

Ebody Retrieval Initiation

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(Revised: 23. October 2014 by Clinton Callahan)

(NOTE: Possibility Management is open code thoughtware. The copyleft notice states 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.)

PURPOSE:

Locate, bring back and integrate a missing part(s) of the energetic body (ebody). This is a BIG process that changes people's lives, relationships and future possibilities.

NOTE: *Ebody Retrieval* falls into the category of valuable single-coaching processes that can be provided by Possibility Managers or Possibility Trainers at their home or office. The other processes include: *Calling The Being Through*, *Entfaltung's Initiation*, *Relationship Space Cleanout*, and the *Diaphragm (fear) Initiation*.

FORMAT: Typically this is a one-on-one healing and initiatory process using the help of at least 2 and when possible 4 assistants during the integration stage. It requires a mattress, blanket, bucket, and tissues, and takes about 1.5 hours including the resting-stage afterwards. Once this has been demonstrated to during PLab, the group could break up into teams of at least 4 and can all go through the Ebody Retrieval healings one after the other. Each time the roles are changed the whole procedure is repeated from the beginning, including the Possibility Manager meeting and welcoming the client at their office door. This would then take a full half day and the resting would be shortened to about 15 minutes.

NOTE: It is mandatory for this piece of work that the client, and hopefully the whole group, are already functioning on the *New Thoughtmap of Feelings*. Information about the *Old* and *New Maps of Feelings* can be found in the book *Directing the Power of Conscious Feelings* by Clinton Callahan, pages 65 to 167. But the shift to using the *New Thoughtmap of Feelings* in your daily life does not occur simply from reading a book. It requires authentic initiatory processes such as are specifically delivered in *Expand The Box* training.

DO NOT DO THIS PROCESS UNLESS A PERSON IS FUNCTIONING ON THE NEW MAP OF FEELINGS.

Additional prerequisites for ebody retrieval:

- Client is on the Thoughtmap of Four Body – can experientially distinguish the four bodies.
- Client has experienced a minimum of 60% of maximum intensity of anger, fear and sadness to have the energy to do the work in *Ebody Retrieval Initiation*.
- Client can use their *Clicker* to make the *Black Holes* that are required during the initiation.

In essence this implies that the prerequisite for ebody initiation is *Expand The Box* training, plus a few P Labs in order to have built enough matrix and inner clarity to hold the results.

BACKGROUND CONTEXT AND PURPOSE:

It can occur in this lifetime and perhaps also in previous lifetimes that a shocking experience happens. It could be a fall from a horse, a cliff, or a building. It could be a bicycle, motorcycle, car, or plane crash. It could be the loss of a limb, a surgery, being abandoned, being lost in the dark, a natural disaster, an explosion, the sudden death of someone close to you, physical violence, sexual abuse, aggression, or war. It could be just before birth, during birth, or soon after your birth when realizing you have to take care of your mother instead of vice versa. It could be the moment you had to decide whether to join the patriarchy or die.

The shock causes huge feelings. In the moment it may not be safe to express feelings, or there may be no one present who can listen to your feelings, or you may not be initiated into consciously experiencing and expressing your feelings. In order to survive the incident – meaning in order to stay numb and not be overwhelmed into collapse from the feelings – a person automatically and usually out of their awareness sends off one or more (could be many) parts or shards of their energetic body.

This ebody part does not go very far away, but rather stays around, floating approximately 50cm in front of the physical body. Imagine how many of us are not aware of the fact that a large and significant part of our energetic body is cut off and sent away. We fill in the hole(s) with energetic substances such as beliefs, revenge, resentment, dangerous attack spines, sticky black tar, granite-hard stone, dark hatred, dry feelingless paper shreds, iron armor, cold despairing mud, confusion spirals, green poisonous fog, icy glass... whatever we think will protect us.

The new construction becomes normal. The incident is forgotten. Then based on this severely handicapped self-experience we figure out what to study, what kind of job to have, where to live, who to be in relationship with, all without the clarity, sensations and power of our whole and integrated ebody. What a mess. This explains a lot about modern culture.

Ebody Retrieval is a natural and significant component of adulthood initiation.

SHAMANIC SELF-SURGERY

Recovering these missing parts is *retrieval*, one of the two standard shamanic surgeries done in Possibility Management. It involves locating, reconnecting with, and reintegrating missing parts, as well as cleaning out the ebody holes to prepare for the recovery.

The second standard shamanic surgery is *banishment*, which means to get rid of something extra that is no longer necessary, such as a block, an impediment, a contract, a parasitic entity, etc.

The difference between traditional-indigenous shamanic procedures and next-culture shamanic procedures is that traditional shamans tend to war against each other competing for territory, clients and fame, and when they do an operation the great and almighty shaman does it *TO* the client.

Next-culture shamans creatively collaborate with each other. (This is how you can detect if a shaman is old culture or next culture – if they are afraid there is a scarcity of clients they are contexted as old culture shamans.) Next-culture shamans (call them Possibility Managers or Possibility Trainers if you prefer) empower and support the client to do the

operation on themselves as much as possible. Next culture shamans assist clients to learn to perform *self-surgeries*.

INDICATIONS:

During single coaching sessions the client may discover an incident that begins a certain numbness, an energetic armoring, or the lack of certain qualities of being. These conditions may indicate an ebody retrieval would help. The test is to directly ask the client's ebody the following "yes or no" question: "In that situation did you send away part of your ebody (or soul)?" If the answer is YES, you can proceed with the ebody retrieval.

INTRODUCTION:

When a client is ready for the healing of reclaiming a part of their energetic body, have the client lay on their back on a mattress in the middle of the floor surrounded by the other assistants who sit and holding space for this process. The spaceholder serves as the *Process Navigator* and reads the following instructions: (*NOTE: The Process Navigator should carefully read these instructions **before** the process begins so they know how it goes. Ideally they would already have experienced the process themselves so they know how it goes from the inside, or they would at least have seen the process before.*) Tissues should be available, plus a blanket for later, and also a plastic bucket in case the client needs to vomit.

INSTRUCTIONS / PROCEDURE:

(NOTE: Read the parts in *italics* out loud. There are 2 parts to this healing process: 1. Retrieving the part(s). 2. Integrating the retrieved parts into the 7 chakras.)

PART 1 – RETRIEVING THE MISSING PART(S) OF THE ENERGETIC BODY

- (Note: the client may already be at the shocking incident and then they do not have to do this first step of finding the shock and you can skip to the next step.)
Take a deep breath. Close your eyes. Relax. Remember back in your life to the moment the shock occurred. It could be an accident, a natural disaster, an act of physical violence. It could be just before your birth, during your birth, or soon after your birth and you had to decide whether to join the patriarchy or die. Go back to the shock. (PAUSE)
- (NOTE: When they find the shock their whole body will jerk or they will immediately start feeling big feelings. If they do not find the incident, you should stop the process here, and try again at a later date. They are not ready to do this process.)
- *What was happening then?* (PAUSE while they tell you briefly what happened.)
- *I want to ask you energetic body a question. (PAUSE) In the moment when this happened, did you send away parts of your ebody?* (They may say yes and immediately have more feelings about this. If they say no, stop this process here.)
- *Keep your eyes closed. When we send away a part of our ebody it does not go very far away... perhaps 50 centimeters from us. Locate the missing part of your energetic body floating around you somewhere. Point to it with your finger. (PAUSE)*
- *What color is it?* (PAUSE)
- *What shape is it?* (PAUSE)
- *See, it is still there, waiting all this time for you to bring it back.*
- *Why did you send it away? What was your purpose?* (PAUSE while client answers, e.g. to stay numb, to be invisible, to disempower myself, to survive...)
- *Gently reach out and hold the part with both hands. (PAUSE)*

- Say to that part, "Hello." (PAUSE) What does it say? (PAUSE – if they do not sense the soul's response, try again. If there is nothing, you stop here.)
- Say to that part, "Long ago I saved myself by sending you away. (PAUSE) Now I want you back because..."
- Say to that part, "Thank you for waiting for me all this time." (PAUSE) What does it say?
- Now use both hands to find the hole in your energetic body where that part used to be. Show us the size and shape of the hole where that part is missing. (PAUSE – the hole can be anywhere from 20 cm to 80 cm big. If they don't show you, you stop here.)
- Say to that part, "While you were gone I filled in the hole(s) with something to protect myself because you weren't there." (PAUSE) What does it say?
- The hole could be filled with beliefs about yourself, or others, or the world. It could be filled with cold ice, stainless steel, sticky black tar, cement, revenge, or hopelessness. What did you fill this hole with? (PAUSE while they tell you. If they do not tell you clearly and specifically, you stop here.)
- (NOTE: Do each hole one at a time. Identify what it is filled with and fully clean it out before asking the client to say what is in the next hole.)
- To make space to bring your soul back you need to empty this hole. It will be hard work. It will be loud and painful. It takes time. It will hurt like ripping your guts out. You do it over and over again, layer after layer, until every corner of the hole is empty. Each time you rip a chunk out, click your fingers to make a Black Hole in the floor, throw the chunk in, and click your fingers again to vanish the Black Hole. Do you understand and agree? (PAUSE – if they do not say "Yes" you stop here.)
- Everybody ready? (Glance around the room to connect with your team.) Everybody please take a deep breath. (PAUSE)
- Okay _____ (say the client's name), we are with you. Please begin!
- (NOTE: As soon as the client starts screaming and digging out pieces of stuff, encourage the others to shout along with him, "Go! Keep going! Get it out! Dig out the next piece! Throw it in the Black Hole! Get the next piece!" And so on. Each hole can take up to 5 minutes. Towards the end, sit silently a moment to notice any further remnants in the hole(s). Usually it takes two or three more digging times than the client thinks.)
- Look around inside the hole to see if you have taken out everything or if there might still be something left in there. Wash it out if necessary. Take the time to do a good job...
- (Repeat the cleaning process until all the holes have been cleaned out.)
- Everybody please take a deep breath. (PAUSE)
- Okay _____, please reach out to the first piece of your ebody and tell it, "I have cleaned out the place where you belong." (PAUSE) "Please come back home."
- (PAUSE – The client may cry now, and this is totally appropriate. Do not stop them from crying! They are fine! The client should ever-so-slowly bring the pieces one-after-the-other back into their places. When the client's hands are on their own body you may need to press your hands on top of their hands to finish pressing the parts all the way back into place.) Press each part home. Welcome it back. (PAUSE)
- On your right side is a jar of energetic healing cream. What color is the cream? (PAUSE – they will answer "Pink" or "Green". Whatever they say, continue.) Open the jar and spread handfuls of this healing cream over the edges so your energetic body joins back together onto one unified whole again. (PAUSE)

PART 2 – INTEGRATING THE REUNIFIED EBODY WITH THE 7 CHAKRAS

- (NOTE: This integration should also be used as Part 2 of the *Connecting With (jacking into) The Archetypal Lineage* initiation.)
- (NOTE: Integrating a reunified ebody with the client's seven chakras wraps up the retrieval of ebody fragments in an astonishingly complete way.) *You are now going to integrate your reunified energetic body with your seven chakras. Please keep your eyes closed and let us get set up. People will be pressing onto your head, shoulders, and feet.*
- (Instruct 2 assistants to move to the client's feet and to each press both their hands on the sole of one foot. They may also need another person behind them helping to hold them down.)
- (Instruct 2 other assistants to move to the client's head and each press one hand on the crown of the head (not the forehead) and one hand on one of the shoulders. Tell all these assistants they will need to push fiercely.)
- *Do you know where your seven chakras are?* (Almost everyone knows approximately. You can adjust the client's positioning as you go along. It need not be perfect.)
- *The process will go like this: you touch one finger to your first chakra – which is down between your legs. Then you move your hand away, and integrate your ebody with that chakra. It is like spot welding. You can't do this with your mind. It is energetic. Your body knows how to do this. Your body will integrate through shouts, screams, and seizure spasms. It may feel like you are going crazy. That is exactly how it feels. It takes only 20 or 30 seconds of full writhing and screaming with each chakra. Then let it come to a stop. Then touch the next chakra with one finger, let it go, and integrate. All seven, one after the other, without rushing. Are you ready?* (pause – this is no time for discussion. The procedure is extremely simple to do. Just get the client started and their body will figure out how to do this.) *Touch your first chakra! Take your hand away! Now INTEGRATE! Go! Go!* (Keep coaching the assistants to push firmly. The pressure is important. Do the first six chakras this way.)
- (NOTE: At chakras 3 (solar plexus at the base of the sternum), 4 (heart) and 5 (throat) it is necessary to reach under the client and touch the back of their spine and shout:) *All the way through. All the way back here. INTEGRATE! Go! Go!* (They may need to try it two or three times to complete the integration at each of these three chakras.)
- (NOTE: At chakra 6 (third eye and back of head) give the client the hint:) *This makes a high pitched sound! INTEGRATE! Go! Go!*
- (NOTE: **Before integrating chakra 7 give these instructions.** Tell the assistants at the client's head to take their hands off the client's head and press firmly with both hands each on one shoulder. When they are in their new position tell the client:) *Get ready. This is the big one. It integrates all seven chakras into one flowing whole. Ready? Touch your seventh chakra. Now INTEGRATE! Go! Go!*
- (After the client comes to a full natural stop, keep the room still and silent for some minutes. Then say:) *That was it. (PAUSE) You did it. (PAUSE) Please keep your eyes closed.*
- *We will not be clapping for you right now because your whole nervous system is busy reordering.*

- *We ask you to lie still for 20 to 30 minutes to let your four bodies continue integrating what you just accomplished.*
- *Here is a blanket to stay warm. (Offer to cover him with it, being sure to tuck the blanket under their feet.)*
- *Do you want a glass of water? (If yes, one helper brings water. Wait until the client finishes drinking.)*
- *We are going to slide you over to the side of the room. Just lay still. (All the assistants help slide the mattress over.) Do you need someone to sit next to you?*
- *We will be sharing about what came up for us during your work, and making plans for who is next. Do you need anything else right now? (PAUSE) Please signal us if you need anything. Well done.*

COMPLETION AND WRAP UP:

Basically everyone needs this healing process, at least once if not more often. If they never saw something like this before many internal memories or past-life experiences may be triggered. Hold a serene space that accepts and listens to people's feelings and reactions while the team checks in. It could be appropriate to do another ebody retrieval process immediately. If that is so, then don't use up too much time talking about it. Just get to work.