



Echo Process

By the Omega Point Program (OPP)

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 and often quote a poem by Hafiz about 10,000 idiots.

The 10,000 Idiots

It is always a danger
to aspirants on the Path
When they begin to believe and act
As if the ten thousand idiots
Who so long ruled and lived inside
Have all packed their bags
And skipped town
Or
Died

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

Use this following process to connect with a negative voice inside your head in a positive way.

1. Listen (Notice what the voice is saying to you)
2. Echo (Say to the voice: So I hear you saying that "...")
3. Listen (Notice what the voice is saying now)
4. Echo (Repeat back to the voice: So I hear you saying that "...")
5. Listen and Echo a few more times.
6. Continue until the voice seems complete.

If the 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. when the Voice says: “You are an idiot”, Say: “I hear you saying that “I am an idiot”.