

## I Can't Commit To You

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**FORMAT:** In pairs for 30 minutes to 60 minutes, walking or sitting in the room.

**PURPOSE:** Building matrix to hold more consciousness. Putting on the table the hidden plays at work between people.

**INTRO/BACKGROUND CONTEXT:** (*Spaceholder can read this introduction out loud before offering the process*)

Commitment is an energetic action because commitment is done with your energetic body, not with your mind. Commitment is a transformational action because an authentic commitment changes the shape of your Being. Since the Universe interacts with you according to the shape of your Being, by changing the shape of your Being you force the Universe to interact with you differently than before. After you make the commitment you are a different person: you are a person who is already committed.

The Universe conserves know-how. It does not give know-how to someone who is not already committed. Would you? This means that a powerful skill for making things happen (such as building new gameworlds that make the existing gameworlds irrelevant...) is to be able to commit to something before you know how to do it. Most people give the excuse, "I cannot commit because I don't know how to do it." (You also do not know 'how to commit before you know how to do something' before you start committing before you know how to do something!) (Experiment: Choose something relatively harmless and commit to doing it with a deadline before you know how, now, that is, before you know how to commit before you know how.) After you are committed, the Universe (ECCO) can move coincidental meetings, hidden resources, and accidental circumstances that act in your favor into your circle knowing these resources will not be wasted because you are already committed. Adults commit before they know how. It makes their life more interesting.

### **PROCEDURE:**

In organisations, intentional communities, or projects, people face inner and outer blocks to the unfolding of their ideas and visions. A common inner/outer block originates in a lack of commitment between the members of that organisation, community or project. This lack of interpersonal commitment is neither good nor bad. Commitment is not better than no commitment. However, each choice has

consequence. Committing or not committing to someone else's commitments creates different consequences in your life, their life, and for the project. It is an artful form of High Drama to commit to what another person is committed to for no reason. Such a commitment depends on your ability to trust yourself to take care of yourself around that other person, no matter what kind of Box or Germlin that other person has. The purpose of this process is to put on the table the heretofore unstated reasons, stories, and feelings why you do not commit to someone else, and why they cannot commit to you. This can prove to be extremely useful information, for example, when it comes to explaining why you may feel disconnected, untrusted, unseen, unmet, or uncollaborated with.

Please walk randomly around the room. When you meet someone, pause in front of them, look them directly in the eyes, and before you think, say "*I cannot commit to you because...*" Saying these words with your mind is a powerful way to open the intelligence of your other 4 bodies to reveal multiple and diverse reasons why you cannot commit to the person standing across from you. That person just listens to your inner investigation about why you cannot commit to them. Do not expect that you already know the reasons in your mind. The reasons are most often not in your mind, but rather in your other 4 Bodies. At the end of your explanation the listener can say, "*Thank you,*" if they wish. When you are finished, it is the listener's turn to speak. They go through the same inner process, and say to you, "*I cannot commit to you because...*", and then proceed to let their underworld speak just as you did.

