

## **“Goin’ Sane”**

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(Revised: 27. January 2020 by Nicola Neumann-Mangoldt)

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### **FORMAT:**

Whole group process

Duration: approx. 90 minutes

### **PURPOSE:**

To reconnect to the source of insanity and creativity.

### **SETUP:**

Put 5 chairs in a row on the stage (can also do 2, 3 or 4 chairs at a time, depending on size of group). Have 5 people sit in the chairs while you keep explaining the instructions. The other chairs for the audience are lined up like rows in cinema.

### **INTRO / BACKGROUND:**

What is one of the greatest fears of human beings? To be seen as insane, to be rejected by society. What happens to you when you are labeled as being crazy? You will be taken away to an insane asylum, locked up, drugged abused, with no chance to get out.

If we are labeled as insane, we are considered irresponsible for our own actions. We become wards of the government, which takes away our family and house, locks us away in a strait jacket in a padded cell. School teachers threaten pupils with that. If you are labeled as crazy, we will put you in the crazy house.

On the other hand, every revolutionary new idea at first seems to be completely crazy because it establishes a new paradigm. So if you are not able to choose to be completely crazy, you do not have access to original ideas. Then you are already in prison.

Many indigenous cultures have a role and a job for crazy people in society (as shown in the film: *Little Big Man* with Dustin Hoffman and Faye Dunaway – but be cautious as this is a strong film showing how American cavalry brutally wiped out Native American Indian cultures). Modern culture disallows insanity, which establishes modern culture itself as insane. We were born and raised in an insane culture, which makes craziness illegal and immoral.

Possibility Management establishes the bare bones of a culture that is very different from modern culture. In this next culture it is appropriate to care about each other's well being. An individual needs the possibility of being seen as crazy in order to be free to be yourself.

So in this exercise you get to break your old rules about having to appear sane. You get to go insane in a safe way so as to regain your ability to be crazy. After so many years of pretending to be sane it takes some practice to be crazy again. It will be a transformational process, a healing process where you temporarily go crazy. The way it works is like this.

### **INSTRUCTIONS FOR THE AUDIENCE:**

**(Trainer-Hint: This is a serious process, where the participants / crazy ones take a big risk. It is important that the following instructions land in the audience. As trainer say the following instructions with total clarity and seriousness.)**

We (the audience) are psychiatrists, doctors and professors of the university observing the crazy people. The way you (the audience) play your role here is crucial. You do nothing, no gestures, no talking, no smiling, no laughing. Stay completely unhookable. Sit here in absolute stillness. If you can't do this, I will stop the process, send you out of the room and you will not be allowed to come back in again until the process is over. It helps to make a black hole and to make a gap between you and your box. They (the crazy people) may try to push your buttons to trigger your joy of life. From the crazy ones' point of view they are alive and we are the crazy or dead ones.

Are there any questions?

Does everybody agree to these conditions? (Yes) Does anyone not agree?

### **INSTRUCTIONS FOR THE CRAZY ONES:**

Each time we will have 5 people in the chairs. You are lined up off stage and when I tell you we are ready, you will come in and stand in front of the chairs. You will bow to us and we will clap. When we are done with clapping you sit down. In the moment you sit down, you enter your role.

Your role is the following:

You were found in Munich (a big city) screaming at cars, pissing on churches, preaching as Jesus, being Santa Claus, going into stores and handing out all the goods as gifts to people, doing rage fits in the middle of a funeral, sitting in trees and shitting on people. You were doing all this stuff and you were caught by the police and brought into this psychiatric hospital for observation.

The chair that you sit in is bolted to the floor. You are **not** on drugs. Your legs and your waist are strapped to the chair and you cannot move your arms or body. No spitting.

After 8 minutes, I will put my hand up like this. Then you come to a stop. (The trainer sits in the front row. When it is time to stop, he/she raises only the hand from the lap, palm facing the five people in chairs until they all see it and come to a stop.) Not

instantly, but bring it to an end. Stand up, leaving your role behind in the chair. We clap. Only after we are done clapping do you leave the stage.

Do not hurt yourself. Do not hurt anybody else. Are there any questions?  
Does everybody agree to these conditions? (Yes) Does anyone not agree?

Here are some hints:

This is not about acting as if you are a crazy person. "Acting as if" will be superficial and inauthentic and is not making the best use of this opportunity. This is a chance to actually go crazy in a safe environment, on purpose, and coming back. It is a short journey into a crazy bardo space, one of the spaces in the great labyrinth of spaces. Since every space is connected to every other space, once you know where the crazy space is, you can get there instantly anytime from anywhere for no reason.

This is about discovering where insanity is. Find that place and make a connection to that place. It is an incredible source of imagination and non-linearity. It is natural and we were cut off from that resource when we were civilized as children. You can reconnect to insanity for the rest of your life. It is a strong, fun, and useful resource.

When I first did it, I could only go to 15% craziness, the second time to 35% craziness. Only after the 3<sup>rd</sup> time I could go completely insane. Go as far as you want. If you want to stop early, that is also fine. Just stay sitting in your chair until the process is over.

Could everybody take a deep breath, please?  
Okay, you guys (crazy ones in chairs) go off stage and we will begin.

You guys in the audience, make a gap between you and your box. This is the time to practice unhookability.

**TRAINER HINT:**

After every round, clap for the crazy ones. When the crazy ones have left the stage and sit in the audience, check whether they are doing fine by asking the question "Are you guys okay?" Then also check with the audience. "Is the audience okay?" "Any questions?" "Okay, next group."