

Creating

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(Revised: 21 April 2011 by Clinton Callahan)

FORMAT:

Various forms

Duration: varying from 15 to 30 minutes each

PURPOSE:

Through creating a series various things to learn the context of creating and the process of creating.

SETUP:

Various setups and supplies.

INTRO / BACKGROUND:

Creating is a context. We are either creating or we are consuming. We can learn to distinguish which state we are in by the energetic feel of it.

If you are feeling like a victim or are depressed, etc. it is because you are serving you yourself and not creating. As soon as you put yourself in a position where it is necessary that you serve something greater than yourself, then the depression, confusion and powerlessness vanish. Do enrollment. The expansive context is about learning and groundlessness.

INSTRUCTIONS / PROCEDURE:

Trainer gives specific directions and time allotted to do the following:

- Create an object out of these supplied materials which can serve a practical purpose. Explain the purpose.
- Create a piece of art out of supplied materials that has no practical purpose, but which expresses the essence of one of these principles: ecstasy, impeccability, responsibility, possibility, clarity, openness, relationship, oneness, evolution, integrity, or dignity.
- Create a poem that expresses creative longing for one of these principles to exist more fully in your life: trust, freedom, faith, joy, spaciousness, teamwork, satisfaction, or friendship. Make the first line of the poem a strong statement of a current reality of yours that is out of balance with the principle.
- Create a plan to improve a system that will save your company 5.000,- EUR. Present your plan to the people who could approve and implement it.
- Create a distinction that could make a difference in the life of someone in this room. Write it out clearly. Present it to them as a possibility that you hold for them.
- Create a vision of your personal or professional future of five years from now. Write it out in detail. Create a legend about yourself and how you accomplished this future. Tell the legend to your partner.

- Create a question that you have never asked yourself before that opens the door to deeper communication with someone in this room. Present your question to yourself in the other person's presence and make an effort to answer the question.

DEBRIEF:

Describe the difference between the state of creating and the state of consuming.

Notice how before each creation, you did not know how, and you committed anyway. What were the results?

How was creating like doing experiments? Could you imagine yourself as being an experimenter?