

Relational Sitting - Context

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(Revised: 19. May 2003 by Clinton Callahan)

FORMAT:

Dyad process.

Duration: ???

(Note: It is valuable and appropriate to do EAT A GRAPE before COUNTENANCE.)

PURPOSE:

The purpose of this exercise is to have a direct experience of Countenance. The experience of Countenance is reported to be amongst the most intense and precious experiences of being human. What one encounters during Countenance is truly the Treasure. (See the Map Of Maps) At the same time, Countenance is simply the experience of the laws of physics, like light refracted through raindrops makes a rainbow, or a discharge of electrons makes lightening and thunder. Although experiencing the phenomenon can be stunning or unsettling, it is no big deal. Countenance is just a phenomenon, an impersonal effect. Nonetheless, once you find the Treasure, then a new game begins. The question becomes: What will you do with the Treasure?

SETUP:

Countenance cannot be done except with a mature group of men and women. By "mature," what is meant is that participants already know how to be a center, hold space, make contact, and have some idea about conscious and unconscious Principles, their Destiny, Gremlin, High Drama, and being a space through which the Principles that you serve can do their work. As mentioned above, preparation can take years, and doing this process engenders tremendous responsibility on the Trainer and on the participants. Be warned.

If the group in general is not trained, but a couple of the people are prepared to enter new territory, Countenance can be done as the demonstration of a "science experiment." The two people will have their experience, and everyone else in the room may or may not experience or understand anything.

INTRO / BACKGROUND:

On the Map Of Possibility, the Over Principle of all Conscious Principles is Responsibility. The experience of Responsibility is Love. When one person is the Space through which the Responsible Principles can do their work, then Love is happening. Love is Responsibility in action. Working in a Space that is dedicated to Responsibility is itself rare. When two individuals function as conduction tubes for the Principle of Love in the same Space, then if they gaze into each other's eyes, Love looks out at Love looking in. Love looks at Love itself. The circuit is completed when potential or unmanifest Love consciously gazes at consciously manifested Love

gazing at it. The circuit is completed through consciousness. The human body is a Transformer, changing unconsciousness into consciousness. Principles can manifest consciously through the human body. The nervous system registers the connection, and the body fills with ecstasy. Pure love. The interesting thing about Countenance is that, just as with the laws of physics, when the conditions are met the phenomenon is repeatable. Unlike other forms of ecstasy, Countenance never goes away.

Requirements:

These requirements are not arbitrary; they are structural. Like an airplane with no wings cannot fly, if you do not meet these requirements you will not experience Countenance. The requirements can take years of preparation. Do not be disappointed if you do not meet the requirements immediately. Experiencing Countenance is a rare privilege, worth working towards, but at the same time engendering great responsibility. The requirements are as follows:

- You must be able to keep your Center.
- You must be able to Hold Space.
- You must be able to Be Present. (Simply to be, without moving, speaking, or thinking.)
- You must be able to be in Contact with another person, exposed, raw, and undefended.
- You must be able to Declare Space in the name of the Principle of Love.
- You must have a longing to directly experience the Principle of Love.
- You must be able to Be A Space, that is, you must be able to not be there. In order to not be there you must be okay to die.

About longing:

Countenance is not singular. Countenance cannot be only given or only received. Countenance is a reciprocal exchange. Countenance must be given to another person and received from them at the same time by navigating your way to a delicate balance between giving and receiving. Once the Space of Countenance is located it takes unconcentrated concentration to stay focused and to stay there. Countenance can be immeasurably intense, above any known "Richter" scale. To stay in Countenance you must develop an ability to tolerate intensity, and you must develop a wish to cultivate an environment in which longing can grow. Cultivating longing is the opposite of our cultural habit. Our culture trains us to fulfill any imagined or illusionary desire or need that aims at an artificial union or completion. (For example: If we could also buy the desert spoons and the large ceramic salad bowl then our dish collection would be complete and we could be satisfied.) The habit to fulfill desires opposes the habit to cultivate longing. It is not true that fulfilling desires gives us peace and contentment. The attempt to stop longing or hunger is futile. Acceptance of longing is the true completion.

Warning:

Experiencing Countenance may threaten your construct of what life is and your concept of who you are. Experiencing Countenance may change your worldview. Not just somewhat change it, or pretty much change it, but radically change it.

Experiencing Countenance may irrefutably confirm the existence of a reality that you may have only had glimpses of before. Part of you already knows of the existence of Countenance and that part has been avoiding it with a vengeance, and keeps you unaware that it has been avoiding it. Ask yourself, "Why?"

You cannot adapt to this experience. Countenance is uncompromising.

You have to be willing to be utterly annihilated and then to start rebuilding from nothing.

You cannot include the experience of Countenance in your present way of being because it will not fit. It is too vast and too different.

The experience of Countenance is undeniable because it is physical.

The experience of Countenance is not personal, yet it comes only when in contact with another person and it feels personal. This can be maddening.

The experience of Countenance puts you outside of society in an instant because all of society is founded on the scarcity of Love and on separation from Love. Countenance is the direct physical experience of an unlimited abundance of unconditional Love.

There is nothing to do. It is already done. You may realize that you are being lived.

INSTRUCTIONS / PROCEDURE:

- 1) Explore the Map of Evolution Of Relationship (See next page). This can take well over an hour because of how much new clarity there is for people about the very intimate subject matter of this Map.
- 2) Then choose your “volunteers.” For the experiment to be successful, the volunteers must meet the requirements. In particular you should get a sense of Love and Responsibility from their way of being. Do not do this process unless you already know that the people meet the requirements and both you and them are willing to take responsibility for the consequences of the experience for the rest of their life.
- 3) You must make the decision as to whether or not you will give them the full intensity of the warning. Sometimes giving the warning creates expectations or fear that interferes with the experience of Countenance.
- 4) Arrange two chairs facing each other in the front of the room. Invite your volunteers to sit.
- 5) Explain that when you say, “Start,” they are to be a space and look into each other’s eyes, not as a staring contest. The gaze should meet in the middle, both giving and receiving the gaze at the same time. Without commenting, no talking, no thinking, they should try to be present.
- 6) (Alternative: In this method, the two people are allowed to speak quietly and coach each other. The instructions are: “Try to find your way to undefendedness.” Thinking is to be avoided. This method works well when a group of people are lined-up sitting facing each other and are all doing the experiment at the same time.)
- 7) Explain that if they start to feel a physical experience from their hair down to their toes, some vibration in their middle, they should put one finger up.
- 8) Explain that when each person has a finger raised you will time them for about one minute. Tell them not to worry. It can take several minutes for something to happen.
- 9) Their job is to simply keep breathing. No talking, no laughing, trying to relax into the experience.
- 10) When you see both fingers up, say, “We will go for one minute.” Keep your stopwatch visible to you and to them so they know that you are paying attention.
- 11) Stop after one minute. Give them a moment or two to recover. Gently invite them to share something: “How was that for you?”

- 12) You can then decide if the rest of the group is capable of, and/or willing to experience Countenance. If so, get them set up, and then give them five minutes.

DEBRIEF:

Sharing.

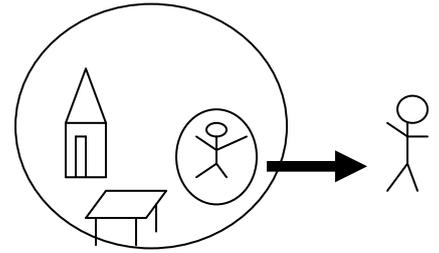
Do not allow the sharing to be trivial or intellectual. Take your time. Come from not knowing, but keep it safe. Much reordering can occur for many people. This can be an astounding, world shattering, and immensely fulfilling and reassuring experience. Let it be as big as it is. Participants in the space who did not actually do the exercise may also have things to share because the Principle of Love can completely saturate the Space and be can be tangibly felt.

MAP OF THE EVOLUTION OF SELF AND RELATIONSHIP

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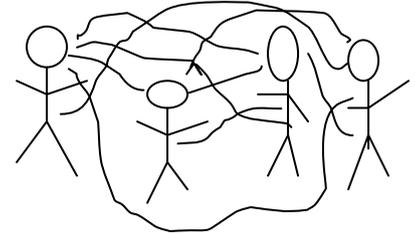
1) CHILD

A child lives in its parents' home, eats its parents' food, and follows its parents' rules. In order to survive, a child adapts their Box to fit their parents' Boxes. At adolescence a healthy child wants to get out. They do whatever it takes to make the break.



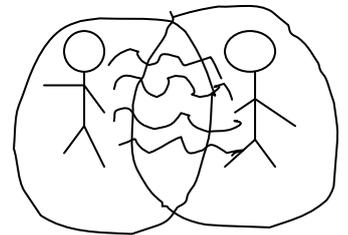
2) FLIRTATION

The adolescent in the world is raw energy without boundaries or distinctions. Sexual energy is mixed with Principle energies. Sexual energy is shared with the gang indiscriminately. Just like at the shopping mall or parties, flirtation is stimulating although temporary and unfulfilling. At some point a relationship of more stability may be sought.



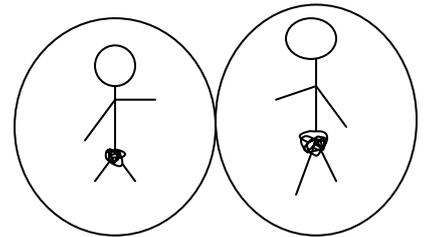
3) FUSION

Searching for closeness without clarity of personal space results in fusion, enmeshment, co-dependency and enabling. The other belongs to us and we to them. We know what they think and feel. They are in our space and we are in theirs. We have irresponsible intimacy, electric jolts, an emotional roller coaster of expectations and assumptions, like a drug dependency of manipulation and validation. It takes hard work to extricate ourselves from fusion.



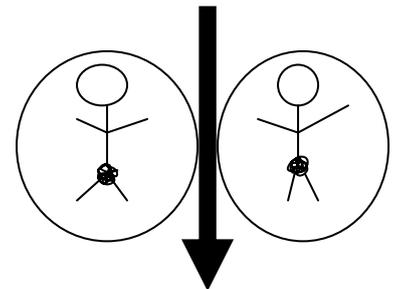
4) ADULT

Taking responsibility for our self and our space is uncommon. We have few role models. If we find a partner also willing to have integrity we discover mature reliable relationship, based on respect. Our spaces are in contact but not enmeshed. With discipline we can stabilize into the adult ego state, the gateway to deep feminine and deep masculine archetype structures that are hard-wired into our bodies. We can choose, act, decide, create, take risks, and explore, and still be in relationship. Many only know such an experience on their marriage day, and then lapse back into fusion at work and flirtation at parties.



5) SERVICE

With #4 a relationship (with mate, boss, colleague, client, etc.) first becomes able to serve the greater purposes of an organization. Then the relationship itself is a third thing: one person, the other person, and the relationship. In #5, the relationship can be as "two or more gathered in the name of the Principles" that it serves. There is a slight gap through which the Principles function to serve the organization, and also feed the relationship. Transformational relationships are rare.



6) COUNTENANCE

Biological sexual energy is of the physical body. Archetypal Principle energies come through the space held by intention and attention. When two individuals function as the space through which Principles can do their work, they must Hold Space, be Centered, be Present, and be unafraid to die so they can be a space. Then if the Principle of Love through one gazes upon the Principle of Love through the other, there is Countenance.

