

Would you like to make a new decision?

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(Revised: 23. April 2015 by Nicola Neumann-Mangoldt)

FORMAT:

Meme technical single process.
Duration: varies depending on the process.

PURPOSE:

To reveal old blocking decisions and anchor new decisions in the body.

SETUP:

Most of the time the client is laying on a mattress during the process.

INTRODUCTION / BACKGROUND:

Old decisions

One of the strongest things blocking the access to new possibilities is the perspective forming effect of an already existing decision. The old decision has been made so many times such a long time ago or under different circumstances that we forget that a decision has been taken or that any other option is possible. Due to long repeated habits we assume that the things are really the way they have been put together by through the old decision. Then we move within these boundaries, which we have been implemented in our life, with regard to other people and the world, as if these boundaries were absolutely true.

For this reason it turns out to be very useful for a Possibility Trainer to have the skill to locate the source as well as the precise formulation of the old decision. With this clarity it is then a simple matter of the meme technique that the person (or the organization) you are working with – in case they want it – gets access to completely new possibilities by making a new decision. The challenge is about how to face the old decision deep down in its cave.

We are lucky, because there is a totally reliable indicator to locate these old decisions. The indicator is a conflict, a breakdown or the feeling of feelings or – to be more precise – incomplete feelings called emotions. Many, many times the trainer gets a key to unlock a life changing insight, if they only used it. However, using the key very often leads through the territory of feelings. If the trainer doesn't have the experience or clarity to navigate through the territory of feelings, then he can't do anything for their clients. This is the meaning and value of you going through many deep emotional processes during your certification as a Possibility Trainer. Each experience you gain for yourself with inner navigation becomes a solid reference point, which you can use for your future clients. Your people can only go as far as you can go yourself.

INSTRUCTIONS/PROCEDURE:

The procedure for locating old decisions and making new decision works like this: Take your time to start from the first position of a Possibility Trainer. Use your possibility stone to take on the identity of a Possibility Trainer. Just touch the stone and declare: "I am a Possibility Trainer. A Possibility Trainer is full of resources. Then take radical responsibility for what is. This means that low drama is impossible for you, because it is impossible to be a victim. Use a minimized now to not get hooked. Hold a cleaned, grounded, personal bubble and also a clean, grounded work space. Call your bright principles into the space. Have your sword at hand. Be stellated, i. e. be able to go into your feelings 100% so that you stand with one foot in the clarity and at the same time get in contact with your client so that you can follow him wherever he goes, upper-, middle- or underworld. Use both your point attention as well as your field attention in order to navigate the space through the great labyrinth of spaces to that space including the possibility to serve your client. Coach your client so that they trust their feelings and let the feeling lead. Then use the following questions (depending on the process).

Questions that help to get to the point, where the client can make a new decision:

- Go back to a point in time, when you had the same feelings or sensations in your body.
- Let the feelings get bigger.
- Trust the feelings.
- Let the feelings lead you.
- There is nothing to figure out. Don't think about what's happening right now. You will have time to think about all that later.
- It will feel as if you were going crazy. That's just how it feels. You'll be fine.
- I will ask you some questions. Answer before you think. Answer before you think about what you want to say. Let yourself be surprised.
- I could feel as if you made up the answers. That's just how it feels.
- Trust your body that it will give you all the answer. Your body knows.
- There are two rules. Don't hurt yourself. Don't hurt anybody else. Do you agree? (Yes)
- Let the feelings get out of control.
- Is it day time or night time?
- Are you inside or outside?
- Is it a place you know or you don't know?
- Is it your room or a different room? (*only if it is a place the client knows*)
- Are you alone or with somebody else?
- Male or female?
- What's happening right now?
- What's happening next?
- Why is this happening? What did you do?
- While this is happening, what do you decide?
- What else did you decide?
- What else did you decide? (e. g. with regard to men/women? With regard to leadership? Taking risks? Serving bright principles?).
- Are these old decisions still influencing your life today?
- In which way?
- Would you like to make a new decision?
- What would it be like? (Take your time to be clear about that)

- Make the new decision and let me know when you are ready. *(The trainer also supports the client at this stage and checks whether the new decisions are powerful and anchored in the client's body).*
- Write down your old and new decisions. *(It actually makes sense if somebody in the team writes down the old and new decisions already during the process. As trainer you could ask a person to do that).*