

Brain Surgery

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(Revised: 21. March 2012 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:

Whole group process, 1 – unlimited number of people.

Duration: 110 minutes.

PURPOSE:

To renew the brain to its original whole and unified condition through self-surgery.

SETUP:

Participants must already be able to consciously feel (*Expand The Box* training, New Map of Feelings) and should somehow come to trust the trainer and each other enough to risk being vulnerable. People sit close together in chairs in a big circle. Lights are down low. This is a long, hard and loud cleansing and repair procedure. In front of the chairs are buckets, red hand-towels, and lots of boxes of tissues.

INTRO / BACKGROUND:

It turns out that in order to survive in modern western society we have had to make splits in our brain. The splits allow us to survive in an environment that is insane, dangerous, abusive, or unloving. We must choose to either make a split so that we can accept what is happening, or to reject what is happening and die.

The split is the gap that forms between what is possible for us to understand and what is actually happening to us. For example, when a child in a crib cries out for help and no one comes, this is neither understandable nor tolerable. Something must be terribly wrong with this world. To continue to live in such a world as this, a gap between what is needed by the child, (the adults' attention and love) and what is occurring (the child is not valued and therefore abandoned) this disparity must become the new normal. The new normal, however, includes the split in the brain.

Since as babies we are powerless to make a change in what is happening, we deal with the mismatch by making a corresponding split in our psychological brain. The split is a consequence of abuse.

For example, if the parents were to acknowledge that they were abandoning the child, or if there is another adult who listens to the child's pain and serves the child as a neutral "fair witness" who sees the gap between what the child needs and what

is happening, a split does not need to be made because it is understood and witnessed. But most times there is no listener or fair witness and the gap goes unacknowledged and a brain split is needed in order to survive the shock.

Prolonged or serious psychological abuse can result in equally serious splits in the brain, with symptoms that look like eczema, migraine, depression, despair, borderline, bipolar, schizophrenic, Parkinson's disease, multiple sclerosis, and so on.

Whatever size a split is, it constitutes a formative characteristic of our psychology (our Box) and will not change or heal until it is directly addressed. As Juan Santos said, "We cannot change what we cannot face." This *Brain Surgery* process directly faces the origin and seriousness of each and every split in the brain, and allows you to take responsibility for having chosen to make the split in order to survive. The process also provides a procedure for renewing the brain to its original whole and unified condition through the self-surgery.

INSTRUCTIONS / PROCEDURE:

1. After explaining the context and the purpose of this process the trainer says, *This is an emotional process, not an intellectual process. If you try to do this process in your mind by just thinking about it, it won't work. You need to understand that you are really going to do brain surgery on your energetic and psychological brain. You can tell that the process is being successful if you feel strong feelings. It is safe to do this surgery here.*
2. The trainer gives instructions as follows. *As you check out your brain you will find splits, missing pieces, and perhaps a disconnect between the two halves of your brain, or between your heart and your brain. One split at a time you will be able to sew these all back together again, apply green healing cream, and heal the brain damage. The reason you can do this is that the circumstances that forced you to split your brain in the first place in order to survive no longer exist. You are no longer a helpless baby. You do not live in your parents' house in their culture and under their rules. You have your feelings back and your center back and your space back and your body back and your voice back and you are able to say No and Stop and to make boundaries and to ask for what you need. You are able to create the culture around you that you want to live in. After you do this surgery on yourself you will be able to help other people do the same healing operation on themselves. This is great work.*
3. *Please close your eyes, take a deep breath and relax. Click your clicker and get your center, your grounding cord, your personal bubble, and your surgery space. Take another deep breath and begin by washing your hands with sterilizing soap and warm water. Take your time. Rinse your hands and then dry them in hot air.*
4. *Now use both hands to slowly unzip the top part of your head and lift it open like the hood of a car. Then carefully reach in with both hands and ever so gently lift out your brain.*
5. *Slowly bring your brain down in front of you and cradle it in your two hands. Adjust your energetic eyes with a click of your fingers so you can now see the many small, medium and large splits in your brain. They have been there for a*

long time. Some splits are large and obvious. Some splits are rather small and obscure. Perhaps the large splits become visible first.

- a. Large splits come from psychological abuse, physical abuse, someone dying, physical violence to you or to someone else, punishment, sexual abuse, emotional abuse, being abandoned, being tortured, being disrespected, being betrayed, the big things. They left large splits in order for you to survive in these circumstances.
 - b. Medium size splits come from lesser shocks and wounds, a pet dying, unfairness or competition between siblings, losing friends, being embarrassed, and so on.
 - c. Small to tiny splits come from things being forgotten, accidents, mistakes, not being believed, not having apologized, not being apologized to, bad dreams, fears of the dark, etc.
6. Trainer does not wait long before asking: *Splits will range anywhere from one centimeter long to the full length of your brain. Please all answer the next question out loud and all at the same time: How long is the first split that you see? (Hint: if a person tells you how long their split is then they own that they have a split and you are half done.)*
7. Trainer says, *Sometimes a piece of the brain is even cut out and missing. If so, the piece is still sitting in the bottom of your skull cavity and you can reach in and pull out the missing piece and sew it back together when we start sewing.*
8. *First, say what was happening such that you had to make the split. Say:*
- a. *This is the split I made when my father was beating my brother.*
 - b. *This is the split I made when my teacher embarrassed me in front of the other students.*
 - c. *This is the split I made when I lied to my neighbor.*
 - d. *This is the split I made when my girl-friend moved away.*
 - e. *This is the split I made when my grandfather died.*
9. *Let the feelings come back as big as they are. Anger, fear, sadness, true joy. These are huge, clear and loud feelings. Let them come out.*
10. *Sometimes you may need to carefully set your brain down on the shelf and pick up the red cloth and twist it while shouting rage, or you may need to pick up the bucket to get to the bottom of the feelings. Do what you need to do. Then pick up your brain again and keep sewing.*
11. *To your right side you have a shelf on which are a number of specially curved brain needles for sewing up brain splits. The needles already have special brain thread attached. Pick up one needle, choose a split, and carefully start sewing the split back together, starting at one end of the split. Make the space between stitches about three millimeters. Gently pull each stitch snug but not too tight. Take your time. Do a good job.*
12. *As the two sides of the split start coming back together from your sewing you will start feeling the feelings that were blocked by making that particular split. Expressing the feelings loudly and clearly washes out the wound.*

13. *Once a split is sewed up, reach over to your shelf and take a finger full of green brain-healing cream out of the jar. Rub it gently into the stitches and the split will completely heal over and the stitches will vanish. Then go to the next split.*
14. *Keep sewing up split after split, large, medium, small and tiny. Check the front of your brain, the sides, between the two halves, underneath, on top. Keep sewing splits one after the other, slowly and thoroughly letting the feelings come out to wash the split clean. Take your time. There is plenty of time.*
15. *Take one last look all around your brain. It is beautiful, isn't it? So complex. So elegantly designed. So vibrant and amazing.*
16. *Now that the surgery is complete, carefully turn your brain around and slide it carefully back into place in your head. Pull down the lid and zip it closed. Wash your hands again in warm water and soap. Rinse them off. Blow them dry.*
17. *Now we are going to do an overall energetic re-balancing. Please rub your hands together until they feel hot. This charges up your hands. Take a deep breath and place both hands firmly on either side of your head to radiate your brain with green golden light to complete the healing. Again, rub the palms of your hands firmly and quickly together until they get hot, take a deep breath, then place the palms of your hot hands over your closed eyes and exhale. Do that again if you like.*
18. *Now reach into your bag of things (the pouch on your Possibility Toolbelt), pull out a concentrated golden pearl of your own energy, authority, clarity and information. Hold the pearl directly over the top of your head and when you are ready, drop it into the center of your skull. When it hits the center it pops open and fills your head and body with your own golden energy and information. Do another one if you want. You have an unlimited number of these golden pearls. Take a minute to enjoy the experience of your newly healed, empowered and tuned-up brain.*
19. *When you are ready, take a deep breath and slowly open your eyes. You may notice that you feel and see things differently. You will get used to this in a few days. Give yourself space. Meanwhile we are taking a short silent break. You can help us clean up a little if you want, pick up tissues, wash out buckets, drink water, use the toilet, and come back in about ten minutes. Please no talking on this break.*

DEBRIEF:

Take sharing about what people experienced during the self-surgery, what they noticed, what they saw.