

Relationship Space Cleanout

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FORMAT:

Group floor process in dyads.

The *Relationship Space Cleanout* is one of the 10 floor processes (<http://floorprocesses.mystrikingly.com/>) that can be delivered in a PLab space or in a single-coaching (physically): *Calling The Being Through, Entfaltungs Initiation, Ebody Retrieval, Sexual Space Cleanout, Diaphragm (fear) Initiation, Birth Process, Stellating Anger, Stellating Fear, Relocating your Point of Origin.*

Duration: 90 minutes in dyads, including 20 min introduction.

About one hour during a single coaching. This process can be delivered in single-coaching either physically or online.

NOTE: you need to have been through the initiation yourself AT LEAST ONE TIME (ideally two times). To go through the process yourself, contact a Possibility Managers (<http://possibilitymanagers.mystrikingly.com/>) who has been initiated in *Relationship Space Cleanout*.

It requires a mattress, blanket, bucket, and tissues.

PURPOSE:

Clean out the Relationship Space so that 100% committed relationship is possible.

SETUP:

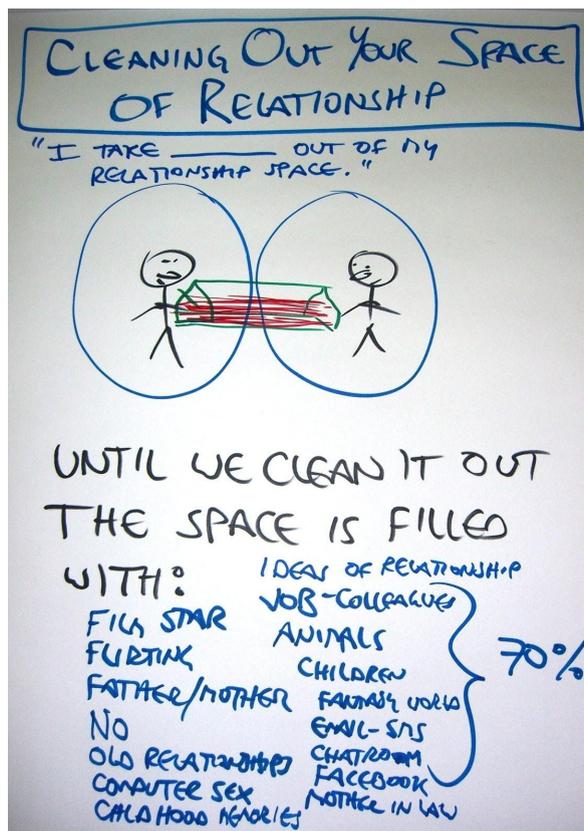
Participants choose a partner and spread out in the room as dyads.

Each dyad sets up a workstation with mattress / pad, bucket, tissues and red towel.

Person A is the client and lying down on the back.

Person B is the Possibility Manager, holding space for person A during the cleanout.

INTRO / BACKGROUND:



Trainer: "We will now do a process called *Relationship Space Cleanout*. Each person has a Relationship Space connecting their chest to the edge of their bubble. You can imagine the Relationship Space like a temple. This space is reserved for connection to your partner. It is always there. You are responsible for what condition it is in."

"For most people the Relationship Space is more like a kid's room than a temple. Since birth we have unconsciously filled our Relationship Space with a disorganized mess of energetic connections. For example, you may have a cute neighbor, so when you see him, you give him this glance and flirt with him. Then when you're washing dishes you have sexual fantasies about him. Anybody do this? This fills your Relationship Space to some level, let's say 5%. You may have a pinup on your wall, a poster of Marilyn Munroe or Brad Pitt. Looking at the poster every few days fills up your space another 3%. And so on. Please tell me more examples of what you might be filling your Relationship Space with."

- Flirting with the waitress at the café
- Your father or mother
- An old "No!" decision against any relationship
- Leftovers from past partners, photographs, letters, art, jewelry, clothing, etc.
- Images from magazines, advertisements
- Fantasies about TV stars, movie stars or rock stars
- Computer sex
- Nostalgia about childhood sweethearts
- Job colleagues, bosses
- Concepts of how relationship are supposed to be
- Childhood cartoons

- Pets (dogs, cats as substitute partners)
- Your own children
- Fantasy worlds, fantasies about finding the perfect man or woman
- Facebook or chatrooms
- Email or SMS
- Mother in law

“A little bit here, a little bit there, it does not take long before your Relationship Space is filled up to 70%. Then you will only attract a partner who is able to commit to you 30% because the rest of your Relationship Space is filled. 70% of your partner’s space is probably filled also. Having an unconsciously filled Relationship Space could explain a lot about what has happened in your past or present relationships. By cleaning out your Relationship Space you get a new beginning in your relationship experiments. Does anybody NOT want to do this?” (If someone does not want to do this they can still hold space so someone else gets to do it.)

INSTRUCTIONS / PROCEDURE:

Trainer says, “We will do this process two times. The first time one person is the Possibility Manager and the other person is the client. Then we will reverse the roles and do it again.

“Each time is a 2 step process. In Step 1 the Possibility Manager holds space while the client cleans out their Relationship Space. In Step 2 the client fills the freshly cleaned out Relationship Space with their own golden energy and information so it is not like a vacuum attracting everything back into it again. I will walk you through the process. Any questions?”

“Please find yourself a partner and decide who will be the first client and who the first Possibility Manager.”

READ THESE INSTRUCTIONS TO POSSIBILITY MANAGERS

“Possibility Managers, you are providing the service of *Relationship Space Cleanout*. Please set up and arrange a comfortable office for your client, complete with a mattress, tissues, bucket and red towel. When your office is set up, your client arrives and knocks on your door. Welcome them into your private office. Say, *Hello! Nice to see you! Welcome to my Possibility Manager office. Please lie down here on your back and make yourself comfortable.*

“When they are ready sit down next to them and say, *I am going to hold space for you to clean out your Relationship Space. Would you like to do that?*

If the client says *Yes*, you can go ahead. (If the client says *No*, you say, *Okay, that’s fine. We will just wait until the others are done.*)

“Use your clicker and make your center, your bubble, your grounding cord, your energetic work space (the golden cube), and the grounding cord for the space. Then use your clicker to call your Bright Principles into your work space. If you haven’t yet distilled your Bright Principles then call in Bright Principles like Clarity, Possibility, Love, Transformation, and High Level Fun. You are being the space through which these Bright Principles can do their work in the world.

“Tell the client, You will be taking things out of your Relationship Space and dropping them into a Black Hole. You make the Black Hole with your Clicker, like this. Show them how. Now you make a Black Hole. They click. You check it. Coach if needed. Then say, After dropping stuff into your Black Hole, then vanish your Black Hole with another click, like this. Demonstrate. Now vanish your Black Hole. Check it and coach.

*“When the client is cleaning out their Relationship Space, you support him by being enthusiastic about his work. If you give him ongoing loud encouragements he can be loud while doing the work. As the work gets deeper, you get louder so he has the energy to do the work. Shout, **Go! Keep going! Yes! That! Pull it out! Take it out! Get it out! Drop it into the Black Hole! Go to the next thing!***

“This process is not about distinguishing old and new decisions. This is about cleaning out the energetic contamination of the Relationship Space. Your main job is to hold space for the client and give them strong, clear instructions and encouragement. Be sure to stay out of their space. They do the work themselves.”

OPTIONAL ADDITIONAL COACHING FOR POSSIBILITY MANAGERS

- This is not TV. If you stay in your head observing what is happening, if you stay thoughtful, reasonable, analytical, how can your client feel safe enough to go crazy enough to accomplish this healing process? As Possibility Manager your job is to get loud, enthusiastic and crazy. Do not be you (as defined by your Box). Be whatever kind of Possibility Manager it takes for them to do their process. This is conscious theater.
- This is not a victim story. This is warrior and warrioress work. You are cleaning out. This is an outrageous opportunity. Be a warrior / warrioress! Go all the way!
- This is the second style of shamanistic healing – banishment – getting rid of something that is extra and no longer needed. It is like sending demons away. Shout: *Get out! Get away! Be gone!*
- After the physical, emotional, and intellectual levels of cleaning out, go to the energetic levels and karmic levels and clean out there.
- This is NOT about fighting the thing. This is about removing it. You don't have to fight it. The thing has no choice about this. The Relationship Space is your space. The thing may have been there a long time, but that time is over. Just take it out.

STEP 1 (20 to 30 minutes)

Trainer says, *“Possibility Managers please speak to your client and repeat after me. This is an extremely painful and loud emotional process. It takes real struggle and work. You cannot do it as a concept in your mind. Your Relationship Space is not in your mind.*

Things that have been in your Relationship Space for a long time tend to grow roots. Also take out the roots. This means you will be pulling out things from all four bodies (physical, intellectual, emotional and energetic). You may need to be tearing things out of your feet, your back, your fingers, your shoulders, your head, your crotch, and so on. This is a lot of work. You might not get all the way through. There might be

some stuff which you don't take out today. That's okay. What you do take out today will make a tremendous difference. You can do the rest another time.

When I say Go! dive deeply into your feelings and detect who is in your Relationship Space. It will come to you. Pictures and sensations will come to you. You don't have to know what it is you are taking out. As soon as you find something, shout out, "Now I'm taking... (say the name or the person or thing)... out of my Relationship Space". It is useful to call people by their name. Sometimes you may only sense a form or a color or an energy. Just describe it and take it out. Take out one thing after the other. I have tissues, and a bucket, and a towel that you can use. After a certain time of cleaning out we will go to the second step where we will fill your Relationship Space with your own energy and information. I will tell you how and when to do this. Do you have any questions?

Please close your eyes. Take a deep breath. Take another deep breath and the first thing filling your Relationship Space is already there. Name it and take it out! Go!

After 20 minutes or so, Trainer brings this to a close. Then give your client 2 to 3 minutes of silent stillness so their nervous system can reorder to the new conditions. It happens all by itself.

STEP 2 (5 to 10 minutes)

Trainer says, "Possibility Managers, please speak to your client and repeat after me. *You have cleaned a lot of things out of your Relationship Space. This was really huge. Please keep your eyes closed and take a deep breath.*

At your waist on a belt is a leather pouch. Everybody has this. It is called your Bag of Things. Reach into your Bag of Things and take out a golden, sparkling pearl of your own concentrated energy and information. You have an unlimited number of these pearls in your Bag of Things.

Take one out and hold it over the center of your Relationship Space. Just hold it for a moment. And then, when you are ready, let it drop into that center. As it hits, it explodes and fills your Relationship Space with archetypal love and your own original energy and information. It fills the entire temple.

After awhile you can say, *Since there are an unlimited number of these golden pearls in your Bag of Things, you can be generous with yourself. If you want you can reach in and bring out another pearl. Hold it over your center. Then when you are ready, drop it in. Just enjoy having a cleaned and recharged Relationship Space to use.*

Tell your client, *This is the end of the Relationship Space Cleanout process. You can take a deep breath, open your eyes, and sit up. Move slowly. Would you like a glass of water?*

"Wait a few moments in case Possibility Managers are getting their client's water glass. Then say, *Thank you for trusting me to take you through this initiation. It was an honor and a pleasure to be with you in this Box expansion process. When you are*

ready to take your next step I hope you come back to see me. Remember, if you are driving, please drive very attentively. You are in an altered state of consciousness, and your car is not. Goodbye.

Then let participants change roles and start all over again from Possibility Managers preparing the space and welcoming their clients.

After the second time, start cleaning up the room and putting chairs back into a big circle. The people will automatically help you. You don't have to say anything to cause this to happen.

DEBRIEF:

Back in the big circle of chairs, ask participants to tell stories about experiences.