

Archetypal Men Women Forgiveness Process

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This process was invented out of the necessity in the space in the PLab in February 2013 in Murrhardt held by Nicola Neumann-Mangoldt, Patrizia Patz, Michaela Kaiser and Thomas Schmid.

FORMAT:

- Whole groups process
- Duration: 90 to 120 minutes
- One male and one female space holder is required.

PURPOSE:

Reconciliation between the archetypal masculine and feminine.

SETUP:

The context setting for this process is done in a big circle with the entire group. After that there is a preparation time for the men and women in separate rooms, before the actual group process starts. Details see below.

INTRO / BACKGROUND:

In the lab one of the men did a personal process where he felt maximum sadness with regard to what men have been doing to women over generations. In his process he asked the women's forgiveness and said that he was very sorry for what happened.

In the next group check-in round, three more men said that they would also like to ask the women's forgiveness. That's how this forgiveness process was born.

It might be useful to have an intro by talking about the patriarchy and men-women relationship. The symbol of archetypal love could be drawn on a flipchart. The trainer could also point out that there is a lot of resentment on the one hand (which leads into a different men-women process). On the other hand there is a lot of sorrow, when men and women start taking responsibility and realize what they have been creating over years (personally) and generations (archetypally) with regard to the other gender.

INSTRUCTIONS / PROCEDURE:

1. PREPARATION OF MEN AND WOMEN

Women's preparation (approx. 30 minutes)

The women get together in the women room (training room) and sit down together in a close circle.

The space holder asks the following question: „What experience have you made as women with regard to how you treat men? If you had the chance, for what would you ask the men's forgiveness?" Each woman can talk about her experiences.

Men's preparation (approx. 30 minutes)

The mood of walking into another room with the group of men is solemn. If any of the men cracks a joke or makes childish comments and snickers or laughs, the trainer immediately stops them and all the men around them, looks directly in their eyes and says in a stern, centered and grounded voice, *I ask you for respectful silence*, then does not move until there is consent from the men.

Go into another room and close the door. (It is also possible to go to the other side of the training room, if a separate room is not available). Stand or sit in a circle on the floor. Since most of the men have probably never been in a men's circle before the trainer starts by making a few distinctions to set the context. Then ask the following question: "What does it do to you, if you had the chance to ask the women's forgiveness? What do you feel?"

Logistics to be announced in both circles:

After approx. 20 minutes of sharing the space holder in each group starts explaining about the logistical procedure of the process. Being the space holder you mention the following:

- The women will stand in a semi circle close to one another.
- The men will come in and stand in a semi circle vis-à-vis, approximately 3 meters away.
- As soon as the men are standing, the male space holder asks the women whether they are willing to listen to the men. "The men would like to ask the women's forgiveness. Are the women willing to listen?"
- The female space holder checks with the women and if the answer is "Yes" the men start asking the women's forgiveness. They will speak one after another. It will first start on a personal level, before it shifts to the archetypal level. ("I ask your / the women's forgiveness for.....")
- Please note that it might happen that – in case there are couples – one partner might directly ask the other partner's forgiveness on a personal level.
- The woman who feels the impulse will complete the communication by doing a completion loop so that the man can say "Yes." Then the women will say "Thank you".
- The women do not stand in front of the men as victims, but as queens.
- After a while (30 to 40 minutes) when everything has been said, the male space holder will ask whether there is anything else for which the men would like to ask the women's forgiveness. If this is not the case the male space holder will say "Thank you, dear women, that you have listened to us."

- The female space holder will then take over and open the space so that the women can talk. “The women would also like to ask the men’s forgiveness. Are the men willing to listen?”
- The male space holder checks with the men. If the answer is “Yes” the women will start asking the men’s forgiveness.
- The women can start speaking personally at first, asking the men’s forgiveness for what they did on a personal level.
- After a certain time, a shift will occur and the women will start talking archetypally. They speak for all women on Earth.
- The man who feels the impulse will complete the communication by doing a completion loop so that the woman can say “Yes.” Then the men will say “Thank you”.
- After a while (30 to 40 minutes) when everything has been said, the female space holder will ask whether there is anything else for which the women would like to ask the men’s forgiveness. If this is not the case the female space holder will say “Thank you, dear men, that you have listened to us.”

Note for the space holders: If one or several women / men mention that they don’t have anything to say or that they can’t do it, tell them that this process is not only personal, but of archetypal nature. They speak for all women / men of all times. Encourage them to let themselves be carried by the process. You will see that with the course of the process also the silent women / men have something to say.

Now the women keep standing next to each other in semi circle and expect the men to arrive and stand in a semi circle vis-à-vis.

2. COURSE OF THE PROCESS

- **STEP 1: MEN SPEAK**
Men speak personally, then archetypally. Women complete communication.
- **STEP 2: WOMEN SPEAK**
Women speak personally, then archetypally. Men complete communication.
- **STEP 3: ARCHETYPAL CIRCLE**
After men and women have spoken and all communications been completed, the women get together in the middle of the training room and form a close circle, holding each other. The men slowly form a circle around the women and stand facing outwards. The men hold space for the women. At the beginning the female space holder might want to give the distinction at low voice in the women’s circle that this is what it feels like when men hold space for women. Then there is complete silence. It might happen that some women start crying or later on singing.

At a certain point the female space holder will notice an energy shift, which signals the end of the process. Then she dissolves the women’s circle and addresses the men by saying “Dear men, thank you for holding space for us.”

After that there will be a highly energetic and at the same time silent atmosphere full of love in the room. The experience shows that couples get together hugging or

sitting next to each other to just be with each other, while other participants just want to be for themselves with what happened. It is useful to have a silent break or end the evening.

It might also happen that after a while some men want to get together to sing.

Not yet tested, but a suggestion from Nicola:

After the process the women and men could meet again in their circles in separate rooms and share.

DEBRIEF:

Check-in with participants the next day.