

Holding Space

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(Revised: 9. January 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Whole group visualization process

Duration: 45 minutes

PURPOSE:

To learn how to hold space and clean personal bubble.

SETUP:

Chairs are set up in big circle.

INTRO / BACKGROUND:

A leader or manager naturally knows how to hold space to some degree or they could not function as a leader or manager. Learning these skills consciously allows us to talk about these ideas and improve our skills.

INSTRUCTIONS / PROCEDURE:

Explain how a Box has eight points.

Do Eight Point Space Holding visualization.

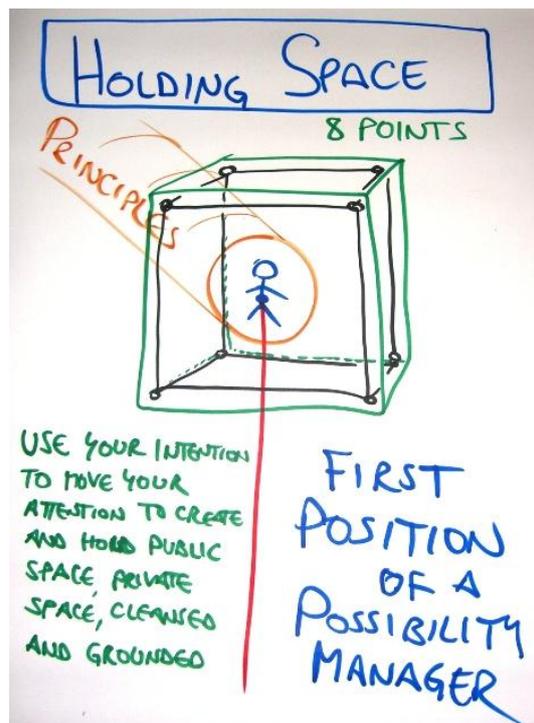
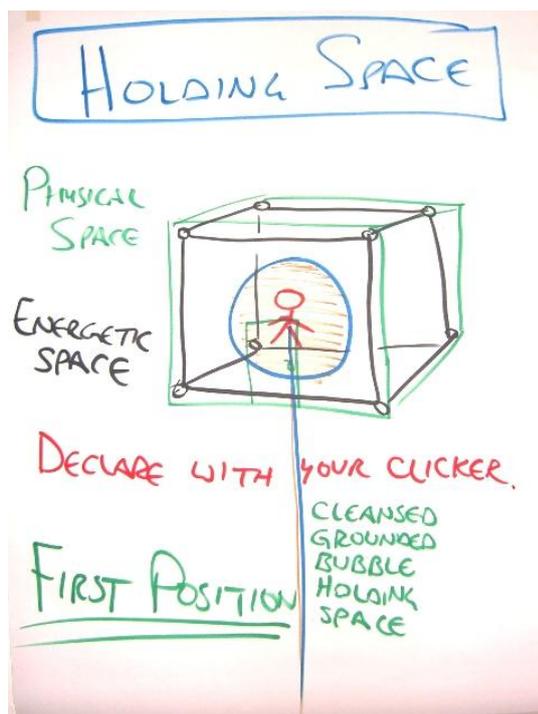
When the participant is holding space for the entire Galaxy of Galaxies, have them slowly open their eyes and tell a joke. Explain how this is splitting their attention between holding the space and creating the space.

As trainer:

Ask a participant to show

- 1st position in ballet
- 1st position in martial arts
- 1st position in fencing

Every form has a first position. The lady on the poster is in first position of PM. She holds double space, i. e. a public space and a personal space. And in the personal space, she is centered and grounded. And her bubble is clean. And this is 1st position in PM. And when you are in 1st position, all tools are there. The tools are not there, if you are not in first position.



Space holding occurs through consciousness and intention. You hold space as long as you put part of your attention on it. Holding is the intention. You don't need a story, no knowledge, no body. It is pure intention. You hold a space by declaring it with your clicker.

The shift happens, when you call in your bright principles into the space. Then you vanish and the bright principles are in the space. That is your intention. You serve something bigger than yourself.

A cleansed, grounded bubble is always the first position. If you don't have it, then you are crippled or handicapped, because you are not connected to the sources. From this first position you can do anything and move anywhere. You hold your bubble and the public space.

What we will be doing is a couple of distinctions. And you will use your attention and intention. Nobody can stop you from doing this. We could have learned about that at the age of 7. Really I taught my daughters this stuff, when they were 11 years old and today they do it without thinking about it.

The 8 points define a cubic space in the room. Close your eyes and take a deep breath.

You can change energetic spaces. It's completely mobile. Most energetic spaces are unconscious. To move an energetic space, you have to take responsibility and create it first.

So use your clicker now and click the 8 points in the room, each at a time.

Hold 15-20% of your attention on the 8 points. Splitting attention is a natural talent. We split it e. g. unconsciously while we are riding the bicycle. We ride, chew chewing

gum, pay attention to cars and pedestrians and probably think of what we still have to do.

When you click the 8 points we use an unconscious skill consciously. Use your attention and develop your attention muscles.

So take a deep breath and close your eyes.

HOLDING SPACE (45 Min.)

- Click 8 points in the room, first 4 on the bottom, and then 4 on top.
- Click the 8 points, each at a time – click.
- When you lose the room, you can click it again. You can actually do it with one click.
- Shrink the space of the chair and you.
- Extend it to the entire physical space.
- Shrink it to the chair and you. („Do you realize how easy that is?“)
- Extend to the room.
- Shrink it to you and the chair.
- Extend to the room.
- Extend the space to the two buildings of the farm, i. e. the main building and the barn.
- You are holding space now for the 2nd building, although you don't know what is in there. You take energetic responsibility.
- Erweitern auf 10m² um den Hof herum
- With the next click, extend the space so that includes the city of Unterdietfurt – click
- Now you are holding space with your attention and intention for hundreds of hectare of land, birds, people.
- With the next click include us and the entire metropolis of Munich. You now hold space for a million people. A lot of stuff is happening right now there. You take responsibility for this space.
- Now click your finger and include Germany. Germany is not square, but with 8 points you can still hold space. You are now holding space for 120 millionen people.
- Extend to Europe
- Extend to the Earth (7 billion people)
- Extend to solar system with all 9 planets. Look how small the Earth is.
- Extend to milky way.
- Extend to the entire galaxy with 800 billion stars and unlimited space.
- Extend to all galaxies in this universe. You are holding space for the entire universe now.
- Extend to all universes. Now you are holding space for all universes.
- Now shortly open your eyes and keep holding space while putting your attention on all universes.

- Now close your eyes again.
- Keep your eyes closed and you your attention on the 8 points. I need a volunteer. Put your finger up, if you want to volunteer. Okay, xy, keep your eyes closed, hold the 8 points and the space for all universes and tell a joke. (xy tells joke) *(Let one volunteer tell a joke. The other participants have to keep their center and hold space without laughing).*
- Did you lose your 8 points? (e. g. because of laughing). Find them again.

Then as trainer let the participants shrink the space gradually (from all universes to chair)

- Okay, now go back and hold space only for our universe.
- Shrink it back to our galaxy. Do you realize how easy this feels compared to all universes?
- Solar system => There is this sun again and the planet. Find the Earth and click with your finger.
- Earth => look how small and easy she is.
- Europe
- Now Germany,
- Now Munich,
- Now Unterdietfurt
- Farm
- Room
- You and the chair.

DOODLEBUG

- Vanish the 8 points.
- Make the 8 points around you and the chair.
- Expand it again to the room
- You and the chair
- Now put your hand out, palm upwards.
- Shrink the space to a 1 cam cube and put it on your palm.
- Shortly open your eyes.
- This is your doodlebug. You can use your doodlebug and use your attention and intention and send it e. g. to the fridge. This is point attention on distance.
- Close your eyes again.
- Send the Doodlebug home into your fridge, into your apartment, around the house, check whether the windows are closed or the milk is still okay.
- Put your hand out again and get it back.

DOUBLE SPACE HOLDING

- Put the Doodlebug back on your hand.
- Extend it to you and the chair.
- Extend it to the physical space.
- Now click a second space around you. Click a square space with 8 points around you, while you are holding space.
- Now click and make the second space a bubble.

- The bubble is flexible and transparent.
- Feel your bubble from the inside with your hands. This might be the first time that you have your personal space. This is double space holding. If you haven't done this before, it can be that it is the first time that you have your personal space. It is great, because you have your personal energy in your space. Other people's energy has nothing to do in your space.
- Okay, now open your eyes.

It is the psychic etiquette that you only have your own information and energy in your bubble. That's why we will clean it now.

To do so, you need your grounding cord. It is a flexible cord which goes from your center to the middle of the Earth. It is about 5 cm in diameter.

- Click it => As trainer check with people color and size.
- Vanish the grounding cord. Do you notice the difference?
- Click the grounding cord again.

CLEANING THE BUBBLE

- A clean, grounded bubble holding double space is the first position of PM. Wherever you go, this is home. This is first position. Because we haven't done this before, it could be that we have a lot of energy from many people in our bubble. Also very old stuff. Teachers, enemies. So we clean our bubble. Make it a practice to clean it regularly. If the energy of somebody has been in your bubble for a long time, you might need to clean your bubble several times from this person (up to 1 month). You clean your bubble every day for about a year. After that it will be kind of self-cleaning.
- Make a 2nd bubble of about 30cm in diameter in front of you. Look with energetic eyes into your bubble and put the first face or person that appears into the bubble. All their voices, praise, etc. is in there. With one click the bubble then drifts away out into the field about 50 meters away. Then you let it explode and the energy goes back to that person. It's their story, their energy and they get it back.
- 2nd bubble in front of me
- 3rd bubble in front of me
- Do it as long until everybody is out of your space.
- While we are doing this, name the person you put in. It can be your mother, neighbors, partners, friends. Keep going for a while until I tell you to stop it.
- It could be that the same person appears several times

....(*participants cleaning their bubble*)

At the end you can pick up the litter. Make a last bubble. Now take something like a

scraper or vacuum cleaner. Scrape your bubble on the inside and put all the rest into one last bubble, which you again send away and let it explode.

Eure Blase und Erdungskabel beschützt euch und wirkt wie ein Blitzableiter. Wenn also jemand ein Gefühl hat, könnt ihr in sein Gefühl haben lassen. Ihr könnt selbst eins haben und müsst es energetisch nicht allen überstülpen, sondern einfach nur in eurem eigenen Raum. This distinction about the energetic space, the bubble and the grounding cord is amazing. So make it practice.

After cleaning the bubble:

Now you have a vacuum. If you don't do anything, the nature will fill it up until you do it first.

So click a big bubble above your bubble. The part where both bubbles touch is about 10 cm in diameter. You now fill the big bubble on top with your energy and information of all spaces.

Now you open the interface and your golden energy first goes into your energetic body. Feet, hips....

As soon as it has filled your body, it flows down to the feet and fills your bubble. By now all bubble is filled and it is still coming in. The extra is going down your grounding cord and cleans it. It helps to touch your grounding cord like a guitar string. You can see small vampires and bugs jumping off.

Finally the upper bubble is empty and gets small and fills exactly the hole between the upper bubble and your bubble.

Further distinction about bubble:

"We live in different bubbles"

1. First we live in the bubble of the parents' house.
2. Then some people in a relationship try to put their bubble around their partner, like I would try to put my bubble around Marion and her bubble. And she would do the same. That's completely enmeshed. You won't have an adult relationship until both bubbles are next to each other. It can be painful to unmesh bubbles.

You can have your bubble and the kid, too and be in total relationship. You don't have ownership. Parents do this. They take the kids in their bubble and wonder why they get crazy. You are holding space for the kids, but you don't let them into your bubble.

This is important stuff, because we are doing all this energetic stuff unconsciously. It takes practice to keep the bubble when e. g. you get out of the care and talk to s. o.

DEBRIEF:

Check-In about experiences