

## **6 Gaps Initiation**

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(Revised: 16. January 2019 by Clinton Callahan)

(NOTE: Possibility Management is open code thoughtware. The copyleft notice affirms that this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)

### **BACKGROUND CONTEXT:**

This initiation was invented during the first *Evolutionaries Lab* in Mallorca 24-28 October 2018 by Anne-Chloé Destremau and Clinton Callahan. This is rather advanced process, best suited for Trainers and Possibility Coaches.

### **SETUP:**

Sitting in groups of 3. Pen and *Beep! Books* are needed for taking feedback and coaching distinctions received. This is intense matrix building work and can easily take one or two sessions in a training.

### **PURPOSE:**

This set of skills, namely creating, entering, navigating, and leaving the 6 Gaps, helps in creating nonlinear possibility during processes and initiations with both individuals and groups. The 6 Gaps already exist and, as with many tools from Possibility Management, we may sometimes already use them unconsciously. In this initiation we learn to use them with greater intention and elegance. Gaining 6 Gaps skills is preparation for the Eye Level / Unfair Conversation Navigation skills.

### **INTRODUCTION:**

Use a bit of Discovery Speaking to draw the thoughtmap together. Entering any gap leads to intensified presence. With more presence there is more possibility.

## MAP OF THE 6 GAPS

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Using the 6 Gaps produces elegant magic. Gaps give you access to nonlinear freedom of movement in various dimensions. All gaps lead to intensified presence. With more presence there is more awareness of possibility.

1. Gap in Space: This is the gap in Everythingness. What is in the gap? Nothingness.
2. Gap in Identity: This is the gap between your Being and the Box your Being is identified with at the moment. We have parts. What is in the gap? Disidentification.
3. Gap in Time: This is the gap between moments. What is in the gap? No time. Timelessness
4. Gap in Knowing: This is the gap between knowledge continents. What is in the gap? Not knowing. The unknown.
5. Gap in Noise: This is the gap between the pressure and vacuum of sound. What is in the gap? Silence. Stillness.
6. Gap in Gameworlds: This is the gap where no context or rules of engagement exist. What is in the gap? No context. Rulelessness. No laws at all.
7. Gap in Dimensions?: This is the gap between domains. What is in the gap?

### PROCEDURE / THEORY DISCUSSION:

(You could simply read and discuss these ideas below to set the context and prepare everyone for the practice exercises.)

#### 1. GAP IN SPACE:

This is the gap in Everythingness.

- a. What is in the Gap in Space? Nothingness. The Void.
- b. What is the experience of being in the Gap in Space? Having the rug pulled out from beneath you. *Three men falling into a bottomless pit...*
- c. How to find the Gap in Space? If you have a big HERE then you are not close enough to the edge of the space to go into Nothingness, but you might sense the edge and reflexively bounce away from the edge in fear. To go into the Gap in Space use a small HERE that is smaller than the gap between spaces. This means no assumptions, no expectations, no conclusions, no stories, no judgments. Drop all your considerations about anything 'over there' and simultaneously let go of all localizing reference points.
- d. How to use the Gap in Space? The Nothingness that is between one space and any other space is the same everywhere. This means you can go into the Nothingness just outside the space where you currently are and from there all spaces are available to you. This means that each space is 'connected' to every other space through the Nothingness. You can get anywhere from HERE.

- e. How to get out of the Gap in Space? Create a story about 'over there' and use *Conscious Theater* to go into that story world with the people around you.

## 2. GAP IN IDENTITY:

This is the gap between your Being and the Box your Being is identified with at the moment. This is conscious use of the fact that we have parts.

- a. What is in the gap in identity? Disidentification.
- b. What is the experience of the Gap in Identity? Not knowing who you are or what you are supposed to do in a situation like this with people like them. Freedom from patterns.
- c. How do you find the Gap in Identity? Let yourself be asked dangerous questions about the validity of your current identity. In other words, listen to the feedback you are receiving. You can also re-read feedback that you have written down in your *Beep! Book*. Relocate your Energetic Center from your mind / intellect with all its stories and familiar behaviors and restrictions to your Physical Center just below and behind your navel. Keep breathing. Notice without naming what you notice. Avoid words and sentences in your mind.
- d. How to use the Gap in Identity? Move from your Energetic Center on your Physical Center serving what is wanted and needed by your Bright Principles and Archetypal Lineage (not by what your Box wants and likes or doesn't want and doesn't like). Now you can face into conflicts and not be hooked by either side. You can be absolutely neutral and serve the greater good.
- e. How to get out of the Gap in Identity? Identify with something. Say, "My name is John and I like peanut butter and honey sandwiches best. My phone number is +1 310 3784949. I have two brothers, but one died of cancer in 2015." Interact with others on the basis of your familiar identity.

## 3. GAP IN TIME:

Moments are quantized. This is the gap between moments.

- a. What is in the Gap in Time? No time. Timelessness.
- b. What is the experience of being in the Gap in Time? You have a spaciousness with regards to evolution of circumstances and events. You will notice how big other people's NOW is with their concerns about their childhood or their future. You feel like you can dance circles around them because it takes you no time to make decisions and make moves.
- c. How to enter the Gap in Time? Minimize your NOW until it is smaller than the gap between moments. Suddenly the gaps between moments become large and visible.
- d. How to use the Gap in Time? Relocate your Energetic Center to your Physical Center and move sideways through the gaps between moments. It will become obvious which gap in time to go through as an art form. This is the skill called 'timing'. As Lee Lozowick would say, "*Timing is everything.*"
- e. How to get out of the Gap in Time? Start worrying about tomorrow, about money, food, sex. Start a conversation about schedules and upcoming appointments.

## 4. GAP IN KNOWING:

This is the gap between knowledge continents.

- a. What is in the Gap in Knowing? Not knowing. The unknown.
- b. What is the experience of being in the Gap in Knowing? At first you may feel fear – the fear of the teacher calling on you and you do not know the answer. It is also the fear of getting too close to the edge of your Box, because inside your Box is the known, and outside your Box is the unknown. But then you discover the freedom of not having to already know everything perfectly. From there you can jack-in to the Akashic Records, the memory of Gaia and the General Field of Consciousness. The Gap in Knowing amplifies invention.
- c. How to enter the Gap in Knowing? Cast aside your adaptiveness to external authority figures who try to judge and manipulate you because of what you know. (But you are not allowed to know more than they know!) When it does not matter that you already know, a vast territory of unknown opens up to you. Step into that easefully, but stay present and attentive with a kind of playfulness. Then your imagination, intuition, instinct, and insight can all speak directly to you.
- d. How to use the Gap in Knowing? Don't tell people that you don't know – saying "*I don't know*" is using an '*I don't know torpedo*' that temporarily obscures or blocks your inner resources. It is also a victim conversation. Instead, experience the lack of already knowing and hold open a space in you for new knowing. Put your Energetic Center on your Physical Center and stay there. Commit to serve the space as a space of transformation before you know how. Commit to what is wanted and needed by the space before you know you can deliver. Commit to speak before you know what you are going to say. This does NOT mean be stupid, or rude. It does NOT mean to crazily waste people's time, energy, attention, and resources. It does NOT mean to ignore protocol in spaces. This means instead to let something bigger than you have access to what you have to say or do. From here you can jack into immense resources besides your mind such as imagination, instinct, feeling archetypes, Choosing, Declaring, Asking, Bright Principles, your Pearl, and your Archetypal Lineage. Practice inventing new ways of interacting, new approaches, new gameworlds.
- e. How to get out of the Gap in Knowing? Start explaining to someone how to do something simple that you already know how to do. For example, how to make excellent oatmeal, or how to light a fire 7 ways without matches or a lighter.

## 5. GAP IN NOISE:

This is the gap between the pressure and vacuum of sound.

- a. What is in the Gap in Noise? Silence. Stillness.
- b. What is the experience of being in the Gap in Noise? On the one hand a complete lack of motion, simultaneously the sensation of vast speed.
- c. How to enter the Gap in Noise? This can be difficult because Noise is a physical pressure/vacuum sensation on the body. You can, of course, leave the noise by going outside, going to the desert, going to a forest or a cave. You can put in ear plugs.
- d. How to use the Gap in Noise? The silence of Gap in Noise needs to be both inside and outside of you. It does not work to have silence outside but a storm

of noisy thinking inside of you with feelings, emotional reactions, trying to understand or figure things out, voices in your head, rehearsing what you are going to say next... any of this shit. Find the Zero Karma Point. Karma is the energetic baggage of bonds and consequences from your actions or inactions. Karma is noise. Making noise grabs attention, and this causes Karma. By being silent you can flow power to the next spaceholder. How to make silence? Find out what makes noise and stop doing it. How to be invisible? Find out what makes you visible and stop doing it. For example, you can make silence by not answering questions that are asked. Expectations fall away into this gap. Presence is amplified when unexpected silence is experienced. Meaningfulness increases.

e. How to get out of the Gap in Noise? Start singing. Tell a story about your life.

## **6. GAP IN GAMEWORLDS:**

### **PRACTICE EXERCISE:**

Group of 3: Client, Possibility Manager / Trainer who practices using the 6 Gaps, Coach. (15-20 minutes per role = 60 minutes)

The point is to become more familiar with experiencing the intensified presence in each of the 6 Gaps and to use the Gaps to practice creating, holding, and navigating nonlinear spaces of possibility as a beneficial service for the client (either an individual or a group).

Client plays the role of someone in the Possibility Manager's own life who is troublesome, or problematical, perhaps representing a standard client. Client also gives ongoing real-time coaching from their direct experience of having the 6 Gaps applied to them.

Coach, be sure to notice and coach the Possibility Manager to try to use the gaps they are avoiding using so they can practice them. Use the gaps we don't know how to use. Coach the Possibility Manager so they can enter into the new gaps to explore how they work.

### **ALTERNATIVE PRACTICE:**

Practice with only one gap at a time rather than all 6 at once. Go into one gap and stay there. Learn to bring the other person into the gap with you. Or use Stage Work and demonstrate the 6 Gaps on stage with feedback and coaching from the audience.

### **COMPLETION AND WRAP UP:**

Take sharing. Plan further practice sessions. Practice makes magic.