

# DAILY READING

## DAY 5

### Agreements and Instructions

By this time, the Mentee will have some familiarity with how this program works.

In the next session (Day 5), Mentor and Mentee will be making some additional agreements similar to their confidentiality agreement on Day 1.

They will also review some options on how they can conduct this program.

In preparation for this, please read through this Daily Reading and be prepared to cover anything you don't agree to or anything on the instructions you would like to change versus what we are already doing.

### Mentee Agreements

I commit to finishing the 40 day program, one day at a time.

I will pass it on to two people. (May choose to do one at a time)

I will pass the program on exactly as received and on a timely schedule.

Please Note: Mentor will often need to vary from the protocol when unexpected situations occur. Please stay within this basic approach and intent of the process when working with unplanned occurrences.

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

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

If at any time, I feel that this program is not for me, for whatever reason:

I will discuss my feelings with my Mentor and their Mentor.

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

With agreement on the above, Mentor and Mentee may discuss any changes they'd like to make in how they are conducting this program (see the following instructions for options.)

## Mentor / Mentee Instructions

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

1. The 40 days could be scheduled to be consecutive or weekdays only, etc. 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 Mentor and Mentee. 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 40 days.
3. Also, Homework is often assigned to make the most of the time spent on the call. Please complete homework in a timely fashion. Email results to Mentor. If, for any reason, homework does not work for either of you, you may simply cover the homework in your call. Again, add days to the program as needed.
4. Schedule calls a week in advance. Confirm NEXT SESSION at the end of each day.
5. Mentee 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. Mentee is encouraged to find a quiet place to take each days call without interruption to facilitate deeper trance work.
7. Mentee is encouraged to keep a journal to record insights from each day.
8. Mentor may want to keep a journal on each Mentee to record their Mission Statement, the parts in their Sacred Space, Parts that come up during the work, and issues that come up that could be addressed in a future session, etc.
9. **Mentor and Mentee are requested to “Register” on the OPP website** during the first week of the program: Please go to: <https://omegapointprogram.com> , scroll down slightly to “Quick Links”, click on “Register” and fill out the brief form.
10. Daily Readings, Session Guides and additional resources are available on the website for Mentor and Mentee. Some sessions require Mentee to have handouts in front of them.
11. Quality Control: Each Mentee will receive the contact information for their Mentors Mentor. Please check-in with this mentor after DAY 20, at the end of your program, and after the completing your give-away. Hold your Mentor accountable to the faithful execution of these protocols and this program.

## Reasons for Adding Days Beyond 40

As Mentor and Mentee progress through this program, situations may arise where it makes sense to address what is present in the moment and defer the days protocol to another time.

The following are a few examples of when the days protocol can be deferred and an additional day can be added to the 40 days:

1. Anytime the Mentee and sometimes the Mentor, just needs to talk, that can become the focus of the day and the planned focus can wait until another day. Simply add one more day to the total days covered during the program.
2. Homework: If either Mentor or Mentee are unable to complete the homework reading, it is OK to review it on the call and take longer for that day or add another day to the program.
3. If Mentee wants to practice one of these processes before working with their Mentee, it's OK to practice on the Mentor. Again, simply add another day.
4. If at any time, Mentee (or Mentor) needs to work on an issue that is up for them, feel free to defer the days focus to the next day and do active listening with the Mentee (or Mentor). If the issue needs additional attention, feel free to use one of the processes learned previously in this program.
5. Sometimes a Fragile Part or a Key Insight may emerge from doing an exercise. You are invited to move through these occasions with care and respect. Please take the time to simply be with the part, or be with an insight. Give it your time and attention. Perhaps invite in a wise or loving part to help you. Whatever process remains undone can be deferred to another day.
6. Sometimes, a part will seem concerned during the daily Inner Circle check-in. Always address their concern. Find out more about it and if it can be addressed, do whatever is needed at that time to work on the issue. The plans for that day can be deferred to the next session. Some of the most important work you can do will arise when a part seems uncomfortable or acting different than usual.

## HAVE A COPY OF THIS PAGE IN FRONT OF YOU FOR THE DAY 5 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 5

### INTENTION

- To discuss what to avoid during Active Listening.
- To ask Mentee to commit to finishing program and to agreements.
- To discuss and agree on Instructions.

### CHECK-IN

***Mentor:***

As usual, we will start with a check-in using PEMS. Please check-in.

*[mentee and mentor check in]*

### MENTEE AGREEMENTS

Were you able to read through the Daily Reading for today?

Do you now choose to pursue this program with me, and commit to the agreements included in the reading?

*[mentee commits]*

From the instructions, are there any changes you'd like to make in how you and I are conducting this program?

*[mentee speaks, mentor and mentee reach agreements]*

### ACTIVE LISTENING, WHAT TO AVOID

Yesterday you had a chance to practice Active Listening while I did an extended check-in. 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 impulses 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.

*[mentor and mentee discuss challenges]*

## **LISTENING EXERCISE**

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.

*[mentor shares, mentee responds]*

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

*[mentee shares, mentor responds]*

(If time allows, repeat last Mentee sharing with Mentor using Active Listening).

## **CLOSURE**

How was that for you?

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**