

Four Body Scan

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(Revised: 16. July 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Process in groups of 3
Duration: 60 minutes

PURPOSE:

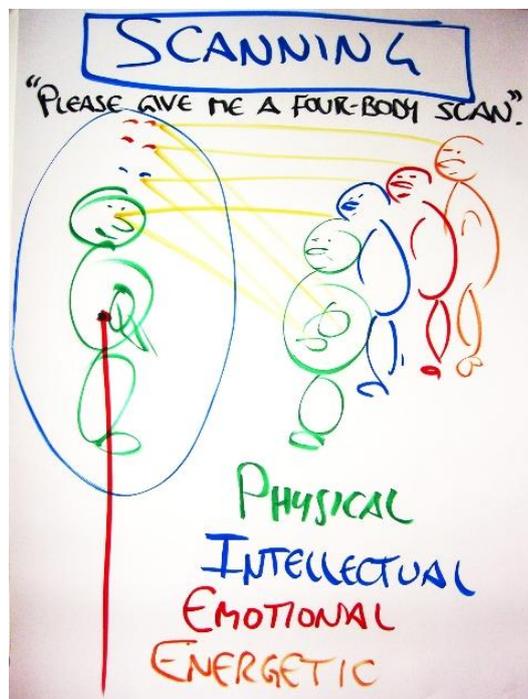
Bring people into liquid state at the beginning of a lab.
People learn to scan with different pairs of eyes/different bodies.

SETUP:

People get together in groups of 3, standing in the room.

INTRO / BACKGROUND:

Scanning is the perception using your 4 bodies at the same time. We have four bodies (As trainer explain again the map of 4 bodies and draw the map of scanning.



You have a client, who comes in for a 4 body scan and you can scan with different pairs of eyes.

- Scan at the physical level (e. g. tensions, posture)
- Scan at the intellectual body.
- Switch to the emotional body.
- Switch to the energetic body.

Practice saying what you see without filtering with your mind.

We will do this as an exercise now. You can take notes if you want, but the scanners won't wait for you.

It's possible that you go into the liquid state when you are being scanned. When you bring people into a liquid state then you can shoot a love ball and make a team in 3 seconds. Many companies go to 3 day team building seminars. Actually team building is not a 3 day thing. It happens in 3 seconds.

INSTRUCTIONS / PROCEDURE:

- Get into groups of three.
- 1 client, 2 scanners
- The client says "Please give me a 4 body scan".
- Then I will tell you at which level you scan.
- We start with the physical level.
- Demo with one group.

Scanning 1st round

- Scanning on one level after the other. Each level 3 minutes.
- Trainer gives instruction when to switch to next level.
- The PM scans the client and says what he sees with the different eyes. "With my energetic eyes I see....., with my intellectual eyes I see....., with my physical eyes I see....., with my emotional eyes I see....." .
- The coach can add things or correct things, e. g. if he/she has a different perception. However the main job is to coach the PM, e. g. tell him that he speaks from his head and doesn't use his other eye pairs.
- 10 minutes per client

Check-In:

Did you realize that it was not about good or bad? You don't necessarily focus on a person. You get more, when you sense more what lands. And you also perceive more when you look at the person with a view that is not clear.

Scanning 2nd round

- Find new partners.
- Now scan from all 4 bodies at the same time. There is no order.
- 5 minutes per person.

EXTENDED EXERCISE:

- Get together in groups of 2
- One person is the Tintenfisch, the other one the Nacktschnecke.
- Nacktschnecke, scan the other person and say where he has his center (e. g. in the hand, in the right foot, on the shoulders, on an object in the room...)
- Tintenfisch, you move your center with your intention.
 - Demo with hand:
Hold out arm with palm downside. Then turn around the palm with your intention upwards.

Scanning 1st round

Check-In

Scanning 2nd round

Find a new partner.

Extra:

- Get back in a big circle. => Group stands in a circle
- Participants should think about a question to which they always wanted to know the answer (e. g. how does electricity get into the plug, how does wind occur, where is the time limit when it is useful to turn off the engine in front of a railway crossing gate?)
- Scan the group for the person who can give the answer.
- Then ask the person the question.
- Let the person answer.

DEBRIEF:

Ask the participants to share about their experience.