

## Choosing

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(Revised: 31 January 2000 by Clinton Callahan)

### **FORMAT:**

Dyad and Q and A process  
Duration: 60 minutes

### **PURPOSE:**

To own the power of choosing without reason.  
To consider creating without evidence.  
To set the context for being unreasonable.

### **SETUP:**

Chairs are set up in big circle to begin, then go into dyads, then back to big circle.

### **INTRO / BACKGROUND:**

- CHOICE is one of the three unconscious abilities that we use every moment of our lives to create our our box exactly as it is. The other two abilities are DECLARE and ASK.
- These three abilities are archetypal, in that they are the equivalent of the primary Creative, Sustaining, and Destroying forces. Choosing is Creative, Declaring is Sustaining, and Asking is Destroying (Asking disassembles how things are right now, and therefore is destructive. Destruction is not negative.)
- This process is designed to allow us to discover the true creative power of CHOICE so that we can begin to use it consciously for Creative Leadership.

### **Q And A: (10 min)**

- What are some of the choices that you have made in your life? (getting married, getting divorced, having children, getting a job, quitting)
- What were the consequences of choosing? (if we choose we are responsible)
- What did you decide about choosing? (choosing is scary, it is better not to choose)
- Choosing not to choose is still a choice.
- Consider the idea that if irresponsibility was an illusion, and every choice we made was only to create exactly what we wanted to create, what could we say about our life situation right now? (It is exactly what we want. What we want is what we have.)
- If there is anything about our lives that we want to change, the way to change it is to get conscious about our responsibility for having created it in the first place.

## **INSTRUCTIONS / PROCEDURE:**

What are some examples of things you are choosing right now this moment? (what to feel, what to look at, what to say, what to think, where to move, to breath, to judge, to keep all of my previous choices the same as they are right now, not to change my mind, to keep doing this training, to sit still, to swallow, to interpret whatever is going on in a certain way, to be unconscious about the purpose of my actions, to not feel pain, to seek comfort)

### **What are you choosing right now: (20 minutes)**

- This is a self-awareness exercise.
- Pair up into dyads, chairs sitting across from one another.
- One partner in each pair put your hand up.
- You are Partner A.
- The other person is Partner B.
- Partner A, your job is to use CREATIVE LISTENING, in combination with now and then prompting Partner B to continue answering the question: "What are you choosing right now?"
- Partner B, you pay attention to your attention. Notice what you are noticing. No matter what, keep completing the sentence, "Right now I am choosing....."
- (After a few minutes) Okay, please stop.
- Partner B, it is your turn to use CREATIVE LISTENING, and Partner B, your turn to complete the sentence, "Right now I am choosing...."

### **Responsible choosing demonstration: (20 minutes)**

- This next process is about taking responsibility for our choosing. It is about taking back the ability to choose from our reasonableness.
- It is NOT an easy process. It is a process that cannot be explained.
- In order to "get" this next process your box has to expand. It cannot be understood unless your box is expanded. Pay attention to the experiences associated with your box expanding.
- I need a volunteer.
- Hold out two marking pens. Say, "Choose one."
- Volunteer chooses one.
- Ask, "Why did you choose that one?"
- Volunteer gives you a reason: "Because I like it. Because I chose the other one last time." And so on.
- Ask, "What has responsibility for the choice, you or the reason?"  
Or ask, "What has the power for making the choice, you or the reason?"  
Or ask, "What has the most influence on this choice, you or the reason?"
- (The reason has the responsibility, power, influence, etc.)
- Say, "Try it again. Choose one."
- When Volunteer realizes that they can choose for no reason, that they can choose just for so, then hold out just one marking pen. Say, "Choose one."
- They say, "But there is only one! How can I choose? There is no choice to be made!"
- Facilitator says only, "It is up to you to choose one. What do you choose?"
- When Volunteer chooses the one for no reason, they have gotten it. They are free of their reasons. Then reasons can serve them rather than them serving reasons.

**DEBRIEF:** (10 minutes)

- Happiness results from choosing what is.
- Do **JOBS ON THE BENCH** poster.
- Every choice is made for no reason, only because we want to choose that. All of the reasons come later (maybe only fractions of a second later), to justify or defend or explain ourselves to others, so that we appear reasonable.
- Reasons are valid because of the evidence supplied by circumstances. If reasons become irrelevant, then circumstances become irrelevant. A human being's true capacity manifests when he or she learns to create without evidence.
- We are living in a world that believes in symptoms. We create things as symptoms through our interpretation of what happen. We are creating the symptoms because of how we see things.
- If we want to change and we focus our efforts on the symptoms, nothing changes because the symptom is not the problem. **We are the problem!**
- There is no such thing as a problem!
- If it looks like there is a problem, then I am that problem! This is powerful, because I am the only thing that I can do something about!
- Imagine what your life would be like if you could consistently create results independent of the circumstances.