

Giving And Receiving Power

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FORMAT:

A 60 minute, whole group action centering exercise that works with power.

PURPOSE:

SETUP:

Clear the room of chairs and objects. This exercise requires a lot of free space. People will start off working in pairs. It may be best for men to work with men and women with women, and, then again, it may be best to work mixed. Depends perhaps on exactly what one means by the term "best"...

PREPARATION:

It helps to know beforehand that during this exercise issues can arise. For example, issues about attacking, being attacked, aggression, physical intimacy, fear, anger, from this life and past life issues, all can arise. This is not the time to fully engage these issues. However, please make use of this opportunity to make detailed note of any issues as they arise so that you can work through and make use of them later today or tomorrow.

INTRO / BACKGROUND:

STEP ONE:

Practice breathing in to receive power and breathing out to give power.

DEMONSTRATION:

Trainer demonstrates how using slow motion fists to give and receive power while breathing. While someone swings slowly at him he receives the hit with an inhale, and then exhales, and then receives another hit. The attacker exhales with the attack, then inhales, then exhales with another swing. It is not about avoiding the hit. It is about receiving the energy of it.

STEP TWO:

Then people pair up and do the same. Practice slow motion fake fighting where Partner A is only the receiver of the power / attack, and Partner B is only the giver of the power / attack. After 5 minutes reverse roles.

Then ask participants to find a new partner and do step 2 again.

STEP THREE:

Have people find a new partner. Now practice free form fighting in pairs.

STEP FOUR:

Now practice free-form fighting as a whole group. This is the true life simulation!

(You can actually first split the group in men and women, so that first men have a “bar fight” with men and women with women. Then make women and men line up facing each other so that they finally start the big bar fight.)

DEBRIEF: