

## Navigating Everyday Conversations Skills List

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### **FORMAT:**

*At the Possibility Lab in Mallorca 25-29 October 2016 Georg Pollitt, Nicola Neumann-Mangoldt, and I wanted to support participants practicing their skills for navigating everyday conversations in a rapid learning environment with feedback and coaching first on stage and then in small groups. As we tried to narrow down the options as to which navigation skills would be most important to learn first an entire list of skills emerged, all with the same importance for navigating everyday conversations. We were flustered and disturbed. How could we best deliver the ever-important conversation skills if there were so many and all of them were crucial, yet each skill would take time to develop? We had no answer except to share this list with other Trainers and ask for your ideas. I also think these are perfect skills to practice at Possibility Teams, Possibility Labs, and Trainer Skills Labs. If there are skills you never heard of or don't know how to empower others to learn please connect with Nicola Nagel and the Trainer Skills Labs team. I shudder to think how long I tried to live my life without using these skills.*

– Clinton Callahan

### **FORMAT:**

The following list of skills for navigating everyday conversations cannot be learned only in *Expand The Box* training or even in 10 *Possibility Labs*. They are too many, too complex, and they require long-term consistent practice with ongoing feedback and coaching from peers to refine them in real-life applications. That means these are the central teaching content and activity of *Possibility Teams*. Practice practice practice! That is how people's lives change. That is how people can create different results for themselves and their loved ones. By consciously making these painful mistakes the pain increases in a person's awareness until they can't do it anymore. Use rapid learning with feedback and coaching in small groups or with stage work. Practice these skills until they become conscious competences. These are 68 core skills.

1. **SHIFTING IDENTITY** – Have you shifted into Being a Possibility Manager with your toolbelt, stellated inner feelings archetypes, Pearl, and core skills?
2. **BEING CENTERED** – Do you keep a detector active to notice where your center is? What is your center doing there this time? Are you noticing who would accept your center if you tried to give it away and who would not? Are you sensitive to your security-seeking adaptive survival strategies when they arise? Can you detect it before you agree to do something that you do not want to do or to behave in a way that conforms to expectations from others or from social constructs rather than from your own inner inspiration?

3. HAVING A GROUNDING CORD – Have you declared your energetic connection between your center and the center of the Earth as a stabilizing lightning-rod groundedness? What color is your grounding cord now?
4. WHERE IS YOUR GREMLIN? What is he doing? Why? Do you own your Gremlin? Do you know his name, feed him consciously and regularly? Do you have him on a short leash by your left side? Do you have access to nonlinear humor and precise timing through your Gremlin without letting him be funny for his own purposes?
5. STAYING UNHOOKABLE – Can you enter a melee of personally offending attacks, no matter how subtle or direct, and remain neutral enough that none of your psycho-emotional buttons are triggered to release emotional brain chemicals into your bloodstream so you are hooked? Can you find or create and use the gap in time, gap in space, gap in purpose, or gap in understanding in order to stay unhookable?
6. BEING IN YOUR 4 BODIES – As you fill your Being into your physical body and get present what *emotions* are coming up right now?
  - a. What percentage emotional anger do you feel? Why?
  - b. What percentage emotional fear do you feel? Why?
  - c. What percentage emotional sadness do you feel? Why?
  - d. What percentage emotional joy do you feel? Why?
  - e. Are you having any feelings (as opposed to *emotions*) in this present moment?
7. BOX AND BEING – Do you experientially distinguish enough between the defensive actions of your Box and the expansive potentials of your Being that you can also ongoingly distinguish it in the person you are talking with? Can you let their Box be their Box? Then instead of focusing on Box differences can you focus on appreciating their qualities of Being?
8. HOLDING SPACE – Whose space is this? Are you holding your own bubble of personal space while simultaneously holding a work space for all the other people in this conversation? (To do this you need to split your attention so you remain centered and grounded while holding double space.) What Bright or Shadow Principles are you calling into the conversation space? What Bright or Shadow Principles are the others calling into this conversation space? Can you bring the background conflict-of-purpose conversation into the foreground conversation?
9. LOW DRAMA DETECTOR – Have you activated your low drama detector and can you implement 5 ways to avoid low drama and 5 ways to exit low drama because it is clear to you that low drama is not life? Have you established conscious ways to feed your Gremlin so he does not have to eat your intimate relationships?
10. FEEDBACK AND COACHING – Do you establish feedback and coaching in the cultural context of the gameworlds you interact in through ongoingly asking for feedback and coaching and implementing what you receive for your own benefit? You say, “*Would you please give me feedback and coaching about how I could more effectively...*”
11. MAKING CONTACT – Can you follow and support the other person’s presence? Can you connect with them Being to Being through the Boxes?
  - a. BODY CONTACT Which of their four bodies is talking with you (physical, emotional, intellectual, or energetic)? What does that body need?
  - b. BRAIN CONTACT Which of their four brains is communicating with you (green, red, blue, or yellow)? Can you listen and respond in that brain’s language?
  - c. GREMLIN CONTACT Where is their Gremlin and what is he doing? What emotions are they feeling? How is your Gremlin relating with their Gremlin?

12. PAYING ATTENTION TO YOUR ATTENTION – Why are you putting your attention there? Where else could you put your attention that other people are not putting their attention?
13. VOICE BLASTER – Is your voice blaster at the ready? “*Blam!*” (shoot first, ask questions later...) Does your voice blaster take out any vampire voices pestering you from external authority figures such as parents, neighbors, relatives, television, society, politicians, religions, corporations, etc.?
14. DISK OF NOTHING – Can your disk of nothing instantly flip out and catch any barbs, insults, or comments sent in your direction meant to hook you so that instead they enter the disk of nothing and find only the void?
15. DECLARATION WAND – Can you use your wand of declaration to state whenever necessary and for no particular reason: “*Something completely different from this is possible right now.*”
16. EGO STATES – Do you distinguish feelings (from yourself in the present) from the three different kinds of emotions (the Parent Ego State: from others, the Child Ego State: from the past, or the Gremlin Ego State: from guess who?) in both yourself and others so you can navigate the games people play (which is also the title of Eric Berne’s 1966 groundbreaking ego states book).
17. DRIVERS – Do you notice the unconscious forces at work motivating various actions such as Eric Berne’s upper world *drivers* (to which we have added underworld *drivers*...), for example: please others (or piss others off), be strong (or be a poor weak helpless victim), hurry up (or be late on purpose to get extra attention), try hard (or don’t try at all, or better yet, fail), be perfect (or leave messes and make mistakes). Do you see drivers charging at you from the inside or from the attitudes or expectations of others to the degree that you can step aside from their unconscious momentum like a bullfighter steps deftly aside from a charging bull?
18. LISTENING SLOWLY – Can you endure the silence between the words and listen slowly to what the silence is saying? Listening slowly means not jumping to conclusions, not making assumptions, not filling the void with your own mental blah-blah, leaving silent spaces to complete this level of connection energetically so that the next level of intimacy has space to emerge.
19. ADULT LISTENING – Are you detecting Thomas Gordon’s 12 Roadblocks to Communication when they are delivered from others and elegantly going around them? Are you able to avoid making roadblocks yourself, and instead do you have the courage to make completion loops to heal the tension that causes the need to speak so that you both enter new territory of connectedness? Are you receiving and completing messages?
20. ADULT SPEAKING – Are you saying enough but not too much? Are you speaking from and into all 5 bodies? Are you asking for what you want? Are you saying what needs to be said? Are you risking losing your control to say what has never been said before? Are you making boundaries, setting context, and providing distinctions that build the thoughtware for the rules of engagement of a culture you would love to live in?
21. THREE GAMES – Are you aware of the three games that can be played and are you (not your Gremlin) consciously choosing which game you are playing right now? And also right now?
  - a. “I win. You lose.” This is competing against the others, striving to be perfect, the best, the prettiest, the strongest, the richest, the fastest, the most famous, the prize-winner. This game assumes that there are limited resources, and assumes that if you get the resources (love, attention, praise, money, etc.) I

- will die, so I will do whatever it takes to get the resources. This is a life-or-death survival game that creates very few winners and very many losers.
- b. "I win. You win." This is a cooperation game that often degrades into a game of "I lose. You lose." through adopting a strategy of compromising, trying to agree that each person gets at least what it takes to survive. Both "I win. You lose." and "I win. You win." take a linear view of what is possible.
  - c. "Winning Happening." Notice that in the description of Winning Happening there is no "I" and no "you." This is because Winning Happening is itself a Bright Principle. You can feel Winning Happening operative in a space as a warm prickly sensation or a humming yellow vibration happening in your body. This game is an infinite game, meaning it is played so as to keep playing. It does not come to an end when someone wins because the objective has nothing to do with someone winning. The objective is to engage in reciprocal feeding with the Bright Principle of Winning Happening. This is a nonlinear strategy where resources are unlimited because the players source the resources.
22. DO OVERS – Can you get it that what you just did is a *Beep!*? Can you drop your defenses, your excuses, your self-criticisms, your justifications? Can you simply go back to zero, use a part of the feedback and coaching to shift, and ask to try it again? You say, "*Could I please have a do over?*" Then start over with something totally different, as if you never tried it the first time. And let others do the same with you?
  23. EXPECTATIONS – Do you understand that believing your assumption is true (why else would you make an assumption unless you think it is true?) turns your assumption into an expectation? And that an expectation unfulfilled becomes a resentment? And that even one resentment is enough to block intimacy? Can you take this mechanism apart in yourself? (This means taking your assumption apart, which is the same as taking a part of your Box apart in front of the person you have the resentment with – which feels like dying in front of them.) Can you detect and elegantly but effectively dance around this assumption / expectation / resentment / intimacy-killing mechanism in others?
  24. BELIEFS – Can you detect beliefs in yourself (and others) as a Band-Aid (a plaster) that you have taped over a hole on the inside of your Box in order to avoid facing that there is something about the universe that is unknown or unknowable? Can you take the belief away and open the hole in your Box up again to regain access to the unknown and start using the unknown void of nothingness as a powerful resource for your own creativity?
  25. CONSTRUCTS – Is it clear to you that there are many intellectual constructs that are easy for the mind to understand but have no connection to reality? For example, we may have adopted constructs such as: "*I need money to live,*" "*Humans needs to be ruled by a government to provide roads and keep us safe from enemies,*" "*I cannot succeed in life without a college education,*" "*I need a car to survive,*" "*I need a job to survive,*" "*The doctor will keep me well,*" "*Unless I stay in a monogamous relationship I will not live happily ever after,*" "*I have to have life insurance and health insurance,*" "*I must obey the linear life plan: get born, go to school and a second school, get a job, start my own company, retire, go to an old people's home, die,*" "*I am born a sinner and I must be forgiven or I will go to hell when I die,*" and so on. Many of these constructs are unconsciously believed to be true because we received them when we are babies. Do you get it that believing a construct is true does not make it true? Can you help yourself (through introspection) and others (through

*extrospection*: that is, bringing the introspection process out into conversation with others to introspect with you) to identify constructs that, for example, in the case of the construct of “committed relationship” may do so much harm as putting your heart in prison, yet such a construct is still commonly believed to be true? Are you able to help people extract their constructs from the force of belief – that there can be a construct and they do not have to believe it? They can look at it from the outside and then consciously choose to abide by it, modify it, or exit it? Even if they have unconsciously chosen to believe the construct, can they separate the belief from the construct now with your help and change their mind about their belief? Do you see how this could help people escape from numerous self-maintained prisons and take their authority back from the construct into their personal power of choice? Do you see how easy society can keep people in a construct prison if they do not have enough self-confidence and authority notice the walls?

26. PERFECTION WORDS – Is it clear to you that certain words are simple for the mind to understand but are not connected to reality? These are the perfection words, such as never, always, forever, nothing, everything, everyone, nobody, etc. Do you see how if someone uses these words in their speaking or in their thinking there is a hidden agenda going on? Can you detect the *perfection words game* and its payoff (being right... even if you are being right about being wrong, or being right about not being good enough, or being right about being abandoned...) and bring the payoff into the foreground of the conversation so that something about it can change in their life?

- a. Life change happens through an increase in awareness.
- b. The increase in awareness happens through building matrix to hold the new awareness.
- c. Matrix is built by landing experiential (not only intellectual) distinctions into their energetic body.
- d. New distinctions come from a shift in the context of their gameworlds.

27. MIND MACHINES – Can you detect the 5 kinds of mind machines that people install between their ears and their brain to disempower themselves as a childhood survival strategy? Can you see how information comes into the ears, then enters the mind machine where it is subject to the mind machine’s effect: *Confusion, Time Delay, Fog, Different Question, or Chaos*, before it is passed on to the brain in its changed state? If you disempower yourself then the authorities (parents, teachers, etc.) do not have to kill you, so you survive, even if you have to be disempowered. Can you help people bypass their mind machine if they want to as an experiment? For example you might say, “*Hmmm... You just gave me the answer to a different question than I asked you... May I draw you a diagram?*” Then after diagramming the mind machine thoughtmap, you can say, “*May I ask your body a question?*” If they say, “*Yes,*” then you can ask, “*Did you put in a mind machine?*” If they say, “*Yes,*” then you can ask, “*Would you like to do the experiment of bypassing your mind machine to see how it is for you to come back into direct communication with the world?*” If they say, “*Yes,*” then you can help them do the self-surgery of installing the short-circuit bypass wire. The wire is attached from the entrance side of the mind machine, goes completely around the mind machine, then is attached to the exit side. When installed the bypass wire has less resistance than the mind machine, so what is heard by the ear goes around the mind machine directly to the brain. If they ever want to they can cut the bypass wire and then everything will revert back to going through the mind machine as it did before.

28. RADICAL HONESTY – Are you able to interact from radical honesty? Without stories? Are you able to say what needs to be said even if your Box is freaking out and is too afraid to say it? Are you using your Gremlin consciously to be radically honest, but not letting your Gremlin take over the conversation and be superior, belittling, cynical, an asshole, etc.?
29. POSSIBILITY LISTENING – Can you become the bubble of listening space into which the speaker can say whatever they need to say? Can you listen to more than you can understand?
30. POSSIBILITY SPEAKING – Can you speak into the authentic necessity of another person when they say, “*Please give me possibility about...*” using the resource of nonlinear possibility so that you are speaking about more than you know for the benefit of others?
31. GOING NONLINEAR – Have you done the 5 processes that give you at any time and in any circumstances for no reason a direct access to nonlinear possibilities so that you need not remain a victim of the possibility-limits of the person or circumstances within which you are having the everyday conversation?
- Trust Replacement Self-Surgery* to repair the connection between your Being and your intuition.
  - Nonlinear Possibility Stories Initiation* to re-open the door to your deep imagination.
  - Bright Principle of Possibility Self-Surgery* that connects your energetic center directly into the Bright Principle of Possibility.
  - Rewiring Fear Self-Surgery* so that in your mind the experience of fear is disconnected from cross-wiring such as: “*Fear means I am going to die,*” or, “*Fear means it is dangerous,*” or, “*Fear means I will be hurt...*” to the new condition that the experience of fear means you are feeling fear (fear is fear) and you are back in reality and can consciously use your fear as an initiated adult woman or man on the *New Thoughtmap of Feelings* instead of being trapped in a childhood story about fear.
  - Discovered and make regular use of your *Bag of Things* that hangs from your Possibility Manager Toolbelt, as an endless resource of nonlinearity.
32. AGREEING – Can you use the improvisational theater skills of agreeing with what is offered by your conversation partner rather than reflexively fighting it? Can you be unreasonable enough to accept offers by *being a yes* rather than *being a no*? Can you accept offers and then make even more interesting offers in return? You say, “*Yes, and...*” (rather than using the possibility killer phrase “*Yes, but...*”)
33. CONSCIOUS THEATER – Can you engage the conversation as if you are participating in a piece of conscious theater by participating in a high drama (rather than a low drama) contributing to the conversation in ways beyond what your Box would or could normally create in order to serve a higher purpose?
34. RADICAL RESPONSIBILITY – Have you taken radical responsibility for the circumstances (not being a victim... not even a responsible victim...) while keeping your Gremlin’s back arm reaching out through the back of that space into some completely other space so that on an instant’s notice your Gremlin can be in contact with everyone and pull gently on whatever it grabs in the other space and slide everyone into the new space with all its possibilities?
35. MAP OF THE GREAT LABYRINTH OF SPACES – Are you remembering that no matter how trapped you might feel or how impossible this space seems, every space is connected to every other space so that you can get anywhere from here?

36. CREATING DOORWAYS – Do you put your attention on previously unnoticed particularities and amplify their value so as to make them large enough to exit the current space and enter a new space with new possibilities. You say, *“Did you notice how she timed her phrase so as to express her appreciation?”*
37. CREATING IMMEDIATE VALUE – Are you making distinctions, asking dangerous questions, pulling the rug out from under stories, creating a vacuum, appreciating, and creating possibilities as forms of immediate value?
38. CREATING FUTURE VALUE – Are you using your Possibility Paintbrush with experiential reality to *paint the beach*, that is, to speak in such a poetically accurate way that bypasses the mind and provides the listener with a direct experience of what is possible so that the path with first and next steps are laid out towards a future worth living? You say, *“How would it be for you if...”*
39. REPACKAGING – Are you distinguishing the contents of a situation and the packaging around the situation (the story). Are you noticing the purpose of other people’s stories? Are you aware that stories are bullshit or cowshit, that the facts are the facts, but that the wrapper can be changed to serve a new purpose? Are you able to artfully, invisibly, authentically, respectfully, repackage a situation? You say, *“In this particular case I am seeing that...”* or, *“I was wondering how many other ways there would be to look at this...”* or, *“If this was happening to more capable people, how would they deal with...”*
40. LEGEND MAKING – Are you regularly generating legend-making conversations that cause ripples in the field of causality which others sense and eventually surf back to you for further services? You say, *“I try to only say things that I never said before so I don’t know what I am going to say next and so I can discover new parts of you.”*
41. VAVOOMING THE SPACE – Are you taking a deep breath while bringing the entire space into the presence of the Bright Principles at their source so the situation is cleansed and as you exhale bringing the space back in its original pristine state?
42. META CONVERSATION – Are you able to split your attention and continue holding space for the original conversation (not lose your place in the original conversation so that you can refer back to exactly what you were talking about) while starting a specific second kind of conversation which is a conversation about the first conversation that you were already having? Can you continue the meta conversation (both conversations) until such time as a shift happens so that the original conversation is subsumed in purpose shift or Box expansion and the new conversation becomes the main conversation? You say, *“I am noticing that the way we have been talking does not include...”* Or, *“Isn’t it interesting that we can so easily be sucked into taking polar positions where low drama thrives?”* Or, *“Whoa, there is certainly a lot of energy coming out as soon as we make them the bad guys and us the good guys, isn’t there?”*
43. SLEEP WAVES – Can you detect when someone emits sleep waves and put the entire room to sleep as a psycho-emotional defense strategy? Can you name the phenomena and help the emitting person learn to generate their sleep waves consciously, at will, and then to stop making them, so they can discover what triggers them to generate sleep waves in a space, so that they can then feel and use their feelings (or emotions) consciously to go directly to the triggering source rather than continuing to be a victim of their childhood defense strategy?
44. MANIPULATION – Is your purpose detector refined enough and your radical honesty fireball clear enough to identify subtle manipulative gestures in the instant they are created and can you hammer in a marker flag in the experience and persist enough in expanding this particular NOW so that the manipulator cannot divert the

conversation to other things and comes to face their habitual survival strategy of manipulation?

45. SEGWAY PHRASES – Have you expanded your vocabulary to include three to five segway phrases that you can immediately use as bridges from one space of possibility to another space of possibility? Segway phrases can be startling and completely out of the context of the conversation, but if you do them well they are invisible and provide a vehicle for transporting an entire room of people into new territory, knowing full well that, *The space determines what is possible*. Examples of segway phrases might be, “*Once an old woman once gossiped to me about my mother that...*” or, “*While staring at the trees I had the intuition that...*” or, “*As humans were first invented it was forgotten that...*” or, “*Although the easy route may have been kept secret for so long it...*” or, “*If you were asked to deliver your final words they might include...*” or, “*By coincidence I discovered that...*” or, “*The script from my favorite film might say...*” or, “*Taking all things into consideration there is a gap through which one might discover that...*”, and so on.
46. GIVING CLEAR INSTRUCTION – Can you give clear precise instructions that others can follow to accomplish a variety of things? For example, can you give clear instructions for how to get to the nearest cinema, for how to make dried apples, for how to patch your jeans, for how to grow alfalfa sprouts, for how to write a poem, for how to clear a resentment with someone, for how to appreciate someone, for how to stay centered, etc.
47. MAKING PROPOSALS – When something is not like you think it could be, instead of complaining or blaming or playing a victim, can you make clear powerful enticing inspiring proposals? You say, “*I have an idea...*” or, “*I would like to make a proposal that...*”
48. BEING UNREASONABLE – Do you get it that decisions are made for no reason? Do you see that you make a decision first and then make up reasons according to whom you wish to convince or justify that your choice as the best choice? Then can you extend this understanding so that you can make proposals or make offers to others that surpass or exceed the domain of reasonableness? For example, at first an idea or proposal may seem impossible, but then it is seen that this is no reason for not doing it! Can you make unreasonable requests of people, both individually and in a group? The reason for doing the unreasonable? Because you are on the team that is capable of doing impossible things together!
49. DECLARING – (one of the 3 powers) Can you make conscious use of Is-Glue so that when others are unconsciously using Is-Glue to create stories or reasons they become aware of their unconscious actions? Can you use your Is-Glue to declare possibilities, declare appreciation, declare promises, declare boundaries, declare decisions, declare identity shifts, and declare doorways?
50. CHOOSING – (one of the 3 powers) Can you choose from options that are not given on the current menu? Can you choose radical responsibility, radical honesty, radical trust? Can you choose to trust yourself to take care of yourself around untrustworthy people? Can you choose to commit to an outcome even though you do not know how to cause the outcome? Can you choose to commit before you know how? The universe conserves know-how and only gives it to people who are already committed. The secret is to commit before you know how. Commitment is a choice.
51. ASKING – (one of the 3 powers) Are you able to ask questions the answers to which do not exist in the current space? Can you use questions to cast people’s attention into issues and possibilities they are blind to and afraid of? Can you ask for feedback and coaching that throws you into the death and resurrection show three

times before breakfast? Can you ask for what you want? Can you ask for what you want even if what you want is impossible, because if you ask for it anyway then at least you are not manipulating yourself into not asking for what you want. Can you empower other people to ask for what they want?

52. DANGEROUS QUESTIONS – Can you ask questions the answers to which lie just outside the boundaries of a person’s Box, so that if they even understand the question they already have one foot sticking out over the edge of their Box into unknown new territory to explore with you? Can you ask questions that are transformational for systems, relationships, constructs, already existing commitments? Catalytic? Evolutionary? Healing? Can you ask questions that are dangerous even for you to answer?
53. BEING WITH – Can you cast aside concerns of differences, histories, and futures to the degree that what remains is uncontaminated, undigested, raw Being, as an experience? Can you have your consciously fed Gremlin on a short enough chain that he has no possibility to interfere, even if you are scared, even if you are not in control, so that Being with Being can happen to a degree that surpasses understanding? Even with animals? Plants? Stones? Water? Gaia? The indigo space of nothingness that is the Universe?
54. NEEDS WANTS AND LONGINGS – Can you sense the incoming qualities of a communication if it is originating in a childish need? A centered and present adult want? Or an archetypal longing? Can you navigate each of these kinds of communications so the speaker feels heard and their needs, wants, and longings are addressed? Can you attend to your own needs to the degree that the extra ones disappear forever? Because if you are not reducing your needs you are not growing up.
55. PROBLEM OWNERSHIP – Are you able to detect who owns a problem? Can you notice when you have a problem and not make it into everyone else’s problem? Can you take radical responsibility for having created your own problems and making good use of them to learn whatever you created these problems to learn? Can you notice when someone else has a problem and not make it into your own problem? Can you let people have the problems they created for themselves? When you own your own problems and you let others own their problems can you discern and enter the territory of communication and relationship where there is no problem? The space of relationship where there is no problem may be bigger than you think. How long can you tolerate the intensity of being with someone when there is no problem? Who are you when there is no problem?
56. THREE WORLDS – Can you sense the qualities relationship, purpose, and possibility of upperworld, middleworld, and underworld spaces? So you know where you are and what is perhaps wanted and needed and how to navigate in those spaces?
57. EMOTIONS AND FEELINGS – Can you detect when what is arising in you is an emotion from others, from the past, or from your Gremlin, and what is a feeling from yourself in the present? Can you detect this in others? When an emotion is arising in another can you stay unhooked because although you may have been the trigger you are not the cause? Can you know that their reaction has nothing to do with you and still stay in communication and relationship with them so they have a chance to recognize that it is an emotion also?
58. ARCHETYPES – Can you shift identity and tap into whatever degree of intensity is needed in each moment of your four inner archetypes that are driven by the four feelings?

- a. The warrior or warrior doer maker uses varying percentages of conscious anger.
  - b. The lover communicator uses varying percentages of conscious sadness.
  - c. The designer, magician, sorceress, inventor, navigator of groundlessness and the three worlds uses varying percentages of conscious fear.
  - d. The queen or king Possibility Manager uses varying percentages of conscious joy.
59. PLANS AND AGREEMENTS – Can you make clear plans and agreements with other people so that new things can happen that would not ordinarily have happened? There are many dimensions of interference and disruption that can arise when entering new territory, including hidden competing commitments. For example, if you are meeting with people to establish a next-culture nation, it could be that the people who have come to your meetings are people who are committed to coming to meetings to talk about moving together into a nation but are not committed to actually moving together. At the same time, these are times of rapid evolution of consciousness, so any gameworld you establish needs to include and make use of flux. Nothing will stay the same. Does your gameworld still work? Can you use fluctuations and unfoldings as a pathway rather than as a pitfall? Can you integrate and learn to count on things changing rather than hoping that things stay the same?
60. INAUTHENTICITY – Can you admit the degree to which you are inauthentic as a way of moving towards more authenticity? Can you be vulnerable about your invulnerabilities? Can you be authentic about your own inauthenticities? Can you be truthful about your own lies? Can you be transparent about your own deceptions? Can you expose where you are fooling yourself?
61. BEING PRESENT – Can you engage an encounter with a person or a group – including all its circumstances, potentials, and piteous drawbacks – without being naïve? Can you withhold nothing? Can you minimize your NOW so that it is too small for stories (because stories exist in time, and in the present there is no time...)? Can you minimize your HERE so that it is too small for assumptions, conclusions, expectations, and resentments? Can you still exist without the background chatter of all the voices in your head telling you who you are and what you are supposed to do now to survive in a place like this with people like them? Can you get present with someone else who is present?
62. BEING A SPACE – Can you be the space through which your Bright Principles and your archetypal lineage do their work in the world, specifically with this person in these circumstances right here, right now, without having to control or manipulate, or even understand what is happening before you take action from your center and cause whatever needs to be caused? Can you shift your self-image into being a space? Can you be a space of possibility?
63. USING YOUR SWORD – Can you be vulnerable without being a victim? Can you be open without being a doormat? Can you listen without being an emotional garbage can? Can you make choices without having to argue for acceptability? Can you wield your sword of discernment without blocking or threatening? Can you use your sword of clarity to navigate fine spaces and rough chases without needing to win or be right, but instead to stay in relationship? Can your sword serve others as much as yourself? Can you use the full power of your flaming diamond-sharp archetypal sword of clarity without your Gremlin getting hold of it for its own purposes? Can you use your sword of clarity to make distinctions that are more powerful than boundaries?

64. CONFRONT WITH QUESTIONS – Can you approach conflicts with a vacuum? Can you dissolve yourself as a transformational service for others? Can you not be there as a way of becoming more there? Can you care enough about another’s pain that when they approach you with disruption (disruption of the Earth such as with littering, disruption of your relationship such as with an assumption that leads to an expectation that leads to a resentment, disruption of love such as with using an intimate space for playing out a low drama) that you start out by not knowing (rather than knowing what is right or better)? Can you memorize and use the sentence: *“In order to get to know you better, could you please explain to me how a person such as yourself could possibly.....”*
65. LOGISTICS – Can you distinguish between logistics and intimacy? Can you decide to reserve logistical conversations to a limited and specific time and space so that the rest of the time and space in your everyday conversations is reserved for playfully and vulnerably deepening intimacies? Can you establish and safeguard your personal relationships as a Gremlin-free Zone?
66. HIDDEN UNMET NEEDS – Can you detect the misalignment between what is being communicated and what is being actually needed or wanted? Can you shift the focus of the conversation to bring current reality and current necessity together so the unmentioned gap is filled? Can you do this without being adaptive? Can you do it elegantly through bringing conversational awareness to the apparent gap, check on its validity, and make new agreements that allow you to address the unmet needs directly? Simple examples include: *“It looks you might be cold. Would you like to move to a warmer place to talk?”* or, *“I notice that you keep looking at your watch. Is there a topic we should get to before I must leave?”* or, *“The kids seem to be trying to get your attention. Should we take a kids break and continue in fifteen minutes?”* More complicated examples could be: *“It looks like you are feeling something. Are you willing to say what you are feeling and why?”* or, *“There seems to be a tension or sharpness in your comment. Would you be willing to share what that might be coming from?”* or, *“Something leads me to think there is a background conversation that we have not spoken about. Could we bring the background conversation into the foreground?”*
67. DETECTING ASSUMPTIONS – It can be easy to assume that you yourself are not making any assumptions, but is that true? It makes for a far more lively conversation if your Bullshit Detector is set to high intensity while you are speaking to catch yourself at generating your own bullshit (*Bullshit* – what men tend to do – saying things that are very relevant but not true.) or cowshit (*Cowshit* – what women tend to do – saying things that are very true, irrefutably true, indefensibly true, but not relevant.) before the other people are drenched in it. When you are catching your own assumptions before you lambaste the space with them, suddenly you detect assumptions being made by other people. It takes only one false assumption to remove a conversation from reality enough that it serves only low drama. One of the first assumptions people make is that they know what is going on for another person better than the other person does. In this case you might want to refer to #64 CONFRONT WITH QUESTIONS to check your assumptions. When you detect another person making an assumption that you suspect is not true, you can say. *“I think you might be making an assumption there that is not true. I won’t go along with that assumption. Would you like to check to see if that assumption is true or not?”*
68. ANSWERING A DIFFERENT QUESTION – If you detect another person responding to or answering a different question than was asked it may be that they are making an assumption about their own interpretation of what the question means (in which

case you might want to refer to #67 DETECTING ASSUMPTIONS), or they may be at the effect of a mind machine (in which case you might want to refer to #27 MIND MACHINES). It can help to check if one of these two conditions applies, or there was perhaps a simple misunderstanding, if you say, *“That would be the answer to a different question.”* Their response will either be, *“Could you please repeat the question?”* in which case it was a simple language breakdown, or they may defend their answer, in which case it could be the result of an assumption or a Mind Machine.