

Box and Being Feedback Initiation

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(Revised:29. November 2014 by Nicola Neumann-Mangoldt)

(NOTE: Possibility Management is open code thoughtware. The copyleft notice states this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)

FORMAT:

Exercise in pairs

Duration: 50-110 minutes

PURPOSE:

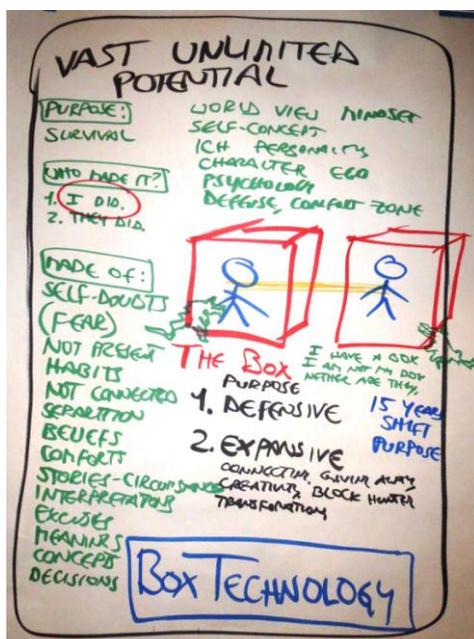
This is a crack-in-certainty experience using group-intelligence in parallel-play so each participant receives direct, clear, honest feedback about both the characteristics of their Box and the qualities of their Being. The initiation strengthens people's capacity to enliven the distinction: "I have a Box. I am not my Box," in their moment-to-moment daily experience, which proves to be extremely useful.

SETUP:

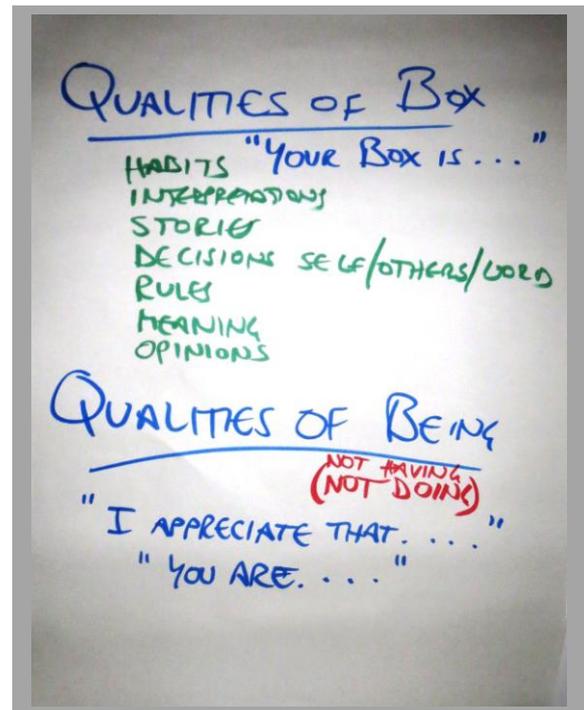
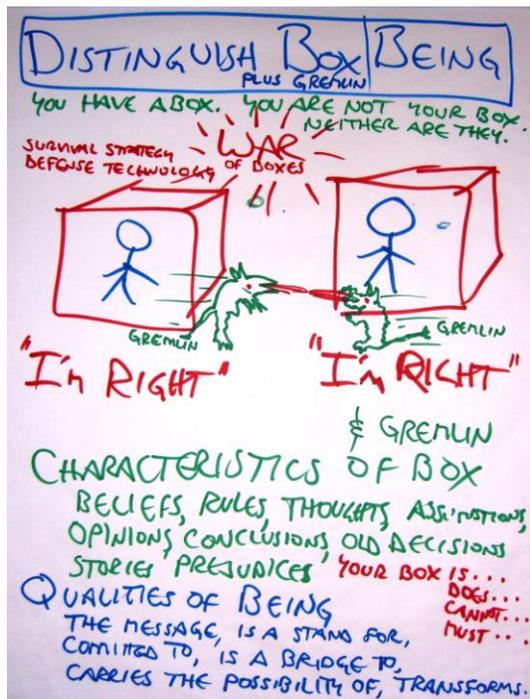
Groups of two in chairs, spread out in the room, both people sitting across from each other. Spread some boxes of tissues throughout the room. (Duration: 5 min/person x 5 rounds = 50 min plus intro = 75 – 110 min)

INTRODUCTION / CONTEXT SETTING:

Review the *Thoughtmap of Box Technology* (given in *Expand The Box* training) in which we make the distinction that each person develops a Box that is our childhood survival strategy but which after approximately 15 years of age becomes a barrier to evolving into our potential.



The active part of the Box is the *Gremlin*, dedicated to defending your Box by keeping everything the same (e.g. same tensions and lack of intimacy between you and others) so that the Box can continue to run your life and keep you in survival. At least you survive...



INSTRUCTIONS / PROCEDURE:

Please get into pairs. Take your chairs and sit spread-out in the room facing each other. One person in each pair put up your hand. You are the Nacktschnecken. The others are the Tintenfische.

The purpose of this exercise is so the Nacktschnecken has more information about the specific characteristics of their Box and the specific qualities of their Being so that they can live in the experiential distinction between their Box and their Being on a moment-to-moment basis. When you live in this distinction, your Box can be completely freaking out and you don't have to. You just say, "My Box here is freaking out."

"I have a Box. I am not my Box. And neither are they." is a core distinction in Possibility Management. Without living in the experience of this distinction it is doubtful that you will be able to make use of the tools, processes and thoughtmaps to serve as a Possibility Manager.

Every Box is unique. Each Box is made up of opinions, habits, rules, comforts, assumptions, beliefs, stories, interpretations, decisions, and so on. Nacktschnecken, you listen. Tintenfische, for the next 2 minutes, describe in exact detail what you perceive as the characteristics of the Nacktschnecken's Box. Say, "Your Box is..." "Your Box believes..." and so on. Use many flowery words. Please Begin.

(After 3 minutes) Please come to a stop.

Now Tintenfische, shift to using a different set of eyes to see with. Go deeper in your perceiving. For the next 2 minutes, report your perception of the many different qualities of the Nacktschnecken's being. Say, "I appreciate that you are..." This is not about what they have, for example, not "I appreciate your nice sweater." And it is also not what they do, not "I like that you wash the dishes." This is about their

qualities of being. About who they are in the world. Qualities of being provide value through merely being present, before a person does, has, or says anything. Please tell the Nacktschnecken about their qualities of Being. Use many sensual and descriptive words. Use your hands to shape the space, so that the meaning lands energetically in the Nacktschnecken. Put words and sentences together to say things that cannot be spoken about. Invent a new language. Use experiential reality.

(After 3 minutes) *Please come to a stop.*

Nacktschnecken, you can say, "Thank you for telling me."

Each time the participants declare about the box strategies the trainer gives a new sentence for starting like e. g.:

- "Your box is committed to do..."
- "Your box wants..."
- "The tricks of your Gremlin are..."
- "Your box assumes that..."
- "Your survival strategy consists of..."
- "What your box projects onto others is..."
- "Your box tries..."
- "What your box doesn't see is..."
- "Your box blocks..."
- "Your box has..."
- "Your box keeps forgetting that..."
- "Your box has the hidden purpose of..."
- "Your Gremlin specializes in..."

Each time the participants declare about the being qualities the trainer gives a new sentence for starting like e. g.:

- "Your being came to earth in order to..."
- "The message your being carries is..."
- "Your being represents the vision of..."
- "Your being is committed to..."
- "Your being serves others by..."
- "What your being provides is..."
- "Your being sees..."
- "Your being carries the possibility for the world that..."
- "Your being stands for..."
- "Your being is a transformational power for..."
- "Your being is a bridge towards..."
- "Before you do something your being blesses other people by doing..."
- "The true purpose of your being is..."

(Continue until each person has been through both positions in 5 different rounds. Then they may or may not see patterns in people's general perceptions of their Box and the general experience of their Being.)

COMPLETION AND WRAP UP:

Move back into a big circle, and take sharing from people about what they experienced and what they noticed during this process.