

PLab Core Initiations

SUGGESTION: If you have not yet been in one of the initiations listed below, please contact your PLab Trainers at the <http://www.possibilitymanagement.org> website to find out when they will do a PLab that includes that initiation. During 42 years of research we have come to recognize that in order to get to the starting point, that is, in order for you to stabilize in the Adult Ego State where Possibility Management begins, it generally requires most of the listed initiations. In terms of time and energy this is the equivalent of a 4 year university education. If you commit to engaging authentic adulthood initiation work for yourself, then somewhere in the process you offload enough baggage and get connected to enough resources that survival ends and living begins. This is an utterly astonishing experience because it is not predicted by school, parents, or modern society, even if we are designed for it, even if it is our birthright as human beings to authentically grow up. It helps to remember that Possibility Management is not about feelings work or therapy. Possibility Management is the gameworld that automatically emerges in the process of upgrading your thoughtware to the context of radical responsibility. The gateway to making use of Possibility Management is the Adult Ego State, because if you are not basically stabilized in the Adult Ego State you remain hookable by circumstances. The feelings work that is included at the beginning of learning Possibility Management has a **Phase One** where you learn how to feel, and then a **Phase Two** where you can consciously apply the energy and information of your feelings in an amazingly empowered and clear life of communicating and relating. For example, Phase Two Feelings Work is the gateway to most of the core Possibility Management initiations. If you are still using the *Old Thoughtmap of Feelings* the initiations won't work for you. In this same way, Possibility Management itself has a **Phase One** during which time you are upgrading your thoughtware and learning the new skills and tools of Possibility Management, and a **Phase Two** where you are using your Gremlin to catch your Gremlin, where the lizard brain can't suddenly take you over and wreak havoc because you are naturally holding multiple simultaneous spaces and won't get identified with the lizard brain perspective even if it floods you with strong emotions, where something completely different from this really is possible in each moment because you are there serving as a Possibility Manager. The point to remember is that you just can't get to Phase Two except through accomplishing in reality (not just in your mind...) Phase One. No one can do this for you. *No one can stop you from doing it.*)

(NOTE FOR TRAINERS: The *Trainer Guild* strongly suggests that before you deliver any initiation for others you participate in it at least twice yourself. During the second time in the initiation you get it what happened the first time.)

50 CORE POSSIBILITY MANAGEMENT ADULTHOOD INITIATIONS LISTED IN A PARAGRAPH:

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| 1. Radical Responsibility For Being A Storymaker (this happens at ETB, radical responsibility for Declaring), | 15. Low Drama Exit, |
| 2. Attention and Centering (splitting attention, self-observation, and the waking state), | 16. Radical Honesty, |
| 3. Navigating Space (radical responsibility for Asking, radical responsibility for Space), | 17. 4 Brains (lizard brain practices), |
| 4. Verbal Reality To Experiential Reality, | 18. Hidden Purpose (Shadow Principles), |
| 5. Opening The Pearl, | 19. The Gap, |
| 6. Radical Responsibility For Emotions, | 20. Dying, |
| 7. Stellating Anger, | 21. Mom & Dad |
| 8. Stellating Fear, | 22. Box Is Optional |
| 9. Stellating Sadness, | 23. Box And Being |
| 10. Stellating Joy, | 24. Hidden Competing Commitments |
| 11. Distilling Destiny (Bright Principles), | 25. I Cannot Commit To You Because |
| 12. Gremlin Hunting (with drawing and learning the name of your Gremlin) | 26. Confronting With Questions |
| 13. Escaping Constructs, | 27. I Already Have Everything That I Need |
| 14. Going Sane, | 28. Being Unhookable |
| | 29. Peeling Off The Patriarchy |
| | 30. School Day Initiation |
| | 31. Archetypal Man/Woman |

32. Making Time / Going Faster Than The Speed Of Time (radical responsibility for Time)

33. Choose One (radical responsibility for Choosing)

34. Relationship Space Cleanout

35. Entfaltungs Process

36. Diaphragm Process

37. E-Body Retrieval and Reintegration (in all 7 chakras)

38. Coolness Factor

39. Core Resonance Field

40. Calling The Being Through

41. Dragon Speaking

42. I Am Initiation

43. Relational Sitting (countenance)

44. Journey Into The Mountain

45. The Wall

46. Vampire Entities (becoming a Trigger Hunter)

47. Goddess Dance (both men and women)

48. Master And Slave

49. Connecting To Your Archetypal Lineage

50. The various Self-Surgeries

Rewiring Fear,

Trust Replacement,

Brain Splits,

Mind Machines.

51. Navigating 5 body intimacies.