

## Completing Incomplete Communications

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**FORMAT:** In pairs for 30 minutes to 75 minutes, standing in the room.

**PURPOSE:**

To complete incomplete communications from the past.

**SETUP:**

Participants get together in groups of 2, standing facing each other.

**INTRO / BACKGROUND:**

The experiment now is for you to complete incomplete communications. We are running through life with incomplete communications. And they are big. And we are still carrying them around. They are like silent things. I am talking of the thinginess of them. It's a thing that we carry around. If we don't complete communication, we count our enemies in the morning.



## INSTRUCTIONS / PROCEDURE:

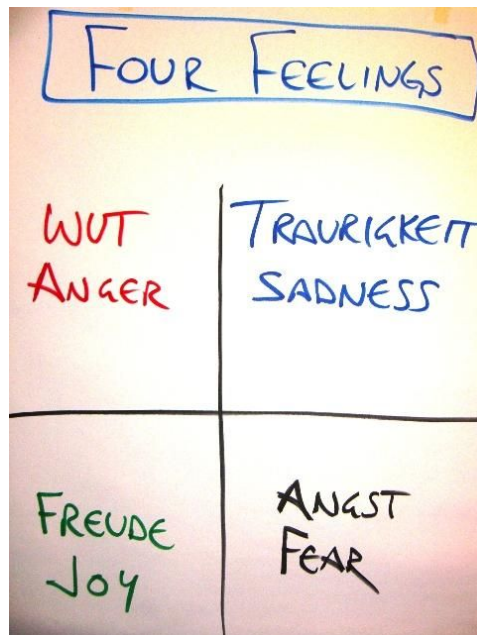
Spread boxes of tissues, towels and buckets around the room.

Demonstrate first with 2 people:

- Person 1 scans in their life for an event that has emotional charge with another person and then says to Person 2: „*You are my father, mother, uncle, school mate from 3rd grade...*“
- Person 2 repeats: „*I am your....*“ and turns around to become that person.
- Person 1 confirms and then starts talking about her feelings: „*I feel (mad, sad, glad, scared), because...*“
- Person 2 completes the communication: „*You feel..., because...*“
- Person 1 says: „*Yes. Thank you.*“

Then change roles. Now person 2 starts with the dialogue and person 1 completes the communication.

The role switch between both participants happens fast. After each completed communication the role is changed. It goes fast and we are doing a bunch of incomplete communications, about 10 to 12 per person. Remember the map of 4 feelings.



It is helpful to just start talking „*You are my....*“ without knowing which person might come up. It's not about thinking for several seconds about a person you would like to complete the communication with.

### Hint for the participants:

Do not only take your mother or father. These are obvious people, but it's just the surface. Take a bigger risk. Also pick other people and also once pick the person standing in front of you in this exercise (e. g. you tell the person „*You are yourself, you are Thomas....I feel angry about you, because...*“)

Let the participants do this for about 30 minutes. As trainer, don't tell them beforehand that it's 30 minutes. After about 7 minutes the communication will be taken to a deeper level.

**DEBRIEF:**

Check-in with participants. What did you realize? What did you learn?