

## **Box Redesign**

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### **FORMAT:**

Single process. Stick work.  
Duration: 25 minutes

### **PURPOSE:**

A powerful four step stick process for using the clarity of rage to redesigning a portion of your box, such as about giving your center away.

### **SETUP:**

Set up stick and cushion. Normal setup for stick work. One person at a time.

### **INTRO / BACKGROUND:**

### **INSTRUCTIONS / PROCEDURE:**

#### **STEP 1:**

The trainer asks: "What is the present design?"

Client gives a short verbal description of the box functionality they want to change.

#### **STEP 2:**

Trainer says: "Use the sword, carve it out".

Trainer coaches client to use the sword with words to name and cut out the malfunctioning part of the box. In the example of giving the center away the client would use the stick and shout "I give my center away with my children when they ask for money, I give my center away at work with my boss in meetings, with my clients about delivery times, with my mother when she calls me on Saturdays, I give my center away to advertising with naked women, I give my center away to chocolate and sugar, etc." until the part of the box has been identified and carved out. Then people clap.

#### **STEP 3:**

Trainer asks: "What is the new design?"

Client uses sword to shape the new center keeping form while giving a verbal description.

#### **STEP 4:**

Trainer says: "Now test it!"

Trainer then coaches client to use the stick to make declarations to nail down the new design, e. g. "I can hold my center when my husband is angry, I can keep my

center at my parents house, I can stay centered with police officers, I can stay centered when I make mistakes, when I'm sick, when I disagree, when I meet new people, when I feel scared" and so on. Then people clap.

This process opens the door for others to go through, too.

**DEBRIEF:**