

## **Requesting Recognition Initiation**

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### **FORMAT:**

*Requesting Recognition* is a personal and whole-group healing process that works particularly well in nanonations, businesses, communities, schools, clubs, teams, or other group projects, especially if they have been in existence for a while.

### **PURPOSE:**

*Requesting Recognition* permits each participant to check inside of themselves to sense whether or not they have been satisfactorily recognized by the others for what they have done or what they contribute to the group. While they are being recognized they also get to experientially decide when they have been recognized enough. If *Requesting Recognition* is integrated into the culture of the group, then at any meeting anyone who is feeling like they have not been recognized enough about anything can stand up, explain what they contributed, and ask for the recognition they feel is due. The amazing nonlinear benefit of this process is that it eliminates the basis for the kinds of low dramas where a person harbors secret resentments that others do not recognize them sufficiently and then use their resentment... (Resentment is an unfulfilled expectation. An expectation is an assumption that you have assumed to be true.) ...they use their resentment as justification for revenge, sabotage, complaining, or threatening to leave. By using *Requesting Recognition* that game is over.

### **SETUP:**

*Requesting Recognition* is done with the entire group seated in a circle in chairs with the space in the middle of the room kept empty. If there are too many people to make one circle where everyone can hear the speaker then two concentric circles of chairs can be set up. Tissues should be available at the perimeter of the circle.

### **SCRIPT FOR TRAINER:**

“Being seen by the tribe is a need of the energetic body. Being recognized for who you are and what you create can be scary because then you are seen, and there is no way to hide your potentials anymore. This fear can be clarified by experientially detecting the difference between being recognized by the tribe for your contributions as an adult, and trying to fill the void at the center of your Being as a child.”

“To make that distinction, please close your eyes, take a deep breath, and sink into yourself. Keep your eyes closed. Then try to remember if you ever noticed an emptiness in your middle that feels like an unfillable void. It is a void you might feel while standing in front of an open refrigerator, finding nothing to satisfy you. It is the void you might be expecting your partner to fill if they just loved you enough but they never can. Please put your hand up if you ever noticed this sensation. Thank you. You can put your hand down now and open your eyes.”

“Since we have not been initiated into using that inner void it can seem like a design error from God. But it is not. As far as I know there is only one design error from God and that is the size of the seed in an avocado. The seed is far too big. You pay a high price for this delicious fruit, slice it open, and Kachunk! You hit this gigantic seed! It takes up so much room in there. Half the price you paid was for this oversized seed that you throw away. This is *definitely* a design error! But your inner void? That’s not a design error at all!”

“Your inner void is the emptiness you need for creating something out of nothing. If that void was not there you would lack access to the unknown. You would instead live in the delusion that you know, and in that delusion you would keep yourself numb to the sense of mystery at the core of everyday life. You would be disconnected from the home of love, cut off from the source of nonlinear possibilities. That inner void is your workshop for invention. It gives you instant access to archetypal fear. It is where improvisation comes from... and all of life is improvised, or else your life is made up of TV talk-show re-runs where you simply repeat what has happened before. That is not the kind of aliveness that comes from authentically living. A spacious inner void is a highly valuable resource for an initiated adult woman or man.”

“We have made this distinction so that when you *Request Recognition* and recognition is being given to you, that you do not accidentally direct the recognition into the inner void, because that inner void can never be filled and you would be wasting people’s recognition of you. Instead, direct any recognition you are given into your own heart and soul. Recognition contains both heart food and soul food and you need both. Not just 25% or 50%. Your heart needs 100% heart food and your soul needs 100% soul food. Let your heart and soul be fed by the recognition you receive when you ask for it.”

### **INSTRUCTIONS / PROCEDURE:**

The form of *Requesting Recognition* is so simple and precise that it can feel like a powerful ritual. The steps are as follows:

1. Spaceholder opens a time in the flow of the meeting for personal sharing.
2. Unless this is the first time, everyone already knows how to *Request Recognition*. It remains always an option.
3. One person silently stands up and walks to the center of the open circle. Perhaps they raise their hand before, perhaps not. In any case, they say nothing before they reach the center of the circle. This is the *Requester*.
4. While making eye contact with more than one person sitting in the outer circle the Requester says, “*I have not yet been sufficiently acknowledged for \_\_\_\_\_,*” and then precisely describes, in short and simple terms, without any hint of low drama, the benefit they have been bringing to the tribe, or the sacrifice they have made that has not yet, in their experience, been sufficiently acknowledged. This may be about anything, for example:

- a. *"I have not been sufficiently acknowledged for being the janitor and repairman of the apartment building for the past 5 years."*
  - b. *"I have not been sufficiently acknowledged for the stand I have taken to bring more young people into this project."*
  - c. *"I have not been sufficiently acknowledged for holding the dream of a meditation room for 7 years until we were ready to actually have one."*
  - d. *"I have not been sufficiently acknowledged for closing the hen house every evening and opening it each morning so we can have eggs."*
  - e. *"I have not been sufficiently acknowledged for cleaning out the storerooms, or organizing guest arrivals, or taking photos for the records, or meeting with the local mayor, or writing press release copy, or being with the children on Sundays, or pulling the weeds in the Japanese stone garden, or carrying in firewood to the living room, or organizing the recipes online, or checking the oil level in the cars, or..."* We each do so many things to keep a gameworld going, but we cannot read each other's' minds to know which of those things has not been acknowledged enough. For this, self-responsibility is in order.
5. Members of the circle only listen to what the Requester says. There are no comments or questions, except in a rare instance from the Spaceholder who may provide an empowering coaching distinction.
  6. When the Requester stops speaking, only silence remains, until someone in the outer circle spontaneously and authentically recognizes and acknowledges the speaker's service. This may be delivered as spoken words, handshakes, hugs, etc.
  7. The Requester remains standing in open body position, makes eye contact, and receives whatever spoken or physical recognition is given into all 4 bodies.
  8. There is no time-delay between the moment when one person finishes delivering an acknowledgement and when the next person starts delivering their acknowledgement. No dramatic pauses. One after the other authentic recognition is delivered.
  9. One of the most authentic acknowledgements might be an apology that goes something like, *"I am sorry that I did not sufficiently acknowledge you about this before now."*
  10. The acknowledging continues until the Requester in the center of the room, by his or her own will, silently puts up their hand to indicate that they have experienced receiving sufficient acknowledgement.
  11. Upon seeing the raised hand, the whole circle starts clapping for the Requester. The Spaceholder may need to coach the first few Requesters to stay in the center and not walk back to their chair until the applause comes to an end. The Requester does not get to determine how long the applause goes. Their job is to keep looking around at the others and to let in the recognition from the applause.
  12. As soon as the applause ends and the Requester heads for their chair, the next Requester stands silently up from their chair, goes to the center of the circle, and the procedure begins again. There is no pause between Requesters.
  13. This healing process can continue until all who wish to have requested recognition, or for a set period of time, such as half an hour.

### **COACHING:**

In order to establish proper form for this ritualized self-initiation some coaching distinctions may be necessary, both for the Requester and for the Recognizers in the circle. For example:

- Usually a Recognizer calls out the Requester's name to get their attention before beginning a communication of recognition.
- Requester should stand relatively still in open-body silence, without crossed hands or crossed arms, hands at their sides and not in pockets or held behind.
- Recognizers should speak out their recognition loud enough to land in the Requester's body, heart, and soul, not just in their mind.
- There should be no delay between one Recognizer's show of recognition and the next.
- After the Requester puts up their hand to signify sufficient recognition has been received, ask the Requester to stay in the center until the clapping is done. The clapping appreciates that the Requester has completed the initiation.

**COMPLETION AND WRAP UP:**

At the end of this procedure the Placeholder says, "One last Request and then we wrap it up." That was the wrap-up.