

Rewiring Fear

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(Revised: 21. January 2019 by Nicola Neumann-Mangoldt)

FORMAT:

Memetic Process (whole group or one-on-one)
Duration: 45 minutes

PURPOSE:

Rewiring of fear with fear.

SETUP:

Participants sit in a circle.

INTRO / BACKGROUND:

Remember the shift from the mental map of the flat world to the round world. When people started using the new map of the round world, they got new options, resources, solutions, features and possibilities, although the world itself hadn't changed. That's because we don't interact with the world, but with the maps we have about the world. Possibility Management is effective, because if you bring your mental map with regard to a circumstance on a new level, then you get a completely new circumstance.

People give circumstances a meaning with the help of colored wires. The world appears to us in the way we have wired our box. You cannot know in advance what kind of meaning a person (or a company) gave to a certain circumstance. When you work on creating possibility for individuals (or companies), you cannot afford making assumptions about how things are wired. Your effectiveness will depend on finding out through careful listening, perceiving, asking and testing how things are wired.

The human mind is an uninhibited, meaning giving machine. When we wire a certain circumstance with a meaning and this circumstance occurs, we automatically get the circumstance with the meaning. For example: if we have wired the red cable of fear with the blue cable, which has the meaning "dangerous", then we know in each experience of fear that it is dangerous. This will stop us immediately from going on.

The original purpose behind each wiring of this kind was noble. It allowed us to survive. However, the process of growing up is about taking more and more responsibility. At a certain point, a person is ready to take responsibility for his feeling as it is, without any meaning attached. In each new circumstance the person can then give it an appropriate meaning. Fear could for example be wired to the meaning that you get close to the edge

of your box – physically, intellectually, emotionally or spiritually – and that you are just about to make a new experience or discovery. With the old “red to blue” wiring, where fear is “dangerous” you would stop before making the new experience or discovery. Releasing the fear from the automatic meaning “dangerous” requires a “rewiring”.



INSTRUCTIONS / PROCEDURE:

The process of rewiring goes as follows. Ask the question “Does it empower you if you wire fear with “dangerous”?”

Well it empowered you to survive until now, but it doesn’t empower you to further stay in relationship, research and develop yourself. With the wiring of red to blue it seems to be dangerous when fear arises and you are cut off from the true wisdom and power of your adult fear. From this perspective the cross wiring from red to blue does not give you power.

Then ask which wiring would empower you? With what could you wire “fear” so that it gives you power? There are a lot of possibilities. How about the purple cable “bad”? Does this empower you? The green cable “frightening”? The orange cable “I will be hurt”? These are all further examples of cross wirings, red with some other color, which give an automatic meaning to the fear. None of these seems to give you power. What empowers us as adults is the “direct wiring”.

You get direct wiring, when you connect the red wire of “fear” with the red wire of “fear”.

Then your box is directly connected from the red wire to the red wire so that “fear” only means “fear”.

When fear arises it means that fear arises. Fear equals fear. Fear is fear.

When you are afraid then you are afraid. This is a starting point with clarity.

Does this empower you? Yes! When you feel fear, then you know that you are in the territory of fear and you can use the information and energy of fear so that it serves you in this very moment. This way of simple rewiring uses “Is”- Glue-Dissolver, to cut the connection between circumstances and meanings, conclusions, imperatives, assumptions, expectations, declarations, etc. Then you use “Is”-Glue to connect the circumstances with themselves. It is what it is.

Self-Surgery procedure:

- Please close your eyes and take a deep breath.
- Wash your hands energetically, since you are just about to do a self surgery.
- Now open a zipper right at your front that goes from one ear to the other.
- Put up the top of your skull.
- Now you can see all kinds of wires in there. Find the red wire with the word FEAR on it.
- Pull it out.
- Now keep pulling a little bit. There is another wire connected to the FEAR wire and it has a different color.
- Which color has it? *(people will say out loud different colors)*
- And which word is written on it? Fear is...? *(people will say words like dangerous, uncomfortable, not nice, etc.)*
- This connection does not give you any power. Now cut this other wire from the red fear wire. You have different tools in front of you for cutting, scissors, a knife,...take whatever you need to cut the wire from the FEAR wire.
- Keep the FEAR wire in one hand and let go of the other one.
- Now, which color does the second wire need to have that matches exactly the red FEAR wire? *(people might say different colors. Keep asking and repeating the question until they get that the second wire needs to have the same color).*
- It has to be yellow. So now look for the second red wire and pull it out.
- Now that you have the second red wire in your other hand, which word is on the wire, if it matches the red wire with the word FEAR? *(people might again say different things like “nice” or “okay”. Keep asking the question until they get that the second wire also has the word FEAR on it)*
- Yes, it also says FEAR.
- Now put the two red wires together. What is the new definition?
- FEAR is FEAR. (you can let people say this all together “Fear is fear”)
- Now assure that the connection is strong. Put some glue or tape on, or whatever is needed. Pull on both ends and make sure the connection is strong.

- Then put the new rewired connection back into the cable salad in your brain.
- Close the lid.
- Close the zipper.
- Wash your hands.
- Take a deep breath and slowly open your eyes.
- FEAR IS FEAR! Only that!

As soon as you have wired “the experience of fear” with the red cable “you feel fear”, it is time to make a test. Do a practical experiment, e. g. an improvised, not prepared 5 minutes speech about a surprise theme that is taken out of a hat. Each time fear arises, use the energy and information of the fear itself to hold an even more valuable speech.

DEBRIEF: