

Centering Exercises

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(Revised: 21. January 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Duration: 90 minute skill building exercise

PURPOSE:

This exercise gives practice developing the skills of being centered.

SETUP:

Various.

INTRO / BACKGROUND:

Staying unhookable, adapting to nothing, whiz-bang, sword-work, minimizing-now, contact, going nonlinear, and other key Possibility Manager skills all depend on a Possibility Manager being centered in experiential reality and being out of their mind, being centered

INSTRUCTIONS / PROCEDURE:

These various short centering exercises done repeatedly help a person to build matrix for being centered.

1. WHISPERING CENTERING:

Gremlin: Whispers an important conversation and subtly (with facial gestures, breathing, physical nearness, small body reactions) tries to get the other person to lose their center and whisper back to them.

Possibility Manager: Co-creates the conversation while speaking in a normal voice.

2. SINGING CENTERING

3. BALANCING CENTERING

The balancing of an object in your hand occurs through a connection between a person's being-center on their physical center and the center of the physical object. Each person chooses a physical object such as a chair, sword, broom, stick, trash can, etc., and practices balancing it in one hand, in other hand, on elbow, foot, nose, etc.

Variation: can also be an improvised conversation going on while the balancing is going on.

4. STACKING ROCKS CENTERING

Each person collects 3 stones, one larger, one smaller, and one in between. Silently sit in a circle and practice stacking the rocks.

1st round

- Stacking rocks occurs when Possibility Manager has his own center in relationship with the rocks' centers, and manages the rocks' centers in relation with each other.
- Stack rocks can be done in the most easy and obvious way, or it can be done taking more risk and expressing more elegance. Strive for risk and elegance.
- Don't talk much, otherwise the experience will be eaten by your mind as so often. The body of the bird adjust to stay centered to be able to land on a branch.
- Now build a stone pyramid. It only works if you connect your center to the center of the stones.
- When most participants have succeeded in stacking rocks elegantly, trainer gently destroys the stack and asks them to do it a different way. This is often how life goes along, impermanence. It is the mind that imagines permanence.

After awhile trainer asks each person to pass their favorite rock to the person on their right.

Look around and take appreciate the pyramids of the others.
Change the stones. Knock the neighbors stones over

2nd round (hand on your stones to left neighbor)

Observe your mind. What is going on in your mind while you create it:

- I never make it or
- Mine is better than the neighbours or
- I have to be first or
- That wasn't difficult enough
- ...

3rd round (hand on 2 stones and pick the nicest one from your right neighbor)

4th round (get stones from somebody else)

How many of you were attached to their own file (pride)

You can create something without being attached. You are attached by the thing when it is destroyed. **When you are not attached then something new is possible. That's the way to get in touch with abundance.**

5. JUGGLING CENTERING

Each person collects or brings three objects. Could include stones, rubber or tennis balls, scarves or pieces of cloth such as t-shirts, dish towels, etc. Each person coaches the other person how to juggle. Advanced jugglers can practice with juggling pins, doing more complicated series of moves, or, doing partner juggling routines.

6. THREE CENTERS WITH THREE BEARS

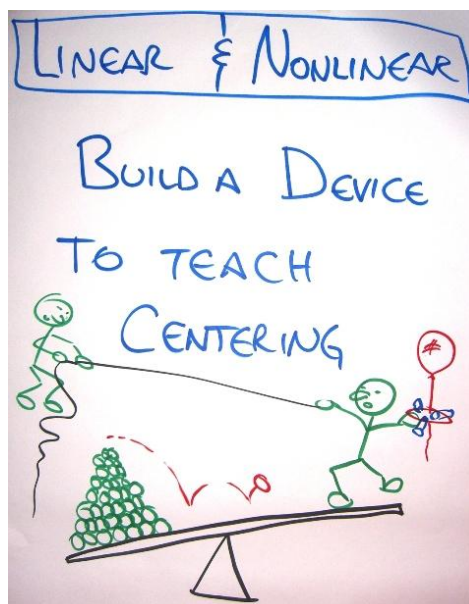
Possibility Manager stays centered in three bodies simultaneously.

- **PHYSICAL:** Walking along a physical line on the floor while Gremlin gives them commands to start, stop, go backwards or turn around.
- **EMOTIONAL:** Gremlin gently hinders their physical movement by pushing on their shoulder from the front or back or standing in their way, trying to hook them.
- **INTELLECTUAL:** Possibility Manager is to tell the story of the three bears (Once upon a time there lived three bears on the edge of a large dark forest, a Pappa bear, a Momma bear, and a baby bear. One day they decided to go out for a walk to let their hafferflockenschleim cool down. On this day Goldilocks was wandering through the woods and was very tired and hungry and wandered into the bears' empty house...) Gremlin is asking nonlinear questions to interrupt the flow of the story.

Each time the Possibility Manager loses center the Gremlin says, *Stop. You lost your center. Shift. Go!* Even a smile is losing center.

7. BUILD A CENTERING DEVICE

- Get together in pairs.
- Build a centering device.
- Here are several things you can use (big bag with things, ropes, balls, and all kinds of stuff)
- You have got 8 minutes. After that each team will present their device, which should have a linear and a non-linear purpose.



8. SWORD WORK CENTERING

(See separate description "Sword Work")

9. KNIFE THROWING CENTERING

10. PUSH HANDS CENTERING

- Find yourself a partner.
- 1st round: approx. 3 minutes
- Change partners
- 2nd round: again 3 minutes
- Change partners.

11. PUSH ARMS CENTERING

12. INVENTING NEW CENTERING EXERCISES

In groups of two or three. Then each pair teach another group your new centering exercise until they can do it, and learn theirs until you can do it. Then go find another pair and teach them both exercises you have learned and learn both of theirs.

13. USING ROPES CENTERING

14. WRITING CENTERING

15. SPACE HOLDING CENTERING

Same as Pirating the Space. Possibility Manager stands up front giving a talk or a presentation and the Gremlin practices Pirating the Space.

16. CENTERED CONVERSATION OUTSIDE

- Find yourself a partner. I preserve the right to change people around.
- Since the sun is shining, we will do the exercise outside.
- One person in each pair put your hand up. You are the Nacktschnecken. The others are the Tintenfische.
- Nacktschnecken, you make normal conversation. The Tintenfisch gives impulses so that the Nacktschnecke give the center away. Der Tintenfisch reißt es nicht an sich und hält es fest. You stay in contact. It's a dialog. The Tintenfisch is not total gremlin so that it becomes a neurotic conversation.
- **The point of this exercise is to strengthen the centering muscle. The intention was to have a regular conversation. The idea is to stress and relax the muscle, stress and relax.**
- Switch after 5 minutes, i. e. then Nacktschnecke gives impulses.

DEBRIEF