

Growing UP Process

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(Revised: 04. March 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 ideally 2 to 3 persons with a specific skill level, quality of consciousness, and intention.)

FORMAT:

Dyad process.

Duration: This is a 4 hour process.

PURPOSE:

Growing up.

SETUP:

- Since this is a shadow-world process it is best to do it during the evening, ideally in a basement. This is one of the processes where neighbors might easily get upset by the sounds being made and the police might be summoned to find out what is going on. To avoid such an interruption try to do the Growing Up Process in a secluded location where it is okay to make sounds or where the neighbors are forewarned that you will be doing some theater practice exercises that are quite loud and may sound terrible.
- It is best to do this process on the evening of the second day of a three-day training so that people will already have acclimatized to being in a training space yet still have a full day in the sanctuary of the training space for digesting what happened.
- Chairs are arranged throughout the room in pairs, back to back.
- Scattered about the room are boxes of tissues, red towels, and plastic puke buckets.
- The lights are turned down low.
- A candle is burning next to a vase of fresh flowers.
- Music is turned on low, playing a CD on which the song *Precious Pain* as sung by Melissa Etheridge is recorded over and over again. The volume will be adjusted up and down to accompany the process.

NOTES:

NOTE 1: BUILD TRUST AND SAFETY The introduction to this process is important. Your intention as trainer is to build a space of radical safety that is saturated with the Bright Principles of adventure, maturity, and community, all with a tolerant sense of Humor about the whole thing so that people are not too afraid to take big personal risks during the Growing Up Process. It is not typical that people do, feel, or say the things you are going to ask them to experience in this process, so they need to trust

you and to know that you are sincerely with them the whole way. Keep an abnormal level of respect and attention during this process. Watch participants closely. Extend yourself to be with each of them, even, or perhaps especially, with those who seem to be holding themselves back for full participation.

NOTE 2: AUTHENTIC RITE OF PASSAGE

Needless to say (or perhaps there *is* a need to say...) it would be a little foolish to think you could lead this process without having gone through the process yourself. Once the process is finished, perhaps the next day, it can be empowering to encourage participants to hold this space and lead this process for others so they can also grow up. This process is part of an authentic rite of passage to adulthood. No one gets to adulthood without completing their relationship with their parents.

NOTE 3: PURIFY THE SPACE ONGOINGLY

During this process there will be lifetime of resentment, hatred, fear, confusion, anger, despair, frustration, and heartbreak poured out of people's hearts and souls and bodies into the space. Making one-meter diameter Black Holes in the spaces between the chairs as often as needed (which may be as often as every 30 seconds) sucks the shadow-world energy out of the space into the Earth. This purifies the space. Remember to vanish the black holes as soon as the room is purified. If you do not ongoingly purify the room of the shadow-world energy it will fill up and produce a backpressure which makes it more difficult for participants to express deeper shadow world experience into the space because the space is already full.

NOTE 4:

Speak loudly yet heartfully, filling the space with compassion and safety. When you are not speaking, turn the music up so people get the mood of simple humanness. With some groups you will have to keep encouraging them to go deeper, to trust, and to take risks. It can help to explain that they may feel a little crazy doing this because the behavior is so unusual for them, but that is how it feels and this really makes a difference. Some groups go endlessly, and you will need to make quite some efforts pause them to move to the next step. Move people gently and firmly, but don't rush people. This process is so important for their future adult lives that it deserves all the time it takes.

INTRO / BACKGROUND:

During the introduction say something like this:

We are going to do a deep healing and growing up process now. It is part of an authentic rite of passage to adulthood. No one gets to adulthood without completing their relationship with their parents. This process is long and difficult, not for children. We will do a lot of hard work together. The process is best done in mixed partners, that is, with a man and a woman, and not with someone you are related to. Please find your partner for this process and sit down in the chairs back to back.

You will notice that around the room are boxes of tissues, red towels and plastic buckets. This is not by accident. You are invited to use this equipment during the Growing Up Process.

- 1. The tissues are for tears and slime that may come out your eyes and nose. The Growing Up Process is done mostly with the eyes closed. When you need to find a tissue, open one eye half-way, find the tissues, carefully sit back down and close your eyes again.*

2. *The red towel is to twist in your hands like this (demonstrate). It can help you feel anger in your body. Some people prefer to fold it over and beat on the floor with it like this (demonstrate). But remember, this is not an exercise in wringing towels or beating the floor. This is an exercise in experiencing and expressing an entire childhood-worth of repressed feelings with you voice. Put most of your attention on your heart, your breath, your voice, and your intention to grow up and take responsibility for living your life, not on the physical expression of anger.*
3. *The bucket is for vomiting. If you feel like vomiting do not hesitate to vomit. As a child you may have swallowed down and repressed a huge amount of anger, fear, sadness, even joy, and also mixed feelings. In this process you get to start over with a clean beginning in your life as an adult. But you have to go all the way through this process to get there. There are a couple of additional notes about the vomiting.*
 - a. *When you are vomiting we are interested in the deep and huge sound buried under the vomiting experience. The Growing Up Process is not about the vomiting; it is about that sound in you. We want that sound to come back to you, to finally come out. You need direct and instantaneous access to this sound for the rest of your life as an adult man or woman.*
 - b. *You will notice that there are not enough buckets that each person can have their own private puke bucket. This means that it is possible that two people may want to use the same bucket at the same time. In this case, please use the left hand rule. That is, please put your head to the left side of the bucket, making room for the other person's head on the other side of the bucket.*
4. *There are two rules in the Growing Up Process. Do not hurt yourself. Do not hurt anybody else. Does everybody agree? Does anybody not agree?*

INSTRUCTIONS / PROCEDURE:

PART 1: GETTING STARTED

Close your eyes. Close your eyes. This is not an intellectual process. It will get quite loud with all of us feeling at the same time. When you take the risk to express your deep feelings you give other people courage to feel their deep feelings. We do this work together. This initiation process is underworld work and it is high level fun. It makes a part of your underworld conscious. It is a crazy part of the underworld you make conscious, you own it rather than it owning you. This process is a step towards growing up.

During this initiation we will open a series of doors. Each door leads into a space that is a step along the way. Please wait till I finish reading the instructions before you go in. Then the others can hear the whole instructions. Please let me deliver the communication before we enter the space we open. Wait till I say "GO!" and then go through this door and start. The process has begun. We let your nervous system catch up.

Go inside...give yourself complete permission...I request commitment and passion...get it done people...get it done. Take a deep breath...let it go. Children have parents. Adults have ancestors. You are about to shift from having parents to having ancestors. It is fantastic to be adult, but you can't get there without doing this work. Now wander back in time...to when you were growing up.

*What was it like when you were a child?
What was it like for you growing up?*

*Were there times when you were afraid...afraid life would not turn out...and maybe it hasn't?
What was it like?*

How was it with Mom and Dad?

Did your mother want you?

Do you really know?

Did she tell you that you were a gift or were you just trouble?

Did your father want you?

Did he love you?

How do you know?

Let it bubble up...Let yourself experience all the feelings... sadness... joy... loneliness... love...the pain. This fear has been in your emotional body so long, it has been unexpressed and has shaped your life as you unconsciously try to avoid feeling the feelings. As you consciously feel them in this space, they are completed so you can go to the next level of adulthood. That's what we are doing here. Put your hand on the place where you hold all your feelings about your childhood...For some of you this is a broken heart, a pain in the stomach, a stiff neck...let it go. Go deeper. Keep going deeper. See the painful moments in your life with your Mom...with your Dad. Let the feelings go...keep going deeper...deeper. Let it be all the way big. Let your body free itself of these repressed feelings. Let your body heal.

PART 2: RAISE YOUR HAND IF:

As you remember how it was in your childhood, raise your hand if: you were scared... go right into the middle of it.

Raise your hand:

If you were numb... just go into it... it's just fear.

If you were the oldest child...and you had to be perfect...set an example. What was it like?

If you were the youngest...the baby...and there was not room to grow up. What was it like?

If you were stuck in the middle, between the other kids...average...lost in the shuffle.

If you were in hand-me-downs, in used clothing, because there was no money.

If your mother is dead...keep your hand up if you miss her.

If your Dad is dead...keep your hand up if you miss him.

If your mother was dominant...really wore the pants in the family.

If your mother was a doormat...everyone walked all over her and used her.

If your Dad was dominant, a master...his word was law.

If your Dad was a wimp, a wash cloth

If your Dad has left you out of relationship and away from doing your true work.

Raise your hand if you were an only child. Was it lonely? Just let the feelings come up.

If your parents were divorced. Keep your hand up if you thought it was because of you.

If they weren't divorced but should have been.

If they were violent with each other.

If they were violent with the kids...with you.

If your Mom or Dad was alcoholic... and you never knew what to expect.

It's half the room!!!

If you were physically, emotionally, psychologically, or sexually abused...

If you were not wanted...neglected.

If they wanted you to be a boy or a girl.

Go deep...don't cheat yourself.

If your grandmother or grandfather were abusive.

If your grandmother or grandfather was your only friend.

If your grandmother or grandfather died.

If your brothers or sisters were abusive.

If your brothers or sisters died.

*If your brothers or sisters got all the attention.
This was our childhoods. Come back to neutral.*

PART 3: LEAVING HOME

This is how it goes. We are going into the next space. It doesn't matter which country you were born in. See your last day at home...the day you left (and if you are still at home...imagine it).

Were you going to the army? getting married? or just getting the hell out? What was it like at your dinner table...were you close...did you fight...did you just get through as quickly as possible?

Now go to your bedroom...are the walls covered with certificates and awards or are they bare...never good enough. See the window where you stood...looking out...wondering about the world...dreaming about something different that could be but wasn't. Who knew? And your bed your pillow...how many tears...how many secrets went into it, that you wanted to tell, but it wasn't safe enough. How many times did you cry yourself to sleep...or were you numb...drifting. We all have the same pain. We do this together.

Down at the foot of your bed is a photo album... pick it up and open it. On the first page is a photo of you at three or four years old...and across the page is a recent photo of you. What happened?...Where did the trust go?...When did the light in your eyes die out? When did the curiosity and passion die?

Now put the album down and go back to the front porch. What was it you needed to say the day you left home?...Did you say it or did it stay stuck in your throat?...What was it you needed to hear from them? Did you hear?...Just let it go. Let it get all the way big. As unprepared as you are...

You didn't come here to do this process by accident. There are many other places you could be tonight. Please make this work available to other people. President Obama didn't do this. Neither Angela Merkel. The country is being run by uninitiated children. You are learning to doing what you came here to deliver.

Read if people are not yet going:

You cannot do this inside your own mind. Growing up is real. It happens out loud. It takes strength to be weak. The box gives you reasons to think about instead of feeling. Be over-emotional, nobody can do this work for you. You have box. You are not your box. So you do not have to believe your own bullshit. You decide if you listen to the boxes reasons or not. You can do this.

Each space prepares you for the next space. We are moving along.

PART 4: MOM

MOM STEP A:

Keep your eyes closed...Use your clicker. Your Mom is standing there in front of you...You need to get her attention...use the name you called her... call her out loud...1-2-3-Go! She can't hear you...she is running away...call out to get her attention...

(Approximately 3-4 minutes)

MOM STEP B:

Take a deep breath. Go back to neutral. The knots are untying. Your body is healing. Your heart is unfolding. We are going into the next space. I will read a sentence and you complete

the sentence. Then come to a stop and I read the next sentence. Your Mom is listening. Please complete these sentences with all feelings attached:

Mom, what I always wanted was...

Mom, what I never wanted was...Go!...Whatever is there, just put it out... Let yourself feel this in its full intensity.

Mom, what I needed most was...

Mom, what hurt me was...

Mom, how I am just like you is...

Mom, what I hate about you is...

Mom, what I need to know about you is...

Mom, what I need you to know about me is...

(Approximately 5 minutes)

MOM STEP C:

Please come to a pause. Stay in your experience... Some of you are on the edge... I encourage you to jump in the middle and go deeper. Let go of your rigid control... We can't do this for you...Bring forth your commitment to go for it...to go all the way.

Carefully open one eye, stand up, turn your chair around and sit facing your partner...Take their hands...close your eye...Imagine your Mom sitting across from you... These are your Mom's hands that you are holding...It is time to clean it up with Mom...to talk to her...to tell her everything that is there...she is here to listen...All those feelings that you want to stuff...let them go. Everyone going at the same time...eyes closed...Go! Put out everything that is in your experience...the good news...the bad news...she is there put it all out...don't sell out...go until we tell you to stop.

(Approximately 5 minutes)

MOM STEP D:

Please come to a pause. Stay in your experience... Please keep holding the other person's hands, open one eye, help each other to stand up and rotate around... and as you sit down in the other chair...you become your Mom... Take on all her dreams ... all her fears...insecurities...all her feelings...Let yourself become your Mom... and now your child is sitting in front of you... you are holding your child's hands... It is time for you to account... tell them how it was for you all this time. What was happening? What did you feel? It is finally time to share... Go!...

(Approximately 10 minutes)

As a side note, now you know what your mother was carrying all this time.

There is a lot your child did not know about you and they behaved according to what they knew. Forgive your child for everything, and apologize to them for what they did not know about you, because you could not tell them.

(Approximately 1 minute)

MOM STEP E:

Please come to a pause. Stay in your experience...stand...reverse places...as you sit down you become yourself again...it is your Mom's hands that you are holding... Now is the time to forgive your mom for everything. Now that you know and forgiving her for everything, repeat back what you heard her say to you and what you understand now.

(Approximately 5 minutes)

Now find one thing you truly admire about your mother. Say "Mom, one thing I truly admire and respect about you is...Do you remember the time you did that? I truly admire and respect you for this." GO!

(Approximately 1 minute)

From now on, whenever somebody asks you about your mother this is the story you tell them. This is your mother now. The rest is history.

Put out one final message to the woman who was your mother... What do you want her to know? ...and then let go of her hands.

That is it. This was your childhood with your mother. It is now finished. Now your mother is one of your ancestors, just like your grandmother and grandfather. All the women who are your ancestors. The great lineage of women that your mother now belongs to.

PART 5: DAD

Please come to a pause. Stay in your experience... Please open one eye, stand up and turn your chairs back to back again and sit down... close your eyes. Everybody knows that parents come in pairs...Whether you know him or not, whether he is alive or not, somewhere in the world you have a father. it's time to handle the big guy...time to handle your Dad...Click your clicker. There he is standing before you. ...Remember the times...It is time to tell him what you didn't get that you wanted...What you got that you didn't want. How often did he actually hold you?...be with you...how often did he say...Son, I'm proud... How often did he say, You will always be my little princess. Remember the times... Let the feelings come... Let the words out...GO!

(Approximately 5-10 minutes)

DAD STEP A:

I will read you sentences and you complete them with all feelings attached:

Dad, what I always wanted from you was...

Dad, what I never wanted was...Go!...

Dad, what I needed most from you was...

Dad, what hurt me was...

Dad, how I am just like you is... Dad, what I hate about you is...

Dad, what I need to know about you is...

Dad, what I need you to know about me is...

(Approximately 5-7 minutes)

It has kept you from your path. Let the dents come out. Let the cracks come back together. Of course it hurts. Let it hurt. This is how the wrinkles out. How much you have twisted yourself in knots, folded yourself in. This is how it is done.

DAD PART B:

Please come to a pause... Stay in your experience... Open one eye, stand up, turn your chair around and sit facing your partner...take their hand...close your eyes...imagine your Dad is now sitting across from you...these are your Dad's hands that you are holding...It's time to clean it up with Dad... talk to him... tell him everything that is there... He is here to listen...all those feelings that you have been holding deep inside for all these years...let them go. Everyone goes at the same time...eyes closed...GO! Put out everything that is in your experience...the good news...the bad news...he is there...put everything out...don't sell out...go till we tell you to stop.

(Approximately 5 minutes)

This is initiation. Anything less than this is not it. This is what it takes. You are designed for this. You have been waiting for this since you were a teenager. Think of what their teenagers lives are, like folded over, in knots, suppressing all this pain, truly trying to love somebody, finding a job, discover the world folded over.

DAD PART C:

Please come to a pause...Let the energy reorder... Stay in your experience...This is big stuff. All four bodies are shifting. Let them do this. Please keep holding the other person's hands, open one eye, help them to stand up and rotate around... then sit down in the other chair...eyes closed...and as you sit down...you become your Dad... Take on all his dreams... his fears... his insecurities...his confusions...all his feelings. Let yourself become your Dad... Now your child is sitting in front of you and you are holding their hands... It is time for you to account... Finally tell them the truth. Tell them what was happening for you... how it was for you... everything you didn't know... what you were feeling. It is time for you to respond to all your child's accusations. It is time to explain, to share your pain. Your child is listening...GO!

(Approximately 10 minutes)

DAD PART D:

Please come to a pause. Stay in your experience... open one eye... stand...reverse places...and as you sit become yourself again... It's still your Dad's hands that you are holding....Repeat back what you heard your Dad say to you and what you understand now...Now you know how it was for your father. He didn't know how to tell you. He was just trying to be a father. It is now time to forgive your Dad for everything. Let him know what you understand now ... what you can accept now. From all the things he told you, you have a new understanding.

(Approximately 5 minutes)

Now find one thing you truly admire about your father. Say "Dad, one thing I truly admire and respect about you is...Do you remember the time you did that? I truly admire and respect you for this."

From now on, whenever somebody asks you about your father this is the story you tell them. This is your father now. The rest is history.

Now put out one final message to your Dad... Underneath all your stuff about your Dad, what do you want your Dad to know? ...and then let go of his hands.

(Approximately 1 minute)

There is so much new information. It creates a whole understanding in you all by itself. Let it do that. So much new information. It builds new matrix, you have whole new space.

PART 6: SELF

Stay in your experience... Please carefully stand up and move your chair so you are spread out and in a space all by yourself, then sit down again.

Please take a deep breath. Come back to neutral. We are going along. Chamber after chamber. Space after space. This is how it goes. You can do this. Everybody knows about washing machines. They have 3 cycles. This process is a giant washing machine. It is time for the third cycle. There is one more person to deal with...Not Mom... Not Dad... It is their child...you.

It is time to clean it up with yourself. Use your clicker. See yourself...everything you hate about yourself...all the times you have failed... everything that is wrong with you...you have an x-ray vision – you see it all standing there everything you beat yourself up about. It is time for a conversation with you... you go and go until everything is cleaned up with you. 1-2-3-GO!

(Approximately 10 minutes)

*Please come to a pause. You just made conscious and expressed your daily background inner experience. That's what is going on inside of you all the time. It is so familiar and it is hard to stop you. That was the loudest of them all! **(Trainer brings in humor.)** Isn't it amazing? Isn't it a bit absurd? I mean, only you can choose about you... Only you can choose to accept or reject you... When is it going to be enough? When is it going to be time to stop beating on you? All this energy you need to live your life, to be in relationship, to create, to explore the world, to love, to listen to the feedback and to start and try again. I ask you, now that it is clear what has been going on inside of you all this time, are you willing to make a new choice? When is it enough? Look at all the energy you have been using to be angry at...frustrated with...resigned about...uncommitted to... **THE ONE PERSON WHO COULD REALLY MAKE A DIFFERENCE IN YOUR LIFE. YOU!** Are you ready to make a new decision about you? This new you. Cleansed, released. This is the one in front now. No one to blame anymore.*

What is your new decision about you? (Participants share from their seats with eyes closed) Make your center, click your bubble and your grounding cord....1-2-3...which color has it? Use your new decision about yourself as a new point of origin. Let it integrate into your new self image. You get a new beginning as an adult. Man or woman. This is birth of an adult man or woman. Childhood is over. This is the death and resurrection show. This is initiation.

We are almost done. We will now take a 5 minute silent break to drink water, pee and clean up. Turn the lights on and move slowly.

PART 7: END OF PROCESS

Please move your chairs into the big circle and have a pen and paper on the floor. Please close your eyes and take a slow deep breath...Click your clicker. Go back to that bedroom you spent so much time in... That same photo album is still at the foot of the bed. Pick it up and take out the photo of you as a small child and put it on the chair across from you... Click your clicker...now make it a life-size photo... maybe this is the one your Mom carried or the one that was on Grandma's mantle... See the smile, the brightness, eyes...alive...trusting...loving. Now snap your fingers and bring the photo to life... immediately that small child is jumping up, exploring...getting into everything. Cute kid, eh?. Then they see you and come over to you... they look up at this adult you. They reach out their arms... You lift them up... and wrap your arms around them and you hold on with all your love. That's what this child has been looking for. It is okay now. Let them in. It is well taken care of now. It is not the child's life anymore. It is history. It is your life. It is a great life as adult. Your richness. Give yourself total permission to experience the child that is part of you. Let them melt into your chest forever. It is over.

*How many of you wanted to be just like your Mom/Dad?... looked up to Mom/Dad?
How many wanted to be nothing like your Mom or your Dad?
You got both...*

Please get a pen and paper. You are going to write a short letter to your Mom and Dad...don't send it. "Dear Mom and Dad: I am no longer the man / woman I used to be. I have changed my mind. I have my power back. I have grown up. I have feelings, a heart, a will, my center, the ability to choose and I can declare and ask. I take responsibility for leading my life as an adult and I feel glad about that. I am my own authority. Thank you for

giving me this opportunity. I forgive you for... Signed..." Sign with your name. Use the real name, the one that is written on your passport. If your real name is not on the passport, get a new passport.

Now make a list for all the things you are not willing to forgive your parents for. Be specific. (Wait until people are done writing this second list).

Please listen very carefully to what I am about to say: This is a very important list. This list is the excuses and justifications you will continue to use for your life not turning out. Put it in a frame and keep it someplace where you can see it...every day. What is great about having a mind is that you can change your mind. If by tomorrow you want to change your mind and forgive your parents, then on a check-in stand up and tell us. If at some later point you want to change your mind and forgive them for one or more of these things, then tell somebody "I changed my mind about ..." and cross it off your list.

DEBRIEF:

TAKE A LITTLE SHARING (not analysis) ABOUT THE PROCESS. Or simply sit in silence together for awhile.