

Be Safe In An Unsafe Environment

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(Revised: 01. September 2011 by Clinton Callahan)

FORMAT:

Group process

Duration: 45 minutes

PURPOSE:

Learn to be safe in an unsafe environment.

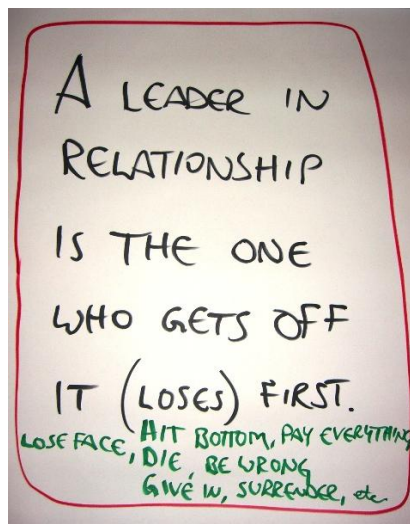
SETUP:

Group sits in a close circle, backs turn inwards.

Have tissues and buckets ready.

INTRO / BACKGROUND:

The experiment is about making yourself going liquid in a not necessarily safe space which is extremely useful when creating possibilities.



A leader in relationship it the one who gets off it first, i. e. you lose face, give up, surrender, die, be wrong, hit bottom, pay everything.

So when you talk to somebody and you are stuck and the other one does not have the skill to get off it first, then either the relationship dies or you do magic. So you can become a space. Your ego, your box, your mind will hate it, because it has built so many stories about that you are right. If you can give up, there is no enemy. There is no resistance for the other person's box. You give up everything (it seems) and die.

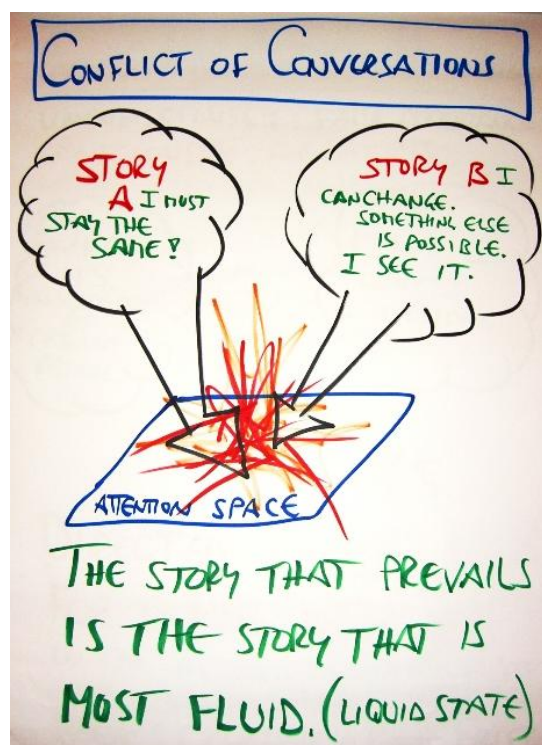
This skill is being safe in an unsafe environment, e. g. you are in a conflict situation and you feel safe enough to get off it.

You do something which is completely against your box. You yourself have to make it safe for you by holding your space. It's not about fight. You either die before the war or in the war. It's a magical act and it creates a whole lot of possibility. What you do is you bring the whole thing into liquid state. You bring the situation into breakdown. Nobody knows what to do anymore. You consciously go into the liquid state to create possibility. The only thing you need to do is know that you can do it. And you do it for something bigger => serving, creating possibility. It is as if you plugged the field so that plants can grow.

Example: movie „the peaceful warrior“ => there is one scene where the old guy gives away everything to the thieves. He even convinces the thieves to take the clothes, the shoes, etc. After that the old guy and his partner have the best conversation of their lives.

There is authentic dignity in the act to give up inauthentic dignity of the ego. The whole space can feel it.

When two realities try to occupy the same space, the one that prevails is the more fluid one.



It is a skill. It's the last step on the high dive. You go to a higher principle. There is a "we are one". With the pad of your gremlin you grab something solid outside of the current room and pull it towards you while you are in contact with everybody. The winning is, you can be possibility manager.

Example of the mother who told her low drama story:

- Ego reaction: „I am only the garbage can for her emotional shit.“
- New: make a black hole and build the heart to heart connection.

INSTRUCTIONS / PROCEDURE:

- All participants sit in a close circle, with their faces looking outside.
- The back rests touch one another.
- Buckets and tissues are spread around the circle.

- “We will go into archetypal sadness. It will take about 20 minutes. You will realize that after about 3 minutes your box will think it is enough. Go through this thought. Stay in the sadness and continue.”
- “Find something that you feel really sad about, e. g. kids dying of famine, species dying, deforestation, whatever it is. Find something that you feel sad about in the world.”
- “Trust your body.”
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- Shortly before ending the space holder takes the hands of the participants sitting next to him, so that all participants start taking hands and connect this way.
- Then, when people calm down the space holder asks the team to turn the chairs inside and sit as close as before.

DEBRIEF:

- Check-in about what people were sad. .