

Box Is Optional

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(Documented: 01. September 2011 by Nicola Neumann-Mangoldt)

FORMAT:

Dyad process

Duration: approx. 30 minutes

PURPOSE:

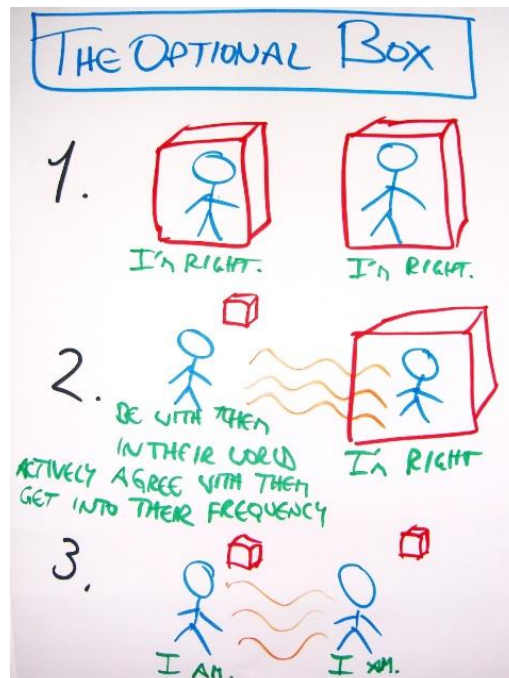
Learn to set conscious purpose.

SETUP:

Dyads sit facing each other.

INTRO / BACKGROUND:

When you make a distinction between you and your box, then you can consciously declare the purpose of a space. If you don't make a difference to your box, then the box purpose is in the space.



INSTRUCTIONS / PROCEDURE:

PART 1: (I am right – I am right)

- Each be your box's positions, beliefs, attitudes.
- Be rigid, be right.
- Hold onto your box's positions.

PART 2:

- One partner: shrink your box and set it aside for awhile. Be with the other person. Be where they are.
- If you are hooked, it's your box reacting. Shrink it and put it aside again.
- They cannot come to you. So you put your box aside and go to them.
- Be with them in their world. Actively agree with them. Get into their frequency.
- This is an act of conscious theater.
- Be in their world.
- Actively agree with them.
- Get into their frequency (amplitude, wavelength)
- Accept their offer.
- (change roles after approx. 3 minutes)

PART 3: (I am – I am)

- Both put the box aside. Be with their being with you.
- Both tell a nonlinear story at the same time. The words will be different, but the energy will be the same.
- Both are with each other, do possibility listening and completion loops.

PART 4: (not on the map)

- Both tell the same story at the same time out of their energy. => the words will be different, but the feelings/energy will be the same.

DEBRIEF: