

## APPRECIATION OF THE QUALITIES OF BEING

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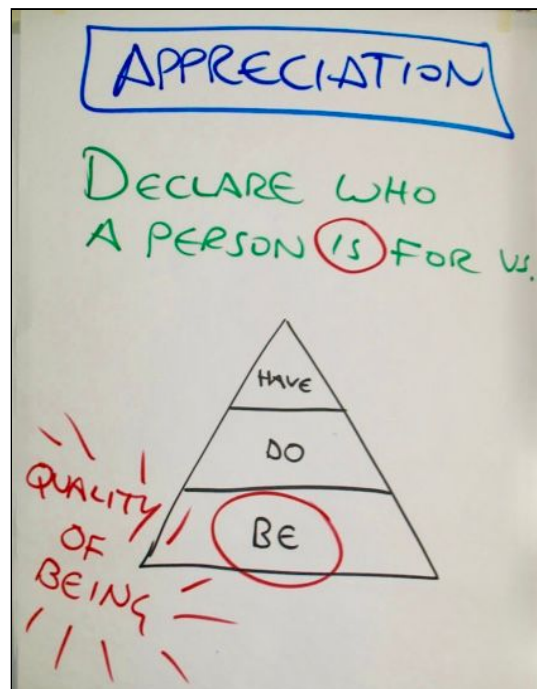
**FORMAT:** This initiation is done either in groups of three or in a circle. It takes between 30 min and 120 min depending on whether it is done in groups or in a circle and the size of the circle. After being initiated in appreciation, you can appreciate the quality of Being of a person at any time for no reason. Nobody can appreciate for you. Nobody can stop you from appreciating.

**PURPOSE:** In this process, the participants will be initiated in appreciating the qualities of Being of another person.

**SETUP:** This initiation can be done in two different settings:

- 1) Groups of three people, with two people facing one. This works better when the two people are touching shoulders during the appreciation.
- 2) In a circle, where everyone appreciates one person at a time. You can reserve an entire meeting for this, or at the end of a workshop.

**INTRODUCTION:** In modern culture we are taught to appreciate what others **have** or what they **do**. *“This is a beautiful dress, or an amazing car or a huge house with swimming pool.”* *“I wish I had as much money as he does.”* *“Thank you for the hard work you do for our company.”* *“You got an excellent grade on your test.”* *“You cook so well! What would we do without you?”* *“You are such an amazing event organizer. This is wonderful!”* ad nauseum.



This is symptomatic of a culture in which the central values are materialistic things, for example: money, time, profit, possessions. Next culture puts at the center of its gameworld non-materialistic and therefore unlimited values, such as Possibility, Love, Clarity, presence, or any Bright Principle. The people of Next Culture are valued not for what they own or what they do but for who they are as Being in their village. Their value is seen and appreciated ongoingly before they even do anything.

**PROCEDURE:** Place boxes of tissues around the room for immediate use.

### 1) IN GROUPS OF THREE

Please organize yourselves into groups of three around the room sitting. One person in each group put your hand up. Thank you. You are the Chosen One. The other two people, you are The People. The People sit with your shoulders touching facing the Chosen One. You won't need any pen and paper for this exercise.

The Chosen One you receive appreciation of the quality of your Being. You just listen. Try to not smile or laugh or joke. These are ways of blowing out the intensity of being appreciated and being seen. Try to feel the intensity in your body and keep the energy circulating. Keep breathing. This builds matrix. The more matrix you build, the more consciousness you can hold.

The People, you appreciate the quality of Being of the person across from you. One at a time but without hesitation or thinking. Just look at their Being and start your sentences with, "*You ARE... this... You ARE... that...*"

#### Hints for the People:

- Be generous in your appreciation.
- Make full descriptive sentences instead of single words.
- Use the poetry that is available to you in such archetypal space. You might not understand the words and sentences that you use. This is because it does not come from your mind, it comes from your experience of who the other person is.
- Give evidence for your story, it helps the integration of the appreciation.
- Reach into the archetypes of their Being and speak before you know what you are going to say. Just appreciate them.

Please begin. (4-5 min)

At the end of the appreciation round create a Gap in Noise (be silent) for a full minute so that everyone can integrate what just happened.

After the Gap in Noise, say, Please stand up, rotate around so the next Chosen One can sit in the chair.

Repeat until each person has gotten to be appreciated as The Chosen One. It can help to repeat the instructions for The People each time.

## 2) IN A CIRCLE

If you decide to do this initiation in a circle, give the instructions above to everyone - the Chosen One and The People - before you start.

The Chosen One is the person sitting next to the Trainer on your right or on your left.

The way to start is for everyone to speak out the name of the Chosen One loudly all together. Then, one at a time but without hesitating, The People in the circle appreciate the qualities of Being of the Chosen One. (3-4 min). Not everybody has to appreciate the Chosen One. When the time is up, bring it to an end and look at the next Chosen One, take a deep breath, and shout out the next Chosen One's name, then appreciate their qualities of Being and so on.

**COMPLETION AND WRAP UP:** For the ones who were appreciating, did you notice that you got fed as much as the person that you were appreciating? Appreciating someone is a Winning Happening game which augments the possibilities available in the space.

After appreciation there is little or no need for sharing or questions. That would bring people back into their heads too quickly and kills the experience. Simply say thank you and send them on their way.