

Unfolding Process

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(Revised: 04. September 2012 by Nicola Neumann-Mangoldt)

(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.)

FORMAT:

Mass process on the floor in groups of 2.

Duration: 60 minutes (intro plus 20 minutes per person)

PURPOSE:

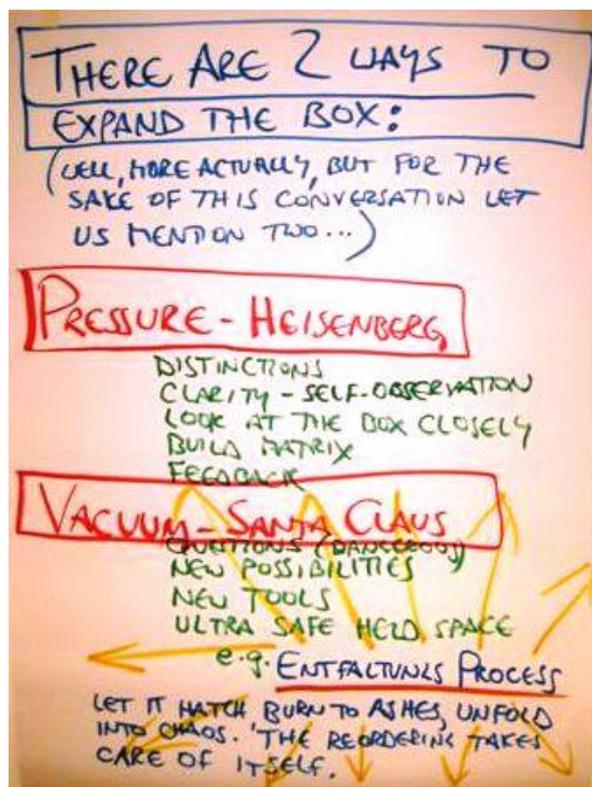
Express unexpressed feelings so that the client can get to the next level.

SETUP:

Mattresses are spread on the floor.

Dyads spread in the room: 1 person is client and lays on the mattress, 1 person is spaceholder.

INTRO / BACKGROUND:



INSTRUCTIONS / PROCEDURE:

People get together in dyads and spread in the room. Each pair has a tissue box and a red towel available. Buckets are spread in the room.

The Possibility Manager sits next to the client. His job is to just hold space. He says something like the following:

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 so that you can do the Unfolding Process. Would you like to do this?* If the client says Yes, you can go ahead.

“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: Here is how it goes. This is a loud emotional process. It takes work. You cannot do it as a concept in your mind. You will express your feelings for the next 20 minutes. Let them simply come up, one after another. It doesn’t matter whether they are clear and separated or mixed. Just go through them one after the other. I have tissues, and a bucket, and a towel that you can use.

This is called Unfolding Process. It is not about old and new decisions. It is just about expressing your feelings so that you can get to the next level. Let it hatch. Let it burn to ashes and unfold into chaos. It might feel as if you are going crazy. That’s how it feels. Trust the process. The reordering takes care of itself.

There are two rules: Don’t hurt yourself and don’t hurt anybody else. Do you agree?
Get a clear YES from the client.

Say Please close your eyes. Take a deep breath. Take another deep breath and dive into your body. When I say Go! dive deeply into your feelings. Let the feelings come...Go!.

While the client is doing the *Unfolding Process*, 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!*

Remember that this is not about processing and finding old and new decisions. The client lets the feelings come and expresses them, one after the other. He expresses what’s there. Keep making and vanishing black holes so that all the energy from the client can go in there.

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.

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.

DEBRIEF: