

## **Requiem – Grieving Process**

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(Revised: 10. September 2012 by Clinton Callahan)

### **FORMAT:**

Whole group process.  
Duration: 45 minutes

### **PURPOSE:**

To grieve and thus digest change.

### **SETUP:**

People stand or sit in close circle with the back facing inward.  
Buckets and tissues are spread around the circle.

### **INTRO / BACKGROUND:**

This is a process where we use the new map of feelings. So during this process the feelings are clearly separated and felt.

We all have something to grieve, e. g. you can grieve

- The loss of vitality and perfect state. Like when you get older and your body starts hurting here and there.
- A change of conditions
- Leaving behind people, security, your village
- Etc.

Leaving something is always connected to deep grief. In modern culture we don't grieve deep enough.

### **INSTRUCTIONS / PROCEDURE:**

*This is going to be a journey into the territory of archetypal sadness. Try to grieve in deep sadness, deeper than you have ever done.*

*Please come together standing in a circle with your back turned towards the middle. If you are here with your partner, please don't stand next to him/her. Choose somebody else.*

*We will stand really close and link arms with the two people standing next to us. During the process you might also want to grab the hands. Just make sure you stay in close contact.*

*There might be times to use the buckets or tissues. When you pick these, still stay in contact with your partners.*

*You will start with the first thing you want to grieve about. Whatever comes up, just speak out loud what you grieve. During the process you can only grieve one thing or also several things. You might not get all the way through. That's fine.*

*There is one rule:*

*Please don't hurt yourself, don't hurt anybody else and don't slime the floor. Do you agree? (YES) Does anybody not agree?*

*Some of you might tend to crawl on the floor. Don't do this. Just keep standing next to your people.*

*Please take a deep breath. Close your eyes. And now pick something you want to grieve about. It's already there. We all have something to grieve about. Enter the territory of archetypal sadness. GO!*

This will take 20 to 30 minutes. Keep making and vanishing black holes. Then the trainer brings the grieving session to an end. In addition you can invite people to the following experiment:

*For the next couple of minutes I would like you to grieve about the Earth, the pain of the Earth, what humans are doing to the Earth. GO!*

Go for another 2 to 3 minutes and then bring the grieving to a complete stop. While still standing in the circle with the back facing inward, say something like:

*This was the territory of archetypal sadness. It is yours and you can always go there again. Everybody has it. It is actually the same for everybody. We are all connected through this. In sadness we are one.*

*Take a deep breath. And now turn around so that we all face inward into the circle. Get close again (as trainer start holding your partners arm in arm. The other participants will automatically do the same).*

*People grieve too little. Really, it is necessary to let go of things and people so that the new can come. You have to leave things behind and therefore grieving is important.*

*If anybody would like to say anything right now, go ahead. The trainer can now go first by saying something like I feel glad that I could grieve together with you guys....*

*After all comments the trainer ends the process. Take another deep breath. I suggest that you now go around and hug different people and then go to sleep.*

## **DEBRIEF:**