

DAILY READING

WRAP UP

Post Phase Two Logistics and Future Plans

WEBSITE AND EMAIL

For more resource information and updated protocols, please visit the OPP Website: OmegaPointProgram.com

MENTEE AND MENTOR FEEDBACK

On the Omega Point Program website are forms requesting feedback on this program from Mentees and Mentors. Go to OmegaPointProgram.com/feedback

Please visit the website and record your feedback there.

This feedback will help us make improvements to this program.

We also request that you leave a “quotable quote” that we may use to encourage others to experience and mentor this program.

A Certificate of Completion is also available. See the bottom of the feedback form.

With your Certificate, you are invited to enroll in the Omega Point Academy which is for OPP Phase 2 grads only. Please join our OPP and OPA Family and gain access to advanced OPP Phases and other resources.

Please go to: OmegaPointAcademy.com for more information.

OPP FOLLOW-UP

As of June 1, 2021, OPP Phase 3 is available on the Omega Point Academy (OPA) website for a nominal fee. Phase 4 is planned for release on July 2, 2021.

Additional resources are also available on this OPA website.

What follows is a form letter that you can place in an email to your friends to let them know of the OPP and encourage them to pursue it. Simply insert the text into an email, attach Phase Zero (download it from the website), add your own personal touches to the wording and send it out.

Thank You!

Email Form Letter to send out to friends about the OPP

Dear:

I want to share with you an opportunity to engage in a new program, The Omega Point Program, which I think is incredible.

Don't worry, it's free and you don't have to sign anything. The only commitment you make is to the other person you do the program with and how you do that is between the two of you.

Here's a quote, from an OPP grad, that captures just one aspect of the program:

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

The Omega Point Program is a 40 day program for two people to share an authentic, no bull-shit connection, by phone (or Zoom) for 30 to 40 minutes each day. Each day has a unique script for one person to read as they take their partner through a step by step healing process or Inner World exploration. Each day builds on previous days scripts, to provide a path for incremental deep healing and profound self-discovery.

This combination of a daily approach, unique scripts, leading edge healing and communication skills, an almost shamanic approach to Inner World exploration and a direct connection with whatever you might consider Divine, is historically unprecedented.

When you add in the opportunity to deeply connect with another person and find yourself actually being able to love and care for them in a gentle and effective way, many people are left with simply describing their OPP experience as magical, enchanting and life changing.

And it's all free, no hidden fees, no games.

[Insert your personal experience with the OPP here if you'd like]

If this resonates with you, please download the attached Phase Zero, call a friend and start tomorrow.

It's that simple. That's all you have to do.

If you do want more info, you can read through the Home Page, the FAQ and the Feedback section on the website: <https://omegapointprogram.com>.

Please do it. With all the crap that's going on in the world today, this is one real concrete thing you can do for yourself and someone you care for.

[add your personal closing and send it before you chicken out :)]

MENTORS SESSION GUIDE

WRAP-UP

INTENTION

- To reflect on and integrate Mentee's experience of the program.

CHECK-IN

Please check-in using PEMS and remember to state your Mission.

[mentee and mentor check in]

READING AND LOGISTICS

Having completed this 40 day program, today is about reflecting on your experience, and preparing for any follow-up to the OPP that you may want to pursue.

Did you take some time to look over the Daily Reading for today?

(If not, briefly cover the Reading.)

Do you have any questions or anything you want to discuss about this information?

MENTORSHIP PREPARATION

What is your current status with Passing On the OPP as a Mentor?

Is there anything you'd like to discuss about your current experience of Mentoring or your plans for taking on a Mentee in the near future?

DAILY PRACTICE

Have you been able to visit your Sacred Space on your own, possibly as a Daily or Occasional Practice?

Are you interested in continuing with this approach of working with your Inner World?

Is there anything I can help you with so you can continue to develop your relationship with your Parts and your Higher Self on your own?

REFLECTING ON PHASE 2

To help you integrate what you've experienced so far, I'd like to go over the feedback you submitted on the website.

(If Mentee has not submitted feedback, you may want to take notes on their answers today and encourage them to input them on the website.)

As I ask you a few questions, feel free to share whatever comes up for you.

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 ?

What did you learn about your parts?

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?

Have you made any changes to your worldview or paradigm?

Please share any additional comments you have about the program.

What kind of follow-up to this program would you be interested in?

On a scale of 1 to 10 (outstanding), how would you rate this Program?

Please share any feedback you have for me as your Mentor.

Would you like my feedback on having you as my Mentee?

CLOSURE

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

Thank you. Now, let's check out.

FINAL CHECK OUT

Addendum A

Induction and Inner Circle Check-in:

Find a comfortable position. Close your eyes.

Take a deep breath and let it out slowly. As you let it out allow your consciousness to start moving into your body. Feel your body relaxing as you do this.

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

Inhale one more time and let it out even slower. Even more relaxed now. Note any sensations in your body, any images that may come up, any messages or insights that may come up.

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

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now. You can simply allow yourself to follow 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 emerge. 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.

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 give their name, how they're feeling and anything they'd like to share with you. You may want to model the Check-in first.

When all the parts are complete, say goodbye till next time and slowly come back to the room, feeling alert and refreshed, rejuvenated with lots of energy.

Slowly come back to this room, stretch your arms and legs and now open your eyes.

Tools Summary

INNER CIRCLE

- use as a base for inner journeys & adventures
- go up through the roof into clouds/stars
- go out back door into the dark, down into basement etc.
- provide play area for inner child
- use as your personal sanctuary

INNER CIRCLE CHECK-IN

- use to resolve problems
- use as 'advisory board'
- identify causes in your life, process parts involved
- identify issues between parts, establish facilitator, have them resolve
- give vision, share Mission, get consensus/ alignment

LOST FRAGMENTS

- find cords leading from table
- follow and rescue / recover part of self

EXTERNAL CHARACTERS

- fragments from others, parents, etc.
- find cord – send back along cord

SUB-PERSONALITIES or PARTS

- be mindful to love, accept, acknowledge, welcome.
- when reframing, embrace, transform, empower, integrate and align with mission

INTRUSIVE ENERGIES (Not part of self)

- ask if part of you - If not, surround in capsule of white light and send to the light (see Standard Guidelines, Day 1 Reading)

Additional Mentor Guidelines

Dealing with Resistance

1. Permission to resist is permission to process. Remember, the greater the resistance, the greater the wound, and the greater the intention to protect the inner child.
2. Build Rapport. Ask what it needs to feel safe.
3. Admire ability to resist you. Admit defeat. Ask what it would do if it was you.
4. Switch places. Let it facilitate you as you play its role.
5. Ask it to move chair and become a part that can help you, that knows what to do.
6. DURING REGRESSION:
 - Put scene on movie screen / create distance from trauma
 - Bring in friends, power animals, heroes w/ weapons - rescue child
 - Make **X** larger, others smaller

Regression Techniques

Ask about details:

Where are you, inside or outside? Is it light or dark?

Look at your feet, what are you wearing?

How old are you? What's happening?

Talk in present tense:

What's happening? What/who do you need?

How does that feel? What do you want to do now?

Turn clock forward/backward.

Do active listening (echo their statements)

Trance Work

When participant is in “emotions” or in a sub-personality, they are in altered state

Rules of working with an altered state (trance work):

Do not confront, Do support / pace / follow