

Creating is a Space

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(Revised: ???)

FORMAT:

Groups of 5-8 people
Duration: 50 minutes

PURPOSE:

Creating is a space. Practice feeling scared and still functioning.

SETUP:

People get together in groups of 5 to 8 people. They sit in circles.

INTRO / BACKGROUND:

Creating is a space. When it is okay for us to experience and express 100% fear then we can create.

INSTRUCTIONS / PROCEDURE:

Write the names on a paper, put them in a hat in the center of the circle.
Trainer says "choose one".

Someone picks out a name. Trainer then gives directions: "Create..."(see examples in list below)

Examples for creating:

- A new vegetable. Describe it. Give it a name. How does it taste. Give recipes, how to cook it.
- A new religion and describe its basic beliefs and ceremonies.
- A new name for colors of the rainbow with a new shape.
- A 4 line poem that rhymes. Please repeat it.
- And name a new dance step for old people.
- A method for detecting if someone is a terrorist.
- A new way to stand and describe the spiritual benefits.
- A really good excuse for becoming a millionaire
- A game with the hands. Give it a name, explain how it works.
- An outrageous lie about your past.
- A new way to wear socks. Explain why it is so important.
- A new piece of clothing for banding men.
- What the next person should create next, what benefits are.
- A song that has never been sung before.

- A new insect. Describe how it looks, what it eats, where it lives, its sexual habits, its enemies, etc. Name it.
- A new use for magnetic field mattresses that is exotic.
- A new way to feed fish and its benefits.
- A new restaurant and the way of eating.
- A new tool in the kitchen.
- A new way of taking holiday and what ads are.
- A new bicycle driven by a new way of moving.
- A new technique for washing the private parts of elephants.
- A new method for enemies to become friends. Explain and demonstrate.

DEBRIEF: