

MENTORS SESSION GUIDE

PHASE 1 - WRAP UP

INTENTION

- To reflect on Mentee's experience of the first 20 days
- To invite a daily practice of visiting Sacred Space
- To review Mentee's plans for Mentoring

CHECK-IN

Please check-in using PEMS and state your Mission.

[mentee and mentor check in]

REFLECTING ON YOUR OPP EXPERIENCE

Having completed half of this 40 day program, today is about reflecting on the first 20 days and preparing for the next 20.

To help you integrate what you've experienced so far, I'd like to ask you a few questions. Feel free to share whatever comes up for you around any of these topics.

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

How has this experience been for you?

What comes up for you around the effect this program is having on you?

What have you learned about yourself ? New insights or observations?

How are you different now?

How is your life different now?

Any conflicts with your current belief system?

What about this program is working well for you?

What isn't working for you?

Any feedback that you'd like to offer me as a mentor or facilitator?

What are your hopes and expectations for the next 20 days?

What are your fears about the next 20 days?

MENTOR PREP FOR MENTEE

Now, I'd like to briefly discuss your plans for passing on this program. One of the initial agreements in doing this program is that you will pass it forward to two other Mentees.

Please note that the timing for taking on a Mentee is flexible and everyone will have their own preference on when to start. Do what you can and know that for many, sharing this program with a Mentee is the best part of this project.

You could do this at any time while you are a Mentee in this program or after you complete the 40 days. You can pass it on to two Mentee's at once or do them sequentially, one at a time.

What are your current thoughts on passing it on?

What kind of support do you need to begin passing it on?

Please review the Instructions on Choosing a Mentee on page 8 and review the Mentor Guidelines found in Addendum A.

(Once the Mentee has taken on the role of Mentor with their own Mentee, Invite them can to share any concerns, or questions they may have as part of their daily check-in.)

VISITING SACRED SPACE AS A DAILY PRACTICE

I invite you to begin visiting your Sacred Space on your own, possibly as a Daily Practice. Hopefully, you may have time to practice that in the next few days.

Many Sacred Space artists, create their own special path to their Sacred Space that may include traveling through Nature, checking in with Guides along the way or whatever appeals to you as a daily meditation practice to center yourself and find some peaceful alone time with your parts.

It also works for some, to record an induction for guiding them to their Sacred Space much like I do for you in these sessions.

Today we will do an Inner Circle Check-In together and I'm going to encourage you to do your own personal silent induction and let me know when you are in your Sacred Space.

If this feels too soon for you, I can take you through our usual induction. What would you prefer for today?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

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

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Now, I'd like you to facilitate a check-in with everyone at your circle. Allow whomever wants to go first to start.

For today, ask them to share how they're feeling and anything they'd like to say about this program and the opportunities to spend time with you and the other parts. Ask what they hope to do in the program as it continues.

Also, ask them to comment on the possibility of you developing a daily practice of visiting with your parts in your Sacred Space.

Please share what each part says after they are complete.

[mentee speaks]

CLOSURE & RETURN

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

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

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

Note: Phase 2 of this program, Days 21 – 40 can be found in a separate document on the OPP website: OmegaPointProgram.com