

Diaphragm Initiation

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(Revised: 1st of June 2015 by Nicola Neumann-Mangoldt)

FORMAT:

Groups of 2

Duration: 60 Minutes (Intro + 20 minutes per person)

PURPOSE:

To fully incarnate by welcoming, warming and receiving blocked energy in the diaphragm.

SETUP:

Get together in groups of 2 and spread in the room. Set up mattresses, buckets and tissues for each team.

INTRO / BACKGROUND:



The process we are going to do is called Diaphragm Initiation. This is a fundamental process. This is the third one-on-one personal development process, which you can deliver. There is one called Unfolding-Process. And the other one is the Relationship Space Cleanout. These are really powerful, useful, effective, transformational processes that people will come to you for as soon as they know you can do it. This is a way you can serve your clients in a very effective way.

The basis of the Diaphragm Initiation is something like this: Every person has a diaphragm. The diaphragm is a muscle layer that separates both the body cavity and the chest cavity. And there is a big transfer power of the power of the muscles and the power of breath.

So the diaphragm has a special function in the body. It is the layer between the upper and the lower body located abreast the clarity chakra. It is the middle one of 5 muscular layers in the body:

- Scalp
- Shoulders
- Diaphragm
- Pelvic Floor
- Feet

So it is right here in the middle (show on map) and it turns out that it can hold fear. It turns out that it holds a lot of unconscious fear. And it can hold so much fear that it actually is a block against fully incarnating. Do you get what this means?

The diaphragm collects from early childhood, pre-birth, birth, early childhood, it holds unexpressed or unexpressable fear, from the very beginning and therefore it actually blocks fully incarnating. Your being, your energetic body doesn't fully land in the body in the world. So we function, we don't really commit, we are tentative, so we respond fearfully, we hold back. What else would that do to us? (Ask participants) Yeah, don't fully breathe, we don't say what we have to say, permanent tension, no full breathing. And it is an automatic fear about everything, because you are not in the body and don't have your power. So, you can't respond. You don't have your full power to respond, because you are not fully in your body.

If you do not learn essential things as a child and young adolescent, such as how to manage a bank account, how to change a flat tire on a car, how to wash clothes by hand, etc, you unconsciously lock these subtle but powerful fears into tensions in your diaphragm and cannot help but project them out onto the world around you. Knowledge heals fears.

When you can discover what the fears that are locked into your diaphragm are about then the diaphragm tensions can be released and you can become more present. The usual approach by school teachers and parents is to try to brainwash the young person into thinking, "Nothing happened. You don't feel anything. That doesn't hurt. You are not afraid. You won't tell anyone." which is psychological and emotional abuse. Then we adopt a set of perception or understand rules that block us from acknowledging what has become forbidden. This is the usual state of people first coming to a Possibility Lab.

The fear is layered into your diaphragm. This happened so that you can survive. We just survive however we can survive our childhood, with our box or psychology. If our

parents are criticizing us, we take on the idea that we are bad or not good enough. And is it true? No. But we need to adapt that pattern, that relationship to our parents or they leave us at the gas station. So we do a lot to just survive. So we pack in fear a lot in our diaphragm unconsciously just to survive until we can be initiated into adulthood. Often even without knowing that you are doing it.

When you have that tension in your diaphragm it kind of pulls in. When it pulls in, it pulls in your spine. So it bends it around and pinches little nerves. It pinches nerves that go to your stomach, to your heart, to your adrenal gland. So if you pinch nerves that go to your adrenal gland, you get diabetes, cause it's not making insulin, or people get pinched nerves to their heart and they have weak heart beats, stomach problems, intestine problems, all these pinched nerves that when you incarnate with this process, then the diaphragm can relax, your shoulders can go back, you can stand in your place and breathe fully. And then the nerves are not pinched anymore and all these problems can disappear.

So it doesn't have to be really bad things that happened and you might not even remember them. But just being born, the process of being born is so horrendous, so massive that when we are not brought in mother's arms or are held, we still hold it in us. This can show up with massive physical manifestations that modern medicine has no idea how to actually approach, because they give you surgery or pharmaceutical stuff. So this is a useful thing to know that modern medicine might not know about.

So here is how this will go. One person will be the space holder and Possibility Manager. They will sit on the side, holding space, have their bubble and grounding cord right around your workspace. So PM when we set up the space you might want to grab a cushion to sit on or whatever to sit next to your client. And the client will be coming into your office and you welcome them and say "Hello, welcome to my office. Today we are going to do the diaphragm process. Lay down here and get ready."

I will not be much guiding the process, because it will be really loud in here. So I just tell you how it goes. As the trainer you are going to coach your client how to basically bring this yellow healing energy into their hands (demonstrate). You are teaching your client how to create this yellow healing energy. To activate the healing energy, rub your hands together and clap once. Then you can already feel the healing energy flowing between your hands. So he is laying there and you tell him "Just rub your hands like this, clap once and you already feel the healing energy between your hands." Just try it now. And then the clients start bringing yellow energy into their diaphragm to just receive the fear, welcome the fear, the first layer. This initiation is not about getting rid of the fear. It is about bringing yellow healing energy into the diaphragm to welcome, warm and receive the stuck fear so that you can fully incarnate.

My experience is that as soon as you start bringing the energy here (just in front of the diaphragm, before even touching the body) the whole diaphragm just starts freaking out. All that you are saying as coach is "Let the sounds out". Let them feel it. And don't rush the thing. It is just the first layer. So the whole body will move around. If the curl up into a ball, it is fine for a little while, but then keep bringing them back to just laying on the back position and then to just keep going. At some point it is okay if the client asks for your hands to come here, too. Like they might ask for you to put some yellow light there, also, but it's mostly them doing it. So they can do it for a little while with your hands. Don't keep your hands there the whole time. It is fine for a

while to help or assist, but then keep empowering them to do it themselves. Keep inviting them to relax, stretch, breathe. This is not about hyperventilating. It is just about bringing this yellow light in, receiving and welcoming the fear, each layer, next layer, next layer ...and if it looks like it is a clear thing for them, if it looks like they see what is going on then say "What happened? What was that?" And it could be of course that they made old decision or whatever, but this is mostly about going through 5, 6, 7, 8 layers of the fear right now.. And then relax, and open, let the fear go out, go by. It is not about new decisions. In a private process you could go there, but here it is not about it, it will be too loud. Here it is just about what happened and letting the fear come, this is about the diaphragm. They can do a process about it later.

You bring in healing energy also several times at one layer. You just keep putting in more in one layer. It takes some work, to relax, to open, breathe, incarnate, come into the body. This is what that's about.

Don't go too fast. Take your time. It is not a mental thing. It doesn't happen in the mind. Don't write anything down for the client, because you really need to be with them. Otherwise you get caught up in writing. If you have a third person at some other time, they could write, but right now let's just do the thing.

I think it will take about 20 minutes or so. I'll be kind of watching and checking in, and if you need tissues or a bucket or anything, I am around, just wave to me. After about 20 minutes we will come to a stop and then we will change roles.

Any questions about it? Okay, so set up your office, welcome your client, have them lay down and when everybody is laid down we'll begin together.

INSTRUCTIONS / PROCEDURE:

One client, one Possibility Manager.

Remember of course there could also come anger or sadness or even immense joy that's all been suppressed under this fear. It's fine for that to come through, too. It's all packed in there. And also be aware that the whole body can convulse. Since it's a central major muscle, the knees can come up, the arms, just watch out that you don't get hit by their arms and legs. So give the client a lot of room to move.

Even if it looks like they are going into a full panic attack, into a full epileptic seizure, don't worry it's fine, that's how it goes.

So remember this is a really physical process. Really it's shaking, it is out of control. As you are welcoming your client in your office, remember to tell them the two rules: Don't hurt yourself and don't hurt anybody else. It is part of your welcoming procedure for them.

So remember your center, your bubble, your grounding cord, your golden space of work, call in your Bright Principle, welcome your client, explain how it goes and GO!

STEP 1:

PM, you welcome the client in your practice. Say "*Welcome. You have the opportunity to do the diaphragm initiation so that you can release the fears and*

tensions that are locked into your diaphragm, incarnate more and become more present. Would you like to do this?" If the answer is YES, go ahead and tell the client how it works. "The way it works is this: you will bring yellow healing energy into your diaphragm to welcome, warm and receive the fear that is stuck in your diaphragm and prevents you from fully incarnating. To activate the healing energy, you rub your hands and clap once like this (show the client how to do it). Then you can already feel the healing energy vibrating between your hands. Then move them slowly towards your diaphragm, which sits abreast the 3 chakra (solar plexus or clarity chakra). Your body will react even before you actually touch your body. During the process keep rubbing your hands over and over again and directing healing energy into your diaphragm. When you want me to put my hands somewhere to support this healing, please tell me. However, you will mainly be doing the process yourself. I will be holding space for you so that you can go through this healing process. Do you have any questions?"

If the client is ready, tell him to lie down on his back and close the eyes and to start rubbing the hands.

As coach you make your bubble, grounding cord, keep your center and hold space for the client. It is not about old decisions. It is about releasing and welcoming the fear. Support the client by saying e. g. "Yes, *this, go ahead, you are doing great...*" You can also ask him in between what kind of pictures he sees, or what is happening.

Next to fear, also rage, sadness or joy can come up during the process. Encourage the client to feel them all.

The client will go through several layers. Encourage him to light the entire diaphragm, also deep inside and in the back.
This will take about 20 minutes.

Towards the end, the coach pays attention that the client gets more and more in his body. "*Just let yourself slide more and more deeply and more and more completely into your body in a whole new way. You made a lot more room, you made a whole new space for you to be in there. You can fill it up, you can be there, you can stand in it. Let yourself be incarnated, with more freedom of movement, more possibility for joy and happiness and anger and sadness.*" Tell them to fill their body more and more with their own energy. Coaches just tell your clients that this is a big process and that in the next days their four bodies will reorder in different ways and that they give themselves some space.

Then say "Okay, just slowly, slowly stay where you are". Let the client rest for a minute in silence.

STEP 2:

Just so that the clients mind also understands what that was, get your paper ask the client to tell you 3 to 4 topics/pictures he got or what experiences he remembers from the process. Say "Tell me 3 or 4 things what that was." Write them down for the client. This will help him to gain clarity about what happened. Tell him that it might be useful to do an individual process on each of these topics.

Tell your customer that this is really a big and deep process and in the next days any of their four bodies could reorder in different ways. Tell them it's like a giant stone that has been sitting on top of a flower seed and they just took the stone away and who knows what's going to happen now. Tell them to drink water and drive carefully and that you see them again next week.

Then switch roles.

DEBRIEF: