a part of you that has a suggestion on a new behavior you could adopt to get what you want.

You may even want to call forward a fun or creative part of you and maybe a wise and loving part.

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 you could ask to support you in this?

CLOSURE

Is there something else you need to feel complete with this for today?

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK (for Day 6)

Person B - Please review the Daily Reading for Day 6.

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

Also, please "REGISTER" there if you haven't already done so.

DAILY READING

DAY 8

Emotional Aspect

The Emotional aspects of our lives may include:

- our current feelings
- chronic emotions,
- social skills,
- relationships and our primary relationship
- general feelings about ourself and our life.

Earlier we requested that you describe your current feelings, using these 5 basic emotions:

Mad, Sad, Glad, Fear and Shame

These 5 emotions, while not academically precise or complete, seem to be useful in developing a basic awareness of our feelings and are a good first step in developing emotional literacy. Something that is not emphasized in our educational training.

They are especially useful when our intention is to drop below the surface of our conscious awareness and start to own how we truly feel and then use these feelings or emotions as a gateway to our sub-conscious. By following emotions to their original source we can begin addressing the underlying issues in our life that trigger many of these feelings.

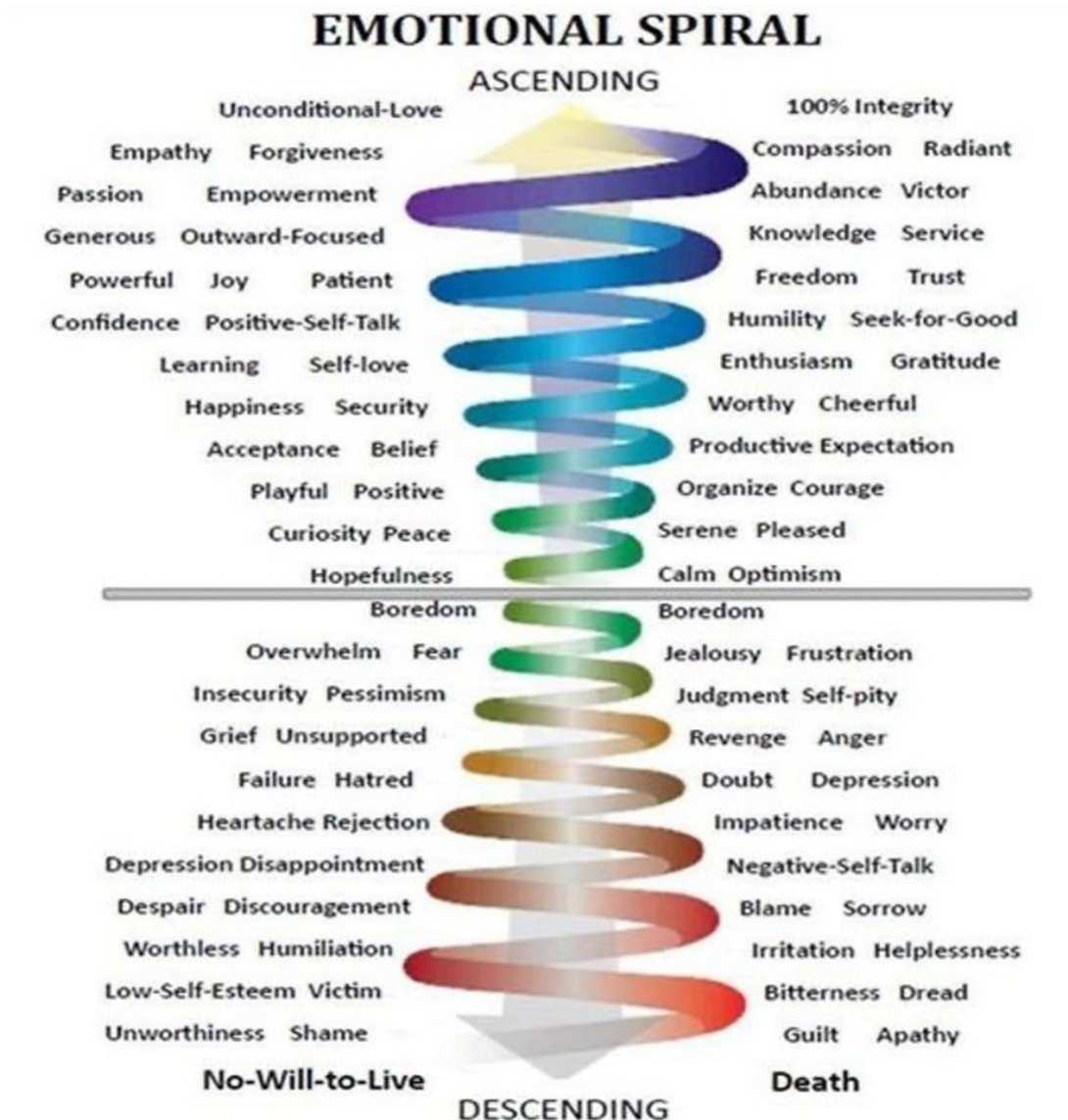
Since most of our formal education has focused on the mental and cognitive aspects of our lives with some development of our physical health and athletic skills, most personal and spiritual growth work emphasizes developing awareness and skills around our emotional and spiritual awareness.

Recently, this emotional awareness has become mainstream as Emotional Intelligence has become more of a focus.

Emotional intelligence (EI) is the capability of individuals to **recognize** their own **emotions** and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s). It may also include the individual's ability to process emotional information and use it to navigate the **social environment**.

Studies have shown that people with high EI have greater [mental health](#), [job performance](#), and [leadership skills](#).

From a personal and spiritual growth perspective, it is also worthwhile to understand that there seems to be a progression in our emotions as we grow and mature and especially as we become more aware of our emotional states and learn skills to manage and transform emotional states. Experiencing and learning the skills in this program will go a long way towards promoting emotional growth and developing effective management of our emotional states. The following chart shows one model of how emotions show up on a maturity or consciousness scale:



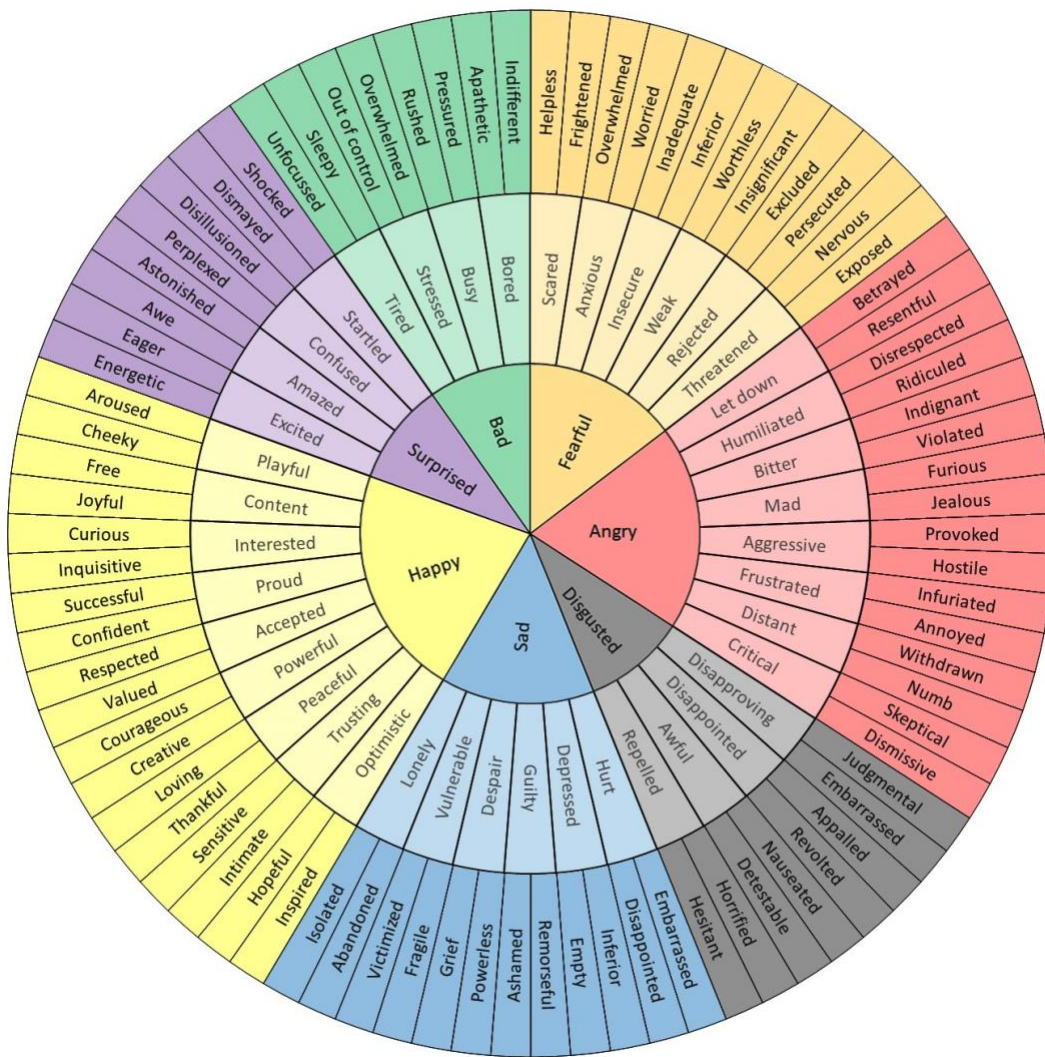
Everyone participating in this program, and participating in life for that matter, will be at a different stage of emotional development and emotional literacy. A priority of this program is to give you permission and encourage you to be with your emotions whatever they may be. And most importantly, please take the time to fully FEEL your emotions and take steps to hear the message they may have for you.

Emotions can be viewed as information and energy moving through your body. Our impulses to act on these emotion or to suppress them, can be contained and the energy used for positive purposes.

As we learn and grow in this work we may be able to recognize, communicate and deal effectively with our emotions somewhere along the path from this:



To This:



MENTORS SESSION GUIDE

DAY 8

INTENTION

- To practice Active Listening and share Emotional history
- B is Mentor as A shares, Switch

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session. Let's check-in. Please add how you are feeling physically as well as emotionally today. Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Mentor B:

Today, I will practice Active Listening as you do an extended check-in, on your Emotional History. After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

Please use I-statements and the 5 feelings.

Any questions?

EXTENDED CHECK-IN

Mentor B: (A after switch)

Now, please tell me about your Emotional life.

I'll be using Active Listening and will do a full Echo when the 10 minutes is up.

I invite you to share anything you'd like about your chronic emotions, Social skills, relationships and general feelings about yourself and your life.

[A shares, B uses active listening for 10 minutes]

CLOSURE & FEEDBACK

Mentor B: (A after switch)

Thank you.

The essence of what I heard you say is

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

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

What did I do that worked for you, and

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

SWITCH

Mentor B: (A skips this section, starts check-out)

Thank you.

Let's switch roles.

You (A) can start with the **EXTENDED CHECK-IN** section above.

CHECK OUT

Mentor A:

Thank you.

Now, let's check out.

SCHEDULE THE NEXT SESSION

HOMEWORK

Person A will do the Reading for Day 9.

Person B can do it after the next session.

DAILY READING

DAY 9

Regression Introduction

An initial intention for this program is to establish some fundamental facilitation skills and convey a feeling for the flow of a Healing Process. Having these skills in our "toolbox" will allow us to be in our hearts and totally present with another while we also have access to our inner guidance, our intuition and the skills to address any situation.

There are 4 basic skills that most of our on-line facilitation work will make use of. We have covered two of these:

- Active Listening (Be Silent, Echo & What do you mean by....)
- Reframing (What want?, What doing to get it?, How's that working?)

A third skill that is basic to doing facilitation work is Regression.

- The fourth skill, Positive Intent, will be covered later in this program.

The essence of Regression is to go down into the pain as follows:

- Exaggerate feeling
- Let it take you back
- Experience situation (usually a childhood trauma)
- Redo (rescript) situation with a positive outcome

Today, we will work with The Regression Process, which is an expanded version of these 4 steps. We will follow this step by step process to take someone into and through a regression and work to resolve an issue at its source.

One key to facilitating this process is to be aware of how deeply a person is in an Altered State or Trance State (like being in the Zone or in Flow).

By taking your time as a facilitator with the regression step (below), you can deepen the altered state which increases the power of the process.

The Regression step: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt this feeling. Let your body take you back, let this voice take you back, back in time.

Always treat Trance Work with respect and care. Simply follow the person while they are on their inner journey.

You can repeat the following often "Move the clock forward now. What's happening now?" Repeat "and then what happens" until complete. Speak to the person as if they are in the event now. i.e. use: "what's happening now" versus "what happened then" (past tense)

REGRESSION I - The Regression Process

Data: Describe the Data or facts around this issue.

Judgment: What are the Judgments you have around this Data?

Locate in body: Close your eyes. Where in your body do you feel these Judgments?

Feeling: Describe the Feeling.

Shape, Size, Color: If that feeling were an object, what shape would it be? What size is it? What color?

Voice: Now give it a voice. What words is it saying? Say it again – louder this time.

Regression: Now let this voice take you back. Follow your body back to an earlier time when you felt that way. Go back in time, maybe back to the first time you felt that feeling. Let your body take you back, let this voice take you back, back in time.

Wound: What's happening? Who's there? How old are you? What's happening?
REPEAT "And then what happens...?" Until trauma is complete.

Release: Allow release of emotions as they come up.

Shadow: What are the messages you are getting right now? What decisions are you making? What beliefs and judgments are you taking on? What behaviors / reactions are you learning and adopting from this?

Healing: Now go back in time to just before this experience. Turn back the clock and bring your adult self into the picture. Would you like to go back through this experience with his/her help this time? Ask him/her to help you. O.K. Turn the clock forward now and see what happens this time. What's happening? Repeat "and then what happens" until complete.

Empowerment: What messages are you getting now? What decisions are you making? What new behavior choices do you have available now? That's great. Now become your adult self. I invite you to create a safe place inside of you and ask the child if it would like to go to that safe place and be with you forever. Do that now.

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

MENTORS SESSION GUIDE

DAYS 9 & 10

INTENTION

- To introduce Regression
- To do The Regression Process on an Emotional issue
- A is Mentor on Day 9. B is Mentor on Day 10.

CHECK-IN

Mentor:

Let's check-in. As we did last session, please share how you are feeling physically as well as emotionally today. Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION: REGRESSION

Today, you will get to experience a healing process which is called Regression. Regression involves taking a person, back into a conscious or more likely, a suppressed memory, to heal an issue at its source.

Key steps to most regressions include taking a person back in time to a traumatic event; Experiencing the event, only now from an adults perspective; and then re-doing the event with a positive outcome.

This process often reduces or eliminates the emotional trigger we may have around encountering certain situations in our life.

To keep this simple, I'd like to take you through this regression process as an opportunity to work on an emotional issue you may have.

THE REGRESSION PROCESS

Is there a current or chronic issue that tends to trigger strong emotions in you?
Something that brings up feelings of sadness or anger for you?

Please describe the data or facts around this issue.

What are the judgments you have around this data?

Thank you. I invite you to now close your eyes and take a deep breath. What feeling is coming up for you around this issue and these judgements? Describe this feeling as best you can.

Where in your body do you feel this?

If that feeling were an object, what shape would it be? What size? What color?

Now give it a voice. What words is it saying? Say it again – louder this time.

Now let this voice take you back in time.

Follow your body back to an earlier time when you felt this way.

Go back in time, maybe back to the first time you felt this feeling.

Let your body take you back, let this voice take you back, back in time.

What's happening? Who's there?

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

(Repeat "and then what happens?" until trauma is complete.)

(Allow release of emotions as they come up.)

What are the messages you are getting right now?

What decisions are you making?

What beliefs and judgments are you taking on?

What behaviors and reactions are you learning and adopting from this?

Is there something else that is coming up for you?

O.K. now take a breath and go back in time to just before this experience started.

Turn back the clock and what's happening now before this event started?

O.K. Now bring in *your adult self* to be with you here.

(Adult self: your future or grown up self who can go back in time to be with you here. If child distrusts adults, bring in an animal, superhero or the Army, etc.)

Would you like to go back through this experience now, only with their help this time?

Ask them if they will help you through this.

O.K. Now, turn the clock forward slowly now and see what happens this time.

What's happening? And then what happens?

(Repeat "and then what happens" until complete.)

What messages are you getting now? What decisions are you making?

What new behavior choices do you have available now? That's great.

Now become your adult self.

Ask the child if they would like to go to a safe place with you and never have to experience this pain again.

Create a safe and loving place in your heart and bring the child there. Take some time to care for and nurture the child 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.

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

How do you feel? How was that for you?

I invite you to observe yourself in the next few weeks and see how you now respond to situations, that used to trigger you as you described earlier. You may notice your responses to be quite different now.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK

Person B - Please review the Daily Reading for Day 9.

DAILY READING

DAY 11

Mental Aspect

The Mental aspect of our lives may include skills and sensitivities that involve our Intellectual and Cognitive abilities, our Mental clarity when thinking and working on a project, our ability to concentrate and focus on the work we are doing, our ability to read and comprehend the subject at hand.

In this program, it may also include issues related to our Career, our Finances and our Educational history.

Most of our education has focused on the mental and cognitive.

Most personal and spiritual growth work therefore emphasizes developing awareness and skills around our physical senses, our emotions and our subtle spiritual development.

It is also important to develop our cognitive awareness to grow along with these other aspects.

Indeed, our mental training can go a long way towards empowering growth in these other areas.

The following reading is one example of how we can mentally complement our physical, emotional and spiritual growth by researching the different models and systems developed to empower our overall development and growth.

The following reading is optional and may help deepen our understanding of the PEMS model and how we can use it to optimize our self-awareness.

Optional Reading on PEMS

The following reading on PEMS is optional and is offered as a resource for those who may want to learn more about PEMS.

Examples of how these 4 categories are used by other authors and disciplines:



Stephen Covey

In his best-selling book: *The 7 Habits of Highly Effective People*, Stephen Covey divides everything into the Physical, Emotional, Mental and Spiritual. His 4-theme model looks like this:

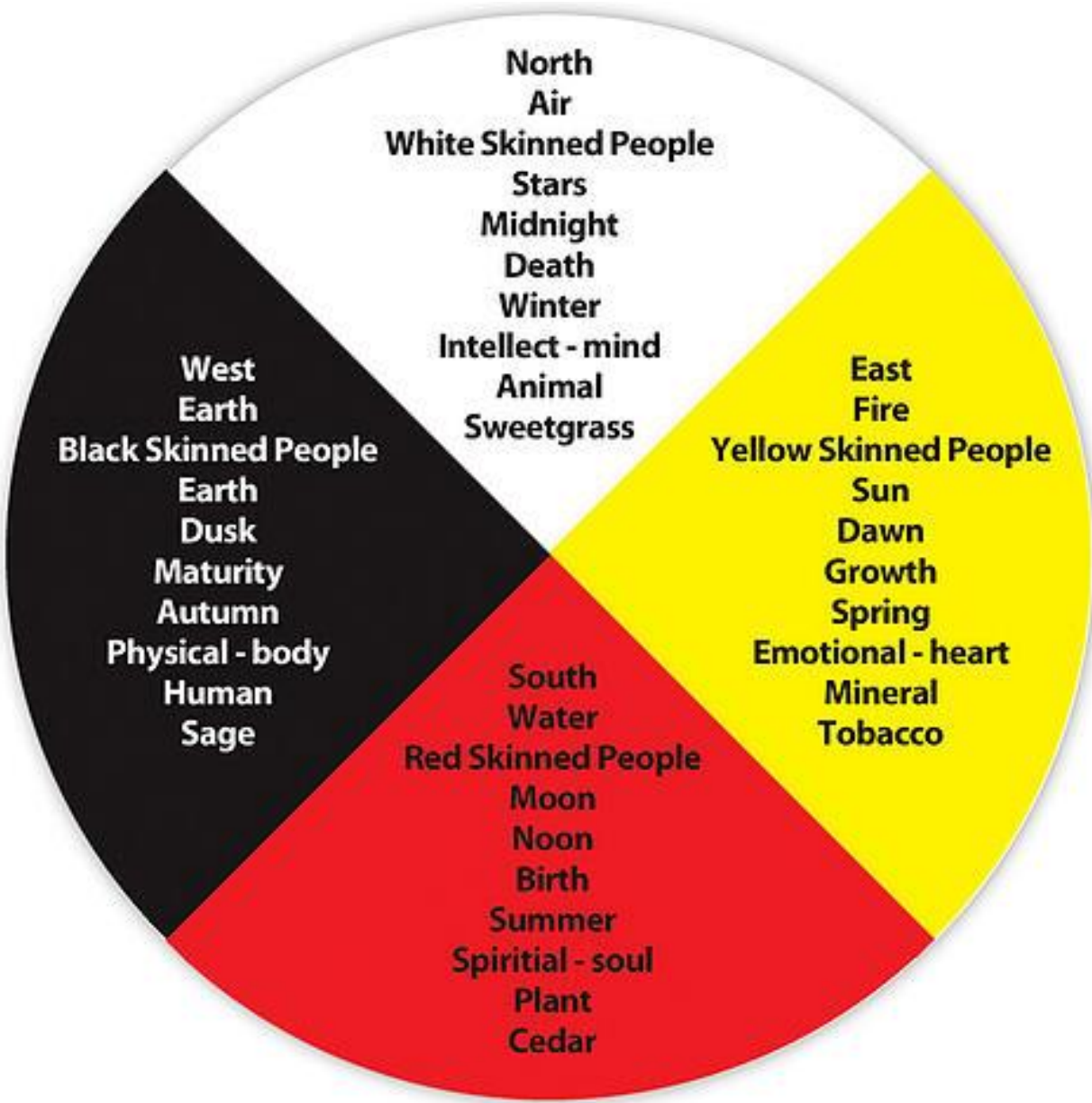
Whole Person	Needs	Intelligences	Attributes
Body	To Live	Physical Intelligence	Discipline
Heart	To Love	Emotional Intelligence	Passion
Mind	To Learn	Mental Intelligence	Vision
Spirit	To Leave a Legacy	Spiritual Intelligence	Conscience

From what we've seen already, there does seem to be a natural sequence to these 4 "themes".

It would also make sense that a person would best deal with these areas in their life in a logical sequence as well, i.e. – work on physical health before being capable of successfully dealing with his emotional and mental health.

THE MEDICINE WHEEL

Medicine wheels come in more than one form, and their significance and use is culture-specific. **There is, however, one fundamental similarity besides the shape - medicine wheels represent the alignment and continuous interaction of the physical, emotional, mental, and spiritual realities.** The circle shape represents the interconnectivity of all aspects of one's being, including the connection with the natural world. Medicine wheels are frequently believed to be the circle of awareness of the individual self; the circle of knowledge that provides the power we each have over our own lives.



The Four Components of Energy

Jim Loehr and Tony Schwartz’s *The Power of Full Engagement* is an excellent book on energy management (as opposed to time management) that shows how your physical health increases your ability to make things happen in other areas of your life. Its central objective is to help you “build the necessary capacity to sustain high performance in the face of increasing demand.” On the surface it’s a business book, but it illustrates better than the entire fitness section of a bookstore why getting in shape is so damned important.

Kicking ass and making things happen in life is perhaps the greatest metric for how self-fulfilled you are at the end of your life. And this can only be accomplished if you are physically energized, emotionally connected, mentally focused, and spiritually aligned.

The central conclusion of the book is this: Energy is the fundamental currency of high performance.

Capacity is a function of one’s ability to expend and recover energy.

Every thought, feeling, and action has an energy consequence.

Energy is the most important individual and organizational resource.

And according to Loehr and Schwartz, we all have four sources of energy, defined as follows:

Physical capacity is defined by *quantity* of energy.

Emotional capacity is defined by *quality* of energy.

Mental capacity is defined by *focus* of energy.

Spiritual capacity is defined by *force* of energy.



www.practical-wellness-guide.com

Virtual Relating by Thomas Hübl (excerpt)

To move beyond communicating just with our minds, we need to learn virtual relating. This is also important to prevent the virtual experience from becoming draining. We can learn to create warm and close spaces.

Recommended three-step practice for Zoom meetings:

- Self-contact
- Conscious attunement to the other
- Group coherence

Relation always starts with myself. Relation means a felt connection. **Can I feel my body? What are the areas of my body that I feel well?** Those are the areas of my nervous system that are open, flowing, perceptive, and where I am aware of myself. I can drop into my body using the power of my breath. My breath, which began moments after my birth, is a deeply wired function in the body and nervous system. If I slow down my exhalation and exhale longer, I can use the wave of my breath to drop into my body. I can do this with multiple breaths, dropping deeper into the body. This process creates a feeling of relaxation. Now I can connect to parts of my body that I feel well. The resourced parts of my body help me to become more aware of my entire body. Once I know what those are I can use them as a fast track to connect to myself.

Once I am connected to the energized parts of my body, I can deepen this seeing into a higher resolution. I may have sensations of an inner flow, streaming, pulsing. After staying with that for some time and not reacting to the mental distractions of my mind, I can expand my awareness from the resourced parts to the more stressed, tense, or tight parts of my body. I also might become aware of parts of my body that I can't feel at all. I remain present with all that arises. If I do that for several minutes (before starting a Zoom call, for example), I can become well centered in my body.

My body is the cup, the vessel for **my emotions**. Now I can expand my awareness into my current emotional experience. I can become aware of a core emotion or maybe sense that I am numb.

Once I feel this, I continue presencing my **mental activity** – is my mind racing or calm? Is my mind open, inspired, spacious, or tight and stressed? I can feel my mind.

Then I can have a look at which part of me is aware of all these perceptions. What is the conscious awareness that is aware of my body, emotions, thinking? I can stay with the exploration for a few moments.

Now I've established the self-contact. **Only once I feel myself, I can reach out to others and feel them.** Virtual relating requires felt awareness of each other. Since our nervous

systems naturally receive relational cues from people while in the same room (movement, gestures, body posture), while we are online we need to consciously bridge that virtual relational gap.

Now I am ready to do the same with people I see on my screen. I can take a moment to tune in with one or many people on my screen and do the same process. I look through and with my whole body. **My body senses your body.** Our bodies are very intelligent, and we receive a lot of information through our bodies, especially where we are open and receptive.

I can resonate with the people on my screen emotionally and get a sense of their emotional experience. I can feel how relationally open or closed people appear to feel. The focus of this practice is not to make an ideal experience happen with one another, but to find out and actively feel the current state of all participants.

When I attune to other people, which means that our nervous systems move into a **state of coherence**, we strengthen the data flow of our relating together. Ultimately, there is no fixed relation but only the process and experience of relating. It's a constant process. **It's a streaming, not a downloaded, movie.**

When we sync our nervous systems, we create a field that is wholly present and alive. This field becomes a solid foundation for collaboration and meeting that is alive and true.

For those who work as coaches or therapists, we can go a step further and sense even deeper into how people attune to each other. Can we feel how we sense one another? Can we feel how our nervous systems attune to each other? To do this requires a very fine perception, which we learned as part of our foundational development starting at birth.

“I feel you feeling me” is the basic building block of relational intelligence.

Now we can go to step 3, which is to feel the group coherence that we have built together through the relational attunement to each person on the screen. Through the relational coherence we create a field together, which is like weaving a carpet. Now we can feel the whole system that is created by all of us being present together. There is a group resonance body and there is a group presence. That **group presence is a very powerful resource.** The higher it is, the more intelligent is the network. When every participant of a group feels the whole group, the group is represented in the inner perception of everyone. If we do that consciously and with awareness of our feeling, it intensifies the coherence of the group field.

<https://thomashuebl.com/virtual-relating-how-we-can-deepen-our-video-calls/>

May 2020

MENTORS SESSION GUIDE

DAY 11

INTENTION

- To practice Active Listening and share Mental history
- B is Mentor as A shares, Switch

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session.

Let's check-in.

Please share how you are feeling physically as well as emotionally today.

Remember to confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Today, I will practice Active Listening as you do an extended check-in, on your Mental History.

After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

Any questions?

EXTENDED CHECK-IN

Mentor B: (A after switch)

Now, please tell me about your Mental life.

Please include your Intellectual/Cognitive abilities, Mental clarity, Career/Financial issues, Education, etc.

Please use I-statements and the 5 feelings.

[A shares, B uses active listening for 10 minutes]

CLOSURE & FEEDBACK

Mentor B: (A after switch)

Thank you.

The essence of what I heard you say is

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

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

What did I do that worked for you, and

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

SWITCH

Mentor B: (mentor A skips this section, starts check-out)

Thank you.

Let's switch roles.

You (A) can start with the Extended Check-in section above.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

MENTORS SESSION GUIDE

DAYS 12 & 13

INTENTION

- To address a Mental issue using the Mentoring Process
- A is Mentor on Day 12. B is Mentor on Day 13.

CHECK-IN

Mentor:

Let's check-in.

Please share how you are doing physically, emotionally and mentally today.

Remember to use I-statements and the 5 feelings. I'll start.

[both partners check in]

REFRAMING

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

As we discussed earlier, Reframing involves taking a person, through a step by step process to help them sort out a difficult issue they may be dealing with.

The Essence of Reframing is 3 Questions:

What do you want?

What are you doing to get it?

How's that working?

The Mentoring Process is a complete process that builds on this basic Reframing idea.

We'll be using this process today, to sort out a difficult Mental issue for you.

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

I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.

MENTORING PROCESS

Is there a difficult or complex Mental issue that you may be currently struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it?

What Are You Doing To Get It?

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

How Is That Working?

How do you know that?

What lessons are you learning from this?

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

What other behavior choices are you aware of right now?

Are you willing to go to go inside now to get input from any parts of you or possibly some Spiritual resources you may have?

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.

Ask if there is a part of you that has a suggestion on a new behavior you could adopt to get what you want.

You may even want to call forward a fun or creative part of you and maybe a wise and loving part.

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 you could ask to support you in this?

CLOSURE

Is there something else you need to feel complete with this 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

Person A, please do the Daily Reading before Day 14.

Person B may do the Daily Reading for Day 14 after experiencing Day 14.

DAILY READING

DAY 14

The Positive Intent Process

All sub-personalities or parts of us, have positive intent no matter how bad the behavior.

Discovering the positive intent is key to transformation.

We can discover the positive intent of a part or a person by using The Positive Intent Process.

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

This is shown in more detail below.

THE POSITIVE INTENT PROCESS

Mentor asks: What do you want?

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

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

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

A. Mentee answers: ADVENTURE

B. Mentor Echo's answer: ADVENTURE

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

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

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

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

Allow Mentee to spend some time enjoying the core state.

END OF PROCESS

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

POSITIVE INTENT PROCESS

What do you want? *[mentee answers]*

I hear you say [answer]

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

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

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

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

ADDITIONAL COMMENTS

When facilitating the Positive Intent Process, please work with whatever answer the Mentee gives you.

Most times, Mentee's answers will become more and more positive as you go through the process.

Sometimes, however, they will suddenly come up more negative. I.e. they can go from Freedom, to Adventure, to Joy and then to Fear.

Simply continue with the process using "Fear" or whatever the negative response may be.

Within one or two rounds they will usually return to positive responses and then to a Core State.

If voice or “part” continues with negative responses, this is a rare case which will be addressed in Phase 1.

For now, thank the voice for coming forward and say goodbye for now.

EXAMPLE OF POSITIVE INTENT PROCESS

What Do You Want?

Freedom

I hear you want Freedom.

So imagine that you have freedom fully and completely, breathe it in and be with that for a moment.

You're totally free. (pause) ... Feel that Freedom in every cell in your body.....

And now that you have freedom fully and completely, what do you get from that?

I get to be me.

That's right, you get to be you.

Now imagine that you are fully you, you have total freedom to be yourself , breathe that in and be with that feeling for a moment, being fully who you are... (pause) ..

Allow your body to take that in, you being you in every way possible...and when you get to be you fully and completely, what do you get from that?

I'm OK.

Absolutely, You're OK.

So breathe that in and now imagine knowing that you are OK. Fully and completely OK. Spend some time here and be fully with this feeling that you are OK..

Now, from this place of being OK, I invite you to go Beyond Imagination and spend some time wherever that takes you.

If anything comes up for you that you would like to share, let me know.

Take as much time as you like.

MENTORS SESSION GUIDE

DAYS 14 & 15

INTENTION

- To introduce and experience the Positive Intent Process
- To share what you want most from this full Omega Point Program
- A is Mentor on Day 14. B is Mentor on Day 15.

CHECK-IN

Mentor:

Let's check-in. As we did last session, please share how you are feeling physically, emotionally and mentally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today.

I'll start.

[both partners check in]

POSITIVE INTENT

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

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

That question will be: What do you want most from this full Omega Point Program?

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

OK. Please close your eyes. Take a deep breath and let it out slowly. Take another deep breath and move your consciousness into your body. Allow yourself to become more relaxed and aware of your body as you start to breathe normally.

Now, What Do You Want Most from this Omega Point Program?

[mentee answers]

THE POSITIVE INTENT PROCESS

I hear you say [answer]

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

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

From this place of [core state] , I now invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete.

(Allow Mentee a few minutes to enjoy this Core State and then continue.)

CLOSURE

How do you feel?

Is there anything you'd like to share about your experience of Beyond Imagination?

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 CALL

HOMEWORK

Person B - Please review the Daily Reading for Day 14 before being the mentor for Day 15.

DAILY READING

DAY 16

Spiritual Aspect

The Spiritual aspect of your life may include:

- your spiritual or religious history,
- your current beliefs or practices;
- any inner spiritual resources you may be connected to,
 - Connection with Higher Self
 - Spirit Guides
- any special abilities you have that might be spiritual or psychic in some way,
- your current Worldview, Cosmology or Paradigm.

It may also include any Awakening experiences you may have had or possibly some insights or revelations you may have gotten from your spiritual practice or even some hallucinogenic drug experiences (like LSD, DMT, etc.).

We will now start to include Spiritual in our daily check-ins. This full PEMS check-in might sound similar to the following example:

Example of a brief PEMS Check-in (Check-ins are often longer)

My name is _____,

Physically, I'm feeling tired and worn out.

Emotionally, I'm feeling sad that I have no energy and I'm scared I'm getting worse.

Mentally, I'm aware of being in overwhelm and don't see a way out of this, and

Spiritually, I'm disconnected and alone.

MENTORS SESSION GUIDE

DAY 16

INTENTION

- To practice Active Listening and share your Spiritual history
- To practice sharing what comes up
- B is Mentor as A shares first, Switch

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session. Let's check-in. Please share how you are feeling physically, emotionally, mentally and spiritually today. This is called the PEMS check-in. Remember to confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION

Today, I will practice Active Listening as you do an extended check-in, on your Spiritual History. After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

Please use I-statements and the 5 feelings and practice sharing what comes up for you without filtering your inner thoughts and comments.

Any questions?

EXTENDED CHECK-IN

Mentor B: (A after switch)

Before you start sharing about your Spiritual life, could you please share with me what you mean by Spiritual?

Thank you. Now, please tell me about your Spiritual life.

This could include:

- your spiritual or religious history,
- your current beliefs or practices;
- any inner spiritual resources you may be connected to,
- any special abilities you have that could be considered as spiritual or psychic in some way,
- or anything else that comes up for you related to this subject.

[A shares, B uses active listening for 10 minutes]

CLOSURE & FEEDBACK

***Mentor B:** (A after switch)*

Thank you. The essence of what I heard you say is

Are you complete for now? How was that for you?

Is there anything else you need before we continue?

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

What did I do that worked for you, and

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

SWITCH

Mentor B: (A skips this section, starts check-out)

Thank you, lets switch roles.

You (A) can start with the Extended Check-in the section above.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Person A will do the Reading for Day 17.

Person B can do it after the next session.

DAILY READING

DAY 17

Healing Overview

Today we want to share an overview of this healing approach.

Up to now, we have been working with individual skills to help a person find a deeper truth around some issue in their lives. We have learned ways to Access a Voice, do Active Listening with the Voice and find the Positive Intent behind what the Voice wants.

We also learned how to do a Reframing or a Regression process.

We can now start to see how facilitating another person can be seen as a process that may involve more than one Healing skill. The key steps of this healing process may be:

1. Accessing a Voice

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

2. Active Listening

- Be Silent
- Echo
- Ask Meaning

3. Positive Intent

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

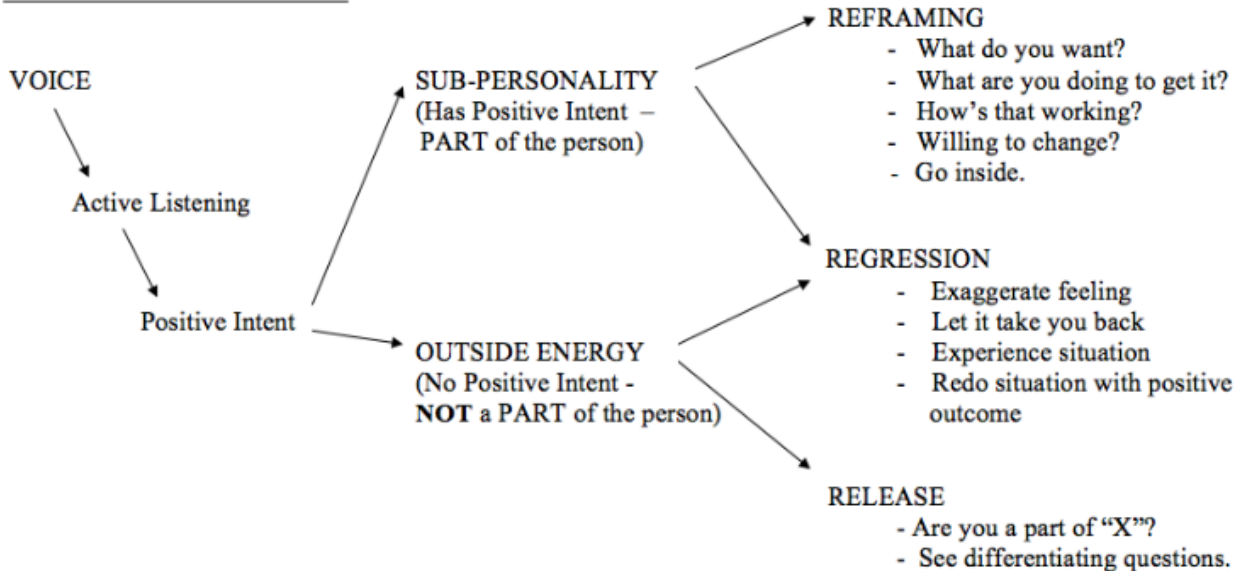
4. Reframing

5. Regression

The next chart shows this progression through a basic healing process.

We can usually start any healing process by engaging with a voice, doing Active Listening and then Positive Intent. If a part has a Positive Intent we can proceed with Reframing or Regression.

HEALING OVERVIEW I - INTEGRITY

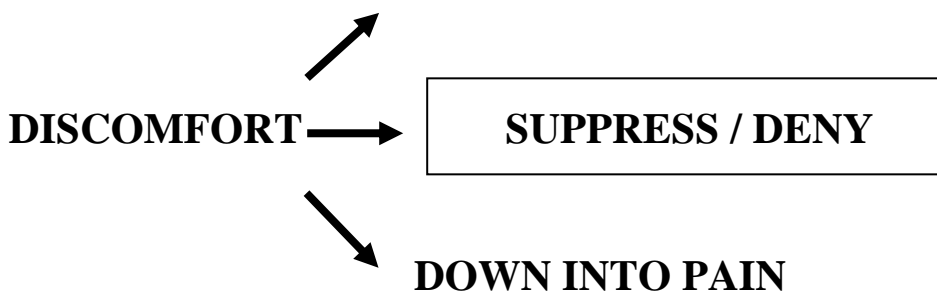


Another view of this Healing process is shown below:

REFRAMING

- What do you want?
- What are you doing to get it?
- How's that working?
- Willing to change?

UP INTO POSSIBILITIES



REGRESSION

- Exaggerate feeling
- Let it take you back
- Experience situation
- Redo situation with positive outcome

In today's culture, we are usually not taught healthy ways to deal with discomfort and pain. Many of us learn to hide, repress and deny any uncomfortable feelings, thoughts or impulses. By using the skills in this program, we can now start to address many of these suppressed feelings and experiences by going down into the pain as a regression or going up into possibilities as a Reframing.

The Reframing or Mentoring Process includes many of these steps in one process. The following is a Mentoring Process that includes the Positive Intent Process. This is the process we will use on Day 17.

The following is the Mentoring Process with Positive Intent:

MENTORING PROCESS

Is there a difficult or complex issue that you may be currently struggling with?

Please Describe this Situation or Issue.

What is the data or facts concerning this issue?

How does it show up in your life?

What Do You Want? (Specific to this situation)

What does _____ mean to you?

What would that look like?

How will you know when you have it?

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.)

What Are You Doing To Get It?

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

How Is That Working?

How do you know that?

What lessons are you learning from this?

What Are Your Choices?

Close your eyes, take a deep breath and allow yourself to move into your Sacred Space.

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

Ask if any part has a suggestion for making this more fun.

What alternatives do you resonate with?

Which Alternative Do You Choose?

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

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice?

What Actions Will You Take?

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

Is there someone or a part of you, you can ask for support?

MENTORS SESSION GUIDE

DAYS 17 & 18

INTENTION

- To address a major Spiritual issue
- To experience the Mentoring Process w/Positive Intent
- A is Mentor on Day 17. B is Mentor on Day 18.

CHECK-IN

Mentor:

Let's check-in.

As we did last session, please share how you are feeling physically, emotionally and mentally today.

Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

[both partners check in]

INTRODUCTION: REFRAMING WITH POSITIVE INTENT

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

We'll be using this process to sort out a difficult Spiritual issue for you and today we will add in Positive Intent to the process.

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 Spiritual 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.)

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?

Are you willing to go to go inside now to get input from any parts of you or possibly some Spiritual resources you may have?

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.

Ask if there is a part of you that has a suggestion on a new behavior you could adopt to get what you want.

You may even want to call forward a fun or creative part of you and maybe a wise and loving part.

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?

CLOSURE

Is there something else you need to feel complete with this for today?

How was that for you?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK (for Day 16)

Person B - Please review the Daily Reading for Day 17.

DAILY READING

DAY 19

Echo Process Introduction

Many self-help and spiritual disciplines start with how to handle negative voices in your head. Buddhists refer to it as Monkey Mind.

“The monkey mind insists on being heard, and sometimes it takes a lot of self-control to shut it down. It is also the part of your brain that becomes easily distracted, so if you want to get anything done in life, your challenge will be to shut down the monkey mind.”

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

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

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

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

The Echo Process

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

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

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

THE ECHO PROCESS

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

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

Listen Notice what the voice is saying now

ECHO

Listen and ECHO a few more times.

POSITIVE INTENT PROCESS

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

Listen for answer....

I hear you say [answer]

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

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

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

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

At this point in the program, if voice remains critical and negative after several rounds of Echo, simply acknowledge to the voice that you hear it and understand that it thinks you are a flawed mess. Thank the voice for sharing with you today and that you hope to talk again soon.

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

Repeat what the voice says, word for word. Except when the voice says “you”, say “I”. I.e. Voice says: “You are an idiot”. Say: I hear you saying that “I am an idiot”

MENTORS SESSION GUIDE

DAY 19

INTENTION

- To learn and experience the Echo Process with Positive Intent

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session.

Please check-in using the full PEMS model.

Share how you are feeling physically, emotionally, mentally and spiritually today.

Remember to confirm that you have done the Reading for today.

I'll start.

[both partners check in]

INTRODUCTION

Today we offer you another opportunity to practice Active Listening and Positive Intent as part of what we call The Echo Process.

This Echo Process is helpful when working with a critical or negative voice in your head.

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

Through this process, we may find that the voice may actually be trying to help us if only we would take the time to listen to it.

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

Any questions?

THE ECHO PROCESS

Mentor B: (A after switch)

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

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

I'll help you do this.

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

Do you hear a voice?

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

ECHO PROCESS

Listen Notice what the voice is saying to you.

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

Listen Notice what the voice is saying now

ECHO Listen and ECHO a few more times.

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

[mentee answers]

POSITIVE INTENT PROCESS

I hear you say [answer]

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

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

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

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

CLOSURE & FEEDBACK

***Mentor B:** (mentor A after switch)*

Is there anything else you need before we continue?

How was that for you?

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

What did I do that worked for you, and

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

SWITCH

***Mentor B:** (mentor A skips this section, starts check-out)*

Thank you.

Let's switch roles.

You (A) can start with **THE ECHO PROCESS** section above.

(Note: if time is tight, you may continue with this on another day)

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please review the Daily Reading for today (Day 19).

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

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

DAILY READING

DAY 20

Logistics and Future Plans

OPP WEBSITE

For more information and the latest protocols, please visit the OPP Website:

<https://omegapointprogram.com> Email: team@OmegaPointProgram.com

MENTEE AND MENTOR FEEDBACK

On the Omega Point Program website are forms requesting feedback on this program.

Please visit the website, record your feedback there and also register as a Phase Zero Graduate. Go to [OmegaPointProgram.com/feedback](https://omegapointprogram.com/feedback)

PHASE ONE OPTIONS

There are a number of options available for the two partners to continue on to Phase 1.

If they would like to continue together:

When both partners continue together, they could skip the first 5 days of Phase 1, as these days are very similar to days covered in Phase Zero. Also the bold items in the P1 Daily Readings Index can be skipped or briefly reviewed. Optional ways to Conduct P1 are:

One partner can be Mentor for 35 days and then switch roles and repeat the 35 days. (total 70 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 35 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 70 days, 30-45 minutes a day)

The two partners can add a third person and do a Round-Robin as described in Phase One. (total 40 days, 60-90 minutes a day)

If the partners want to continue separately:

Each partner could take on a new Mentee and be a Mentor for 40 days.

Or, each partner could find a qualified Mentor and be a Mentee for 40 days.

Many other possible combinations are also possible.

Please read the following invitation to the OPP (Phases 1 & 2).

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.

MENTORS SESSION GUIDE

DAY 20

INTENTION

- To reflect on the experience of the first 20 days
- To review plans for doing the OPP (Phase 1 & 2)

CHECK-IN

Mentor B:

I (Mentor B) will take us through today's session.

Please check-in using PEMS and confirm if you reviewed the Daily Reading for today.

[both partners check in]

INTRODUCTION

Having completed this 20 day program, today is about reflecting on our experiences and preparing for any follow-up to the OPP that we may want to pursue.

To help us integrate what we've experienced, I'd like to ask you a few questions and then we'll switch and you'll do the same.

REFLECTION

Mentor B: (A after switch)

Feel free to share whatever comes up for you around any of these topics.

Describe your experience of the program, in your own words.

How much of this experience was new to you?

What did you learn about yourself ?

How are you different now from when you started the program?

How is your life different?

Did you encounter any conflicts with your current belief system?
Please share any additional comments you have about the program.
On a scale of 1 to 10 (outstanding), how would you rate this Program?
Please share any feedback you have for me as your Partner.

SWITCH

Mentor B: (A skips this section)

Thank you,

Let's switch roles.

You (A) can start with the **REFLECTION** section above.

PHASE ONE PLANS

Mentor A:

What is your interest in continuing on to the OPP Phase 1 & 2?

Of the options listed in the reading, do you have a preference?

(discuss options and choose a plan)

Do you have any questions or anything else you want to discuss about the Daily Reading information?

CLOSURE

Mentor A:

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

Thank you.

Now, let's check out.

FINAL CHECK OUT

SCHEDULE FOLLOW-UP (if any)