

The Wakening State

© World Copyright 2020 ff. by Clinton Callahan. For use by registered Possibility Trainers only.
(Revised: 04. March 2015 by Nicola Neumann-Mangoldt)

FORMAT:

Process type: whole group process
Duration: 60 minutes

PURPOSE:

Experience the wakening state.

SETUP:

Part 1: people sit in two rows facing each other.
Part 2: in a big circle.

INTRO / BACKGROUND:

If you try to change something without experiencing the pain, nothing changes. You have to have a 4 body experience of the pain.

Self observation is absolutely neutral. When you are still judging yourself then you are still in your box. Self observation is the basic matrix building procedure. Become aware of what you are aware of. Become conscious about what you are conscious about.

We are talking about neutrality in all four bodies, not only in the intellect. Pain is not connected with self punishment. If you are angry or sad about the result without a story attached then it is the pain. If you have still a story attached, it is your box.

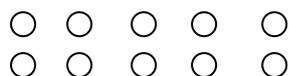
Waking state is an experiential distinction. We are born to be in waking state, to be conscious and aware.

In this exercise you will be observing what you are observing. As much as you can experience your life in waking state that much life you actually have. The comfort mechanism arranges it so that we fade out the painful things. So you are skipping the times where learning was happening (=> watch movie "Klick"). PM is not the context where comfort is happening. The orientation of the training is presence, regardless of what is happening, especially when it is not comfortable for you.

INSTRUCTIONS / PROCEDURE:

PART 1: Experiencing the waking state

Have people line up in pairs, sitting facing each other.



Person A (all people on one side of the setup) asks *person B* “What are you conscious about right now?”

Person B answers starting each sentence with “Right now I am conscious about...”

Person B, while you are observing what you are observing, pay attention on which bodies you leave out. We can observe with different bodies. There are feelings, tones, sounds, thoughts, etc. Use all of your four bodies.

As soon as you feel the space shift, put up your thumb so that you show when the waking state has been achieved. Both *person A* and *B* can put up their thumbs.

After 5 minutes ask people to stop: “Please come to a stop.”

How many of you just fell asleep again, just now (after ending the exercise)?
The easiest places to fall asleep are doorways, either physical or energetic doorways.

Being snapped into a story world is one way of falling asleep, because you are in the story.

Change roles. Now *person B* asks *person A* what they are conscious about right now. Again 5 minutes.

Then take some sharing.

PART 2 (Optional): Having a Gremlin’s paw in another space to stay awake

Context:

You can use your Gremlin to not fall asleep. You can leave the left paw of your Gremlin in another space than you are currently in so that you are constantly in two spaces. It takes muscles for staying awake. It has to do with your energetic nervous system. Being awake is uncomfortable although it is your natural state. It is not about building matrix, but about building muscles in your energetic body to stay awake.

In Labs you need to be awake. You have e. g. an eye for how far people can go and how much they can hold.

You don’t notice when you fall asleep, except you have a paw of your Gremlin in another space. You are holding on to something. That means when you fall asleep in the current space, then your leg (the Gremlin’s leg) might be tickling and then your Gremlin can wake you up again. It is not only part of your attention. It is actually part of your energetic body being in another space. E. g. when you are sitting and your leg falls asleep, it wakes you up. You fall asleep, but something is wrong. It is like

aah, aah and then you come back again. It is like falling asleep on your car keys. You sleep, but you realize that something isn't the way it should be. This also helps with timing. There are people who put spaces to sleep. So you have to stay awake and when you realize it ask early enough "How did you do that? You put the entire space to sleep. Are you aware of that?"

If you find yourself in a space where you think you don't have options, it could be a bardo space. That means there is nothing you or the other person can do to change it. Bardo space is just aaaargh. It is like farthing in the wind and standing fully in the smell. And this cloud will just go by. When you realize that you are around somebody in a bardo space, you could just leave the space and come back in an hour and then things will already be completely different. When you are in a bardo space yourself it helps to have a practice you can do, like juggling for hours, or knitting, or sewing, something where your mind stops thinking.

If it is not a bardo space you can just feel around with the Gremlin paw in other spaces and pull in something else, like pirate jokes. It is like being on a meta level. It is the possibility of checking what is happening right now. E. g. in a training space you don't know what's going to happen next or what the participants need. But you can have the bigger perspective in sight.

Exercise: Gremlin Paw

- Group sits in a big circle.
- *Let's define the training space to be here around our chairs. Outside this circle there is already another room.*
- *Imagine putting out our Gremlin's left back foot into another room. Pull something in. What is it?*
- Each person says one after another what they pulled in. In the first round this might be something ordinary, like a cooking pot, a tooth brush, etc.
- *Now put the Gremlin's right back foot into a totally different space and pull something in. Go to a completely different universe. Pull something in you don't know. What is it you pull in?*
- Each person again says what they pull in. If somebody is back to ordinary things, ask them to pull something in from a different universe (a blue spiral with stars on it, a knight's helmet, a greenish fog, etc.)

DEBRIEF: