

## Archetypal Men Women Process

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(Revised: 24. June 2010 by Nicola Neumann-Mangoldt)

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### **FORMAT:**

- Whole group process.
- One male and one female space holder is required.
- Duration: approx. 3 hours

### Note:

This process is very intense. The invitation is to do it as last session in the evening so that the participant can integrate the process over night.

### **PURPOSE:**

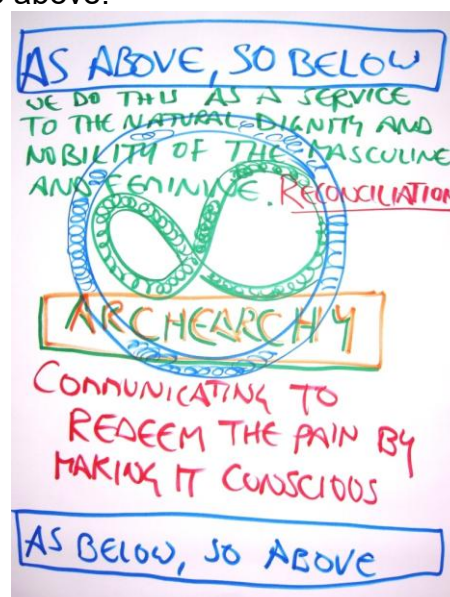
Reconciliation between the archetypal masculine and feminine.

### **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:**

As trainer start the context setting for this process by writing on the flipchart „As above, so below“ and „As below, so above.“



Then continue setting the context e. g. as follows:

Tonight we will move in this dimension („As above, so below“ and „As below, so above“). There are masculine and feminine qualities. Archetypally spoken the masculine equals the NOTHING. But men are not trained in being NOTHING. There are men, who know from the very beginning that they lie. And women know that the men’s ego is as thin as wet toilet paper. Women come to men to be inspired and the men just freak out. Women look right through the men and see every game, any deceit...It is completely visible to the feminine. Women wait for the men to be spaceholders for the EVERYTHING.

However, instead of being the feminine EVERYTHING, women in modern culture are trained to browse through mail order catalogues and think about what great stuff they could buy next, e. g. a handbag that perfectly matches the shoes.

The unconscious, negative manifestation of the neurotic masculine is stupid aggression. The unconscious, negative manifestation of the neurotic feminine is the evil. And men are too stupid to know this.

When you bring both together, you have the spider and the fly. Guess who is the fly... (the man). The fly has no chance and that is the reason why men react with aggression.

Hierarchical structures in modern culture filter the human dignity and replace it by psychopaths. The 1% that climbs up in hierarchy have no connection between heart and mind. They know that they have to hide their differentness. In a psychopath this shows in a time delay between the feelings he should have and his actual reaction. Psychopaths don’t have feelings, because they are blunted. They don’t feel anything, but know that they should feel something. So when a situation occurs, in which they don’t feel anything, but know that they should feel something, then there is a time delay in their reaction. If you would like to know more about that you can read the book “The power of conscious feelings” and the article „Beware the Psychopath, my Son”.

The consequence is 10.000 years of pain and incomplete communication between the masculine and feminine. The rape and plunder through the aggressive masculine happens right now, while we are sitting here. It happens in Iraque, in Africa, in Los Angeles in the ghettos...it continues.

The exercise, which we will do tonight, is about completing communication and making the pain conscious. The process is for the most part not personal. Keep that in mind that what will happen is bigger than you. We do this in service of the natural dignity of the masculine and feminine. It is a service to all women. For women who – for thousands of years – have been enslaved, disregarded and raped. And it is a chance for the men to grow up.

The best thing women can do in modern culture is to be a better man or a sex object and to manipulate men. And next culture, archaichy has a much wider intelligence to deal with women and men’s culture and can do things we will do here tonight.

We will start with a short, not adequate gathering in the men’s and women’s culture. It is not adequate, because the gatherings will only be short. We will have the meetings in separate rooms. The women stay here in the training space while the men meet in the living room. When the men are ready they will send a delegate to see whether the women are ready, too. .

## **INSTRUCTIONS / PROCEDURE:**

### **1. PREPARATION OF MEN AND WOMEN**

#### **Women's preparation (approx. 25 minutes)**

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

The spaceholder asks the following question: „What experience have you made as women in patriarchy?“ Each woman can talk about her experiences.

After approx. 15 minutes the spaceholder starts explaining about the logistical procedure of the process. Being the spaceholder you mention the following:

- The women will line up in a row and are not allowed to cross a certain line (let the women line up the line accordingly).
- The men will come in and line up in a row vis-à-vis.
- As soon as the men are standing, the women start letting out 10.000 years of suppression, disregard and rape.
- Therefore the women will mainly use the power of their anger.
- The women do not stand in front of the men as victims, but as worrioresses.
- The women speak archetypally, it is not personal. They speak for all women on Earth.
- The women all speak at the same time, not one after the other. If a lull in conversation occurs it does not mean that everything has been said. It is just a pause. The women don't hesitate to also speak into the lull in conversation.
- The process will go in waves. That means that the women will at first scream for quite a while. This may even last 1 hour. When everything has been said, the men will repeat back what they heard the women say.
- Then the women will start again to scream and say everything the men have not heard or what still has to be said.
- After that the men will again repeat back what they heard the women say.
- This continues until everything has been said.

*Note for the spaceholder: If one or several women mention that they don't want to start yelling or that they can't do it, tell them that this process is not personal, but of archetypal nature. They speak for all women 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 have to say something.*

Now the women keep standing next to each other in a row and expect the men to arrive.

#### **Men's preparation (approx. 25 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. Sit in a circle on the floor. It should better not be made comfortable. 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. Something like this:

*This is a men's circle. How many of you have ever been in a men's circle before? (Look for a show of hands.) How many of you are meeting weekly in a long-term men's culture circle? (There will be almost none.) In a men's circle there is a spaceholder. In this circle that is me and (name any other assistant trainers in the space). There is a spaceholder but there is no authority figure. You are asked to participate wholeheartedly in this circle, and be aware of not giving your center away to a perceived authority figure. We are just men here.*

Then ask each man to relate any men's circle experience he has had. Trainer starts. Clinton says something like, *My first men's circle began in 1992 in Prescott, Arizona. We were four men. One man was gay. One man was gay and alcoholic. One man was punk and sometimes gay. And then there was me, the physicist. We met for three years, until I left Arizona for France. These men immediately identified my unconscious tendencies towards enmeshing relationships with men and exchanging sexual substances with women. Because of the men's consistent and demanding clarity and support I stopped all contact with men and women for an entire year and learned from scratch how to be in relationship as an adult man. It was perhaps the most painful and lonely time of my life, and yet I would say this group saved my life.*

Keep the men's sharing concise and in the present. Do not let reminiscing happen.

After this check-in, immediately navigate the space into preparing the men for the *Archetypal Man Woman Process*. Say something like this:

*We are about to do the Archetypal Man Woman Process. (If you are not certain no one has done this before, ask:) How many of you have done this before? (If someone has done it before, ask:) Are you willing to do this again? (If they are not willing to do it again, ask them to agree to remain here in this room and to energetically support the other men to complete this process with dignity and respect.) Then say:*

*In a short while we will re-enter the training room. We will enter in single file and in total silence, keeping your center and your adulthood. The women will already be lined up against one wall facing us. We will line up against the opposite wall facing them. The women will speak. We will listen. Any man who spontaneously speaks back to the women I will personally take out of the room and you will remain outside for the rest of the process. Is this understood?*

*The women will be speaking about the pain of enduring 10,000 years of patriarchy. They will speak for all women enslaved, raped, abused, tortured, murdered by the men. They will speak for all the women who lost children in the men's wars. They will speak for all the women whose men flirt with other women, indulge in internet sex, drink alcohol, use drugs, steal, have lost their integrity, lie, cheat, do not care for the children, or value profit over human dignity and ecological sustainability.*

*Our job is to listen and to complete these communications. In order to complete such communications you will need to learn a new kind of listening. The new kind of listening is how to be killed and not die. The women's messages need to land in us and affect us, personally. It needs to hurt. You need to feel the pain of their arrows.*

*At the same time, it does not work if you get energetically killed from the pain of these communications. If you energetically die the communications are not heard. To complete the communications you need to get killed and not die. How do you do this?*

*To get killed, let the true pain of the communication touch your heart. Let it destroy you. Let the authenticity of the rage, the grief, and the terror touch your soul in such a way that the pain will never be forgotten. Let it change you forever.*

*To not die, recognize that the communication is being made with voice and gesture. Within three seconds after the women stop speaking, all echoes of their voice and the image of their gestures have vanished completely into the past. You make a small now (smaller than three seconds) and you stay in the present.*

*When the three seconds have passed all that remains is presence, contact, being with, and connection. This is what is happening in the present. And with your minimized now, you are also in the present. The sounds and gestures have drifted into the past (tick, tick, tick) and the only place they exist are as memories in your mind, and you have control over the stories you make about your memories. Make no stories about these memories.*

*The actual sounds and gestures are in the past. They have no power in the present. You were killed because you were not using a Black Hole to protect yourself from the energy of the communication. You felt it. It landed in you completely. At the same time, you did not die because you minimized your now and let the fury of the sounds and actions drift almost instantly into the past where they have no power. You stay in the present and you still have your power to be in contact, to relate, to be, and to be with. We may have a chance to repeat back what the women tell us. Be as clear and specific as possible about what you heard.*

*Are you clear about the procedure? (Answer any questions the men ask, but stay out of your head, and keep the men out of their heads. Also pay attention to any man giving his center away to a perceived authority figure. There is no authority figure. You might need to say something like:) This is not time for discussion. This is time to go into battle and lose the battle. Do you understand the instructions? This is time to be killed and not die. Are you ready?*

When the men are ready, send a trusted envoy to tap on the door of the training room to see if the women are ready. When the women are ready for the men, the men re-enter the training room and the process begins.

### **INSTRUCTIONS FOR THE MALE SPACEHOLDER**

The man spaceholder needs to make it safe for this process to occur. Remember, this is an archetypal process. The women are speaking for universal *WOMAN*, for *all* women dead or alive, this culture and other cultures, this age and all ages, for the past 10,000 years, perhaps even for women on other planets. This is a big process, and big healing can occur. But healing occurs only when the space is held with a razor sharp sword so that no bullshit occurs. This is the man spaceholder's job. The instant any disruption arises the spaceholding man must *act*. Not think about acting. Not blame or complain or manipulate. He must physically *move* in the space. For example, things that may need immediate action could be:

- 1) One of the men may not be able to keep his Gremlin sitting anymore and may shout something back at the women, or he may make side comments, or a joke, or

complain like a naughty boy. The spaceholder man *instantly moves* towards that man and says “*You agreed that if you could not remain silent you would leave the room. Please come out with me now and go to the other room. We will come there when we are finished.*”

- 2) One or more men may be moaning, or making some sound or movements that interfere with the energy or communications being made by the women. The spaceholder man *instantly moves* towards that man to stop him and says “*Whoever is making that sound, stop it! Now!*”
- 3) A man in the line may collapse or fall over. Other men may move to help this man. The spaceholder man *instantly moves* towards those men to stop them and says “*No! Leave him there! He will be fine! Your job is to listen.*”
- 4) A man in the line may walk over to the women’s side of the room because there are cushions or a chair to sit on. The spaceholder man *instantly moves* towards that man to stop him and says “*No. Do not go to that side of the room. If you need to sit, then sit here in the men’s line.*”

As the process comes to a close, stay present for whatever emerges that may need to occur. Do not only stick to the procedure. For example:

- 1) Perhaps the women said they’ve made several steps towards the men and they are begging for the men to make one step towards the women. One of the men may respond by stepping silently and vulnerably towards the row of women showing that the men heard what the women asked for. The other men may follow. That man may take one more step towards the women, to show true willingness on the part of the men to move towards the women. The other men may again follow. If the man makes a third step the spaceholder man *instantly moves* towards the man and says “*No. Stop. That’s enough!*”
- 2) After the women begin to feel and recognize that they have been authentically heard by the men, the women may spontaneously express their gratitude by saying, *Thank you*. The thank yous may go on for several minutes. The spaceholder man lets these thank yous be spoken and keeps the men silent and still.

## **2. COURSE OF THE PROCESS**

*Note: The participants shall not leave the room during the process. Therefore please ask every participant to go pee and drink some water before the process starts. During the process no windows or doors should be opened to keep the energy in the space.*

### **STEP 1: WOMEN SPEAK ARCHETYPALLY (1)**

By using their rage power, the women start yelling at the men. This can take a while (approx. 1 hour). The men just listen. As soon as a bigger pause occurs, the male spaceholder leads into the 2nd step by saying: „The men would like to repeat what they heard the women say.” (*Note: as male spaceholder feel when the moment is right*)

### **STEP 2: THE MEN COMPLETE THE WOMEN’S COMMUNICATION (1)**

The men repeat back what they heard the women say. Only one man talks at a time. The women just listen. As soon as the men are done with, the male spaceholder leads into the 3<sup>rd</sup> step by using the following words: „The men ask the women to tell us,

whether we have heard you, whether there are things we have not heard or hear wrong and to tell us what else there is to say.”

### **STEP 3: THE WOMEN SPEAK ARCHETYPALLY (2)**

The women start yelling again. The men again just listen. As soon as a longer pause occurs, the male spaceholder leads into the 4<sup>th</sup> step by saying: “The men would like to repeat back what they heard the women say.” (*Note: as male spaceholder feel again when the moment is right*)

### **STEP 4: THE MEN COMPLETE THE WOMEN’S COMMUNICATION (2)**

The men repeat back what they heard the women say.

After the men have repeated back what they heard the women say the second or third time, there will be a pause during which men and women don’t say anything. As male spaceholder wait a little before you lead into the next step. It can be that the men start doing a step towards the women. However don’t let the men do more than 2 steps towards the women so as to keep respect with regard to the archetypal feminine. It may happen that the women also do one or two steps towards the men.

Maybe the women start thanking the men. Give space to that.

### **STEP 5: MEN’S VISIT IN THE GARDEN OF WOMEN**

After the second or third time the men repeat back what they heard the women say, the spaceholder man simply says, *Could the men please gather over at this end of the room in a circle?*

The spaceholder man moves with outstretched arms to gather the men into a silent huddle. No laughing, no comments – simply men being together after completing something difficult and important.

The female spaceholder indicates the same thing to the women. Men and women form separate close circle by standing arm in arm. Each circle calms down for a little while. The men stay standing, even if the women sit down in their circle.

#### ***Women’s circle:***

The female spaceholder explains quietly to the women’s circle that the men will soon come and ask whether they are allowed to enter the „garden of women“. Only if all women agree that it is okay the men are granted access. Then ask the women if they agree with the men entering the women’s garden first individually and then in small groups. Get a clear YES from each woman. Also tell the women that the men will ask each time to be granted exit.

#### ***Men’s circle:***

After the women are standing for a minute or two, the spaceholder man silently whispers to the men that he is going to go ask the women if one of the men can be allowed to enter the Garden of Woman. He says, *If I pick you to go, then you stand outside the circle and ask, ‘May I enter the Garden of Women?’ If they say, ‘Yes’ and open their arms to let you in, then enter. Take a minute or two to let it into your soul. Then ask, ‘May I leave the Garden of Women?’ When they let you out then you come back here. Does everybody agree? Don’t stay in too long.*

- **Visit of one man in the Garden of Women:**

The spaceholder man goes over to the women's circle and officially asks the female spaceholder, whether in a first step one man is granted access to the garden of women: *"The men ask whether one of the men can be allowed into the Garden of Women?"*

If the women say, Yes, then the spaceholder man chooses **one man** who might be most vulnerable to receive the most benefit from being exposed to the Garden of Women. This will be a non-flirting man, not a womanizer, a man with a smaller Gremlin who may have suffered at the hands of women or been abused or abandoned..

The chosen man stops in front of the women's circle and asks for permission to enter using the following words: „ *May I enter the Garden of Women?*“ The women open the circle on one side, let the man enter and close it again behind him. The man will stay in the circle for a short time and connect to several women. Then he asks to leave the garden by saying: „*May I leave the Garden of Women?*“ The women open the circle on one side, let the man leave and close it again behind him. The man goes back to the men's circle and integrates into it again.

- **Visit of 2 men in the Garden of Women:**

The male spaceholder goes again to the women's circle and asks the female spaceholder officially, if **two men** can come into the Garden of Women.

*"The men ask whether two of them can be allowed access into the Garden of Women?"*

If the answer is YES the male spaceholder goes back to the men's circle. He picks two men and sends them over to the Garden of Women.

The chosen man stops in front of the women's circle and asks for permission to enter using the following words: „ *May we enter the Garden of Women?*“ (It is enough if one man asks for permission). The women open the circle on one side, let the men enter and close the circle again after them. Also this time the men will only stay in the Garden of Women for a short time and probably go into contact with some or all women. Then they ask to leave the garden by saying: „*May we leave the Garden of Women?*“ The women open the circle on one side, let the men leave and close it again behind them. The men go back to the men's circle and integrate into it again.

- **Visit of all men in the Garden of Women:**

The male spaceholder goes again to the women's circle and asks the female spaceholder officially, if **all men** can come into the Garden of Women.

*"The men ask whether all of them can be allowed access into the Garden of Women?"*

If the answer is YES the male spaceholder goes back to the men's circle and invites all men to go over to the Garden of Women. (In case there are a lot of men, the women in the meantime enlarge their circle by holding on to their hands instead of standing arm in arm. Thus they stand further apart and all men fit in). The male spaceholder comes back with all men to the women's circle and asks for permission to enter using the following words: „*The men ask for permission to enter the Garden of Women.*“ The women open the circle on one side, let the men enter and close it again behind them.

Also this time the men will stay in the circle only a short time and probably make contact with some or all women. Then they ask to leave the garden by saying: „*The men ask*



*permission to leave the Garden of Women?”* (It is enough if one man asks). The women open the circle, let the men leave and close the circle again.

Then after all the men come out and back to their circle, the trainer tells the men, *Let us go protect the Garden of Women*. Then lead the men to stand shoulder to shoulder holding hands in a circle around the women's circle, facing outwards.

After a few minutes, when the women have felt the archetypal men's protection of the space of the feminine, the spaceholder man silently turns around and the men hold hands again facing in towards the women's circle.

### **SCHRITT 6: ABSCHLUSS DES PROZESSES**

After a few minutes, the spaceholder man drops hands and gathers the men over towards the door. He goes one last time to the women's circle and announces the following invitation towards the female spaceholder: *„The men will now return to the living room and stay there. The men would feel honored if the women would join them whenever they want.”*

The female spaceholder thanks the male spaceholder for the invitation. The male spaceholder goes back to the men's circle and leaves together with all men the room.

### **Women's room**

Being the female spaceholder you invite the women to make themselves comfortable und repeats the invitation of the men. Then the women exchange about what happened. As soon as the exchange is completed and all women agree, the women go over tot he room where the men are. They just enter.

### **Men's room**

The men remain together in the other room, sitting on the floor. They have had glasses of water. They are resting, centering, feeling the pain of what they just experienced, sharing how it was for them. How amazing. How astonishing. How impactful. How incredible. How glad they are to have been able to do this.

When the women come, the man spaceholder gets up with dignity and says *“We have prepared something for you”* and then turns on a CD of dance music. An hour or so of dancing together is in order.