

Fears of Intimacy Initiation

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(NOTE: Possibility Management is open code thoughtware. The copyleft notice affirms that 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:

This initiation is done sitting facing each other in pairs. It has 5 parts and takes a full 110-minute session, or more. It was invented during the *Intimacy Journeys Training* in Portland, Oregon, USA by Anne-Chloé Destremau and Clinton Callahan 26-30 September 2018.

SETUP:

People arrange themselves in pairs, Partner A and Partner B, sitting in chairs directly across from each other with their *Beep! Book* and pen in hand. Please make sure there are boxes of tissues, barf buckets, and red towels around to be used when necessary.

INTRODUCTION / BACKGROUND:

Human beings can be intimate in each of their 5 Bodies: intellectual, physical, emotional, energetic, and archetypal. Intimacy does not necessarily imply connection. Connection brings up its own additional sorts of fears. Connection implies some kind of commitment to the other person, whereas intimacy can happen standing in line at the Post Office, having a test at school, giving directions to someone who asks for help, etc.

As children we learn to accept being abused in 5 Body intimacies, or we learn to block, escape from, undermine, or withdraw from 5 body intimacies. These strategies all help us to survive. Now it is time for your initiations into navigating 5 body intimacies. You have already survived. Your previous strategies worked to allow you to make it to here and now with the Box and Gremlin as they are.

You could continue to survive for the rest of your life using these strategies. Your strategies are not wrong or stupid. They worked. In this initiation you gain a new choice. The choice is about learning to live instead of continuing to merely survive.

Human beings are designed to fly. We are designed to fly together, intimately. Flying intimately together can be a source of some of the most delightful and rewarding pleasures and education fields of your life. If this sounds valuable to you then you might want put everything you can into experiencing and exploring this adulthood initiatory process. If this does not sound interesting to you then you may have not suffered your aloneness and your leftover childhood fears enough yet. You can wait outside and come back another time to try this, when you are ready.

INSTRUCTIONS / PROCEDURE:

PART 1: INTELLECTUAL INTIMACY

1. (5 min) Partner A, please speak about your fears of INTELLECTUAL intimacy. Please say what you are afraid about if you were to open up, share what you think, explain your ideas, tell your opinions, speak out in public. What are the decisions you have made to survive so far? Partner B you just listen.
2. (2 min) Partner A, now please tell Partner B two ideas that you can think up for experiments you could do to expand your capacity for INTELLECTUAL intimacy.
3. (1 min) Partner B, please tell Partner A a third experiment they could use to expand their capacity for INTELLECTUAL intimacy.
4. Partner B, please choose which of the 3 experiments that were just described the one experiment you think is the most important experiment for Partner A to do.
5. (2 min) Partner A, please write down exact instructions for doing the chosen experiment. Partner B read what they wrote and make any needed corrections. (We all have Boxes and Gremlins...)
6. Now reverse roles and repeat the procedure for INTELLECTUAL intimacy.

PART 2: PHYSICAL INTIMACY

7. (5 min) Partner A, please speak about your fears of PHYSICAL intimacy. Please say what you are afraid about if you were to open up to being seen and touched, to see and touch others physically. Which parts of your physical body are okay for you to be seen and to be touched and which not? Why? What are the stories you have about PHYSICAL intimacies? What decisions have you made that have allowed you to survive so far? Partner B you just listen.
8. (2 min) Partner A, now please tell Partner B two ideas that you can think up for experiments you could do to expand your capacity for PHYSICAL intimacy.
9. (1 min) Partner B, please tell Partner A a third experiment they could use to expand their capacity for PHYSICAL intimacy.
10. Partner B, please choose which of the 3 experiments that were just described the one experiment you think is the most important experiment for Partner A to do.
11. (2 min) Partner A, please write down exact instructions for doing the chosen experiment. Partner B read what they wrote and make any needed corrections. (We all have Boxes and Gremlins...)
12. Now reverse roles and repeat the procedure for PHYSICAL intimacy.

PART 3: EMOTIONAL INTIMACY

TRAINER NOTE: At this point you could continue the pattern described above for EMOTIONAL intimacy. By now people have been sitting, thinking, and writing for a while. Here is an alternative procedure for expanding people's capacities for EMOTIONAL intimacies. Or, you can use the same pattern of the initiation for fears of EMOTIONAL intimacy.

INTRODUCTION: *What you are angry about is what you care about. What viscerally disturbs you reveals what matters to you. What you don't like is what you could take a stand for in the world.* The projects, activities, and gameworlds of your life will probably fly better if they are about changing something you truly care about changing. The energy that comes from being pissed off about something is not for fighting against the existing gameworlds. It is the energy to build new gameworlds

that make existing gameworld irrelevant. This next experience is to help you discover specifically what you are angry about. The results may surprise you.

PROCEDURE:

13. Keep the same Partner A and Partner B. Please stand up. Please move the chairs to the side of the room.
14. Please stand facing each other, put your hands on each other's shoulder and start to push against each other. This is called *Standing Shoulder Push* position. NOTE: It can help to let your anger up if you take your socks off and have a better grip on the floor with your feet.
15. (2 min) Partner A go up to 30% to 40% intense anger and let your heart shout out what you are angry about. You may be surprised about what your heart has to say. Let your heart go wild and say everything anywhere that you feel angry about. Go for 2 minutes. Partner B just give them physical resistance to push against and listen carefully to what they say.
16. (2 min) Come to a stop and silence. Partner A now write down exactly and specifically all the things you are most angry about. Do not edit your list. It does not have to make sense. Partner B wait in silence, or you can help Partner A remember things their heart said.
17. (2 min) Now change roles. It is Partner B's time to let their heart speak. Again, go into the standing shoulder push position, but this time Partner B go into 30% to 40% intense anger and let your heart shout out all the things you are angry about. Partner A listen carefully and give Partner B good resistance to physically push against.
18. Come to a stop and silence. Partner B please write down exactly and specifically all the things you are most angry about. Do not edit your list. It does not have to make sense. Partner A wait in silence, or you can help partner B remember things their heart said.
19. (7 min) Everyone please sit down in your chair facing your Partner. Please read over your notes about what you are fundamentally, categorically angry about. Anger is the energy to start, stop, and change things. Please write down clear specific practical answers in your *Beep! Book* to the following questions:
 - a. What gameworld could you build that effectively changes one of the things that you are instinctively angry about to the point that it breaks your heart? Your gameworld better a situation that you care about, the really matters to you. Write it down. What would it change?
 - b. How does that gameworld work?
 - c. How can someone get involved in that gameworld?
 - d. Who are the clients?
 - e. What are the results that it creates as a service to the future of humanity on planet Earth?
 - f. If you used the full force and intelligence of your anger to create the gameworld you have designed, could you build it?

PART 4: ENERGETIC INTIMACY

TRAINER NOTE: Continuing this initiation with Part 4 and Part 5 may overload your people at this point. You must decide about the usefulness of proceeding. As valuable as this investigation may be, people need to have built a significant matrix and experiential understanding about their Energetic Body and Archetypal Body to benefit from examining their fears of ENERGETIC and ARCHETYPAL intimacies. You could continue Parts 4 & 5 later or on another day, or skip these altogether.

- 20.(5 min) Partner A, please speak about your fears of ENERGETIC intimacy. Please say what you are afraid about if you were to dance energetically with an individual or organization, if you keep your center, make your grounding cord, make your bubble, hold energetic space, call in your Bright Principles, have your Gremlin consciously sitting at your side as an agent of transformation, be a powerful participant, an ally, a co-creator in the space? What would you be afraid of? Partner B you just listen.
- 21.(2 min) Partner A, now please tell Partner B two ideas that you can think up for experiments you could do to expand your capacity for ENERGETIC intimacy.
- 22.(1 min) Partner B, please tell Partner A a third experiment they could use to expand their capacity for ENERGETIC intimacy.
- 23.Partner B, please choose which of the 3 experiments that were just described the one experiment you think is the most important experiment for Partner A to do.
- 24.(2 min) Partner A, please write down exact instructions for doing the chosen experiment. Partner B read what they wrote and make any needed corrections. (We all have Boxes and Gremlins...)
- 25.Now reverse roles and repeat the procedure for ENERGETIC intimacy.

PART 5: ENERGETIC INTIMACY

- 26.(5 min) Partner A, please speak about your fears of ARCHETYPAL intimacy. Please say what you are afraid about if you were to be intimate ARCHETYPALLY with an individual or organization, if you uses your voice and gestures to land distinctions in the space about your vision and your mission, if your Archetypal Lineage worked through you and you moved and asked questions and provided more information than your Box could logically contain? What would you be afraid of? Partner B you just listen.
- 27.(2 min) Partner A, now please tell Partner B two ideas that you can think up for experiments you could do to expand your capacity for ARCHETYPAL intimacy.
- 28.(1 min) Partner B, please tell Partner A a third experiment they could use to expand their capacity for ARCHETYPAL intimacy.
- 29.Partner B, please choose which of the 3 experiments that were just described the one experiment you think is the most important experiment for Partner A to do.
- 30.(2 min) Partner A, please write down exact instructions for doing the chosen experiment. Partner B read what they wrote and make any needed corrections. (We all have Boxes and Gremlins...)
- 31.Now reverse roles and repeat the procedure for ARCHETYPAL intimacy.

COMPLETION AND WRAP UP:

One possibility for completion and wrap up is to take a pause, such as a lunch break or dinner break, and ask each person to try one or more of their new experiments for the entire duration of the break. They can also ask for feedback and coaching about the results and effectiveness of their experiment, and write down any hints they receive about what to change next time for better results.

Alternatively, you can ask an open question about how that was for people, if they have anything they would like to share about.