

Four Body Speaking

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(Revised: 31 August 2011 by Clinton Callahan)

FORMAT:

Process in groups of 3.

Duration: 60 minutes (20 minutes each person)

PURPOSE:

To bring people into the liquid state at the beginning of a lab.

People learn to speak not only from their intellect, but from all 4 bodies.

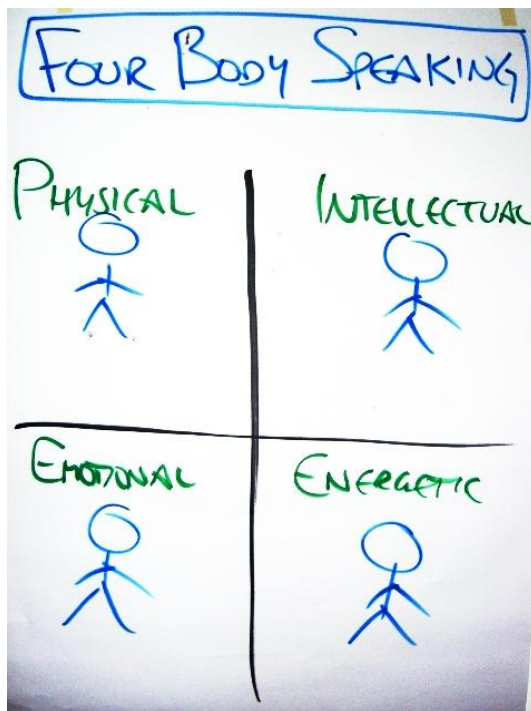
SETUP:

People gather in groups of three standing in the room.

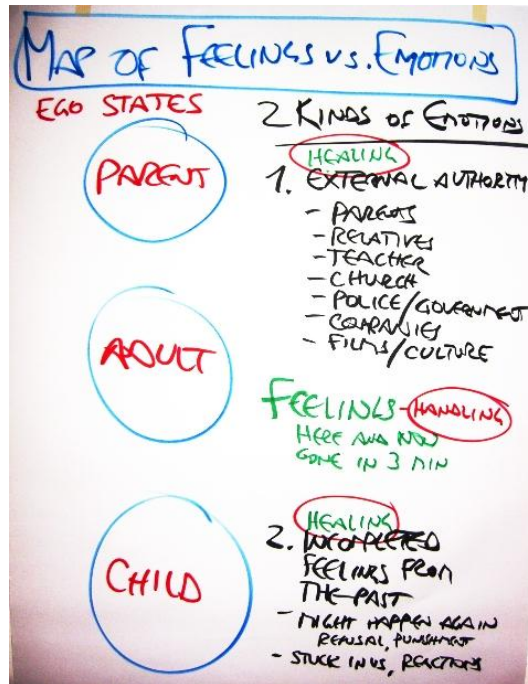
INTRO / BACKGROUND:

What you have to do when you lead a lab is to bring the people into the liquid state right at the beginning. The way we do this is with a rapid learning exercise, which involves feedback and coaching.

MAP “Four body speaking”



MAP “Feelings vs. emotions” (before “emotional body” speaks)



INSTRUCTIONS / PROCEDURE:

This exercise changes whole universes. So don't pack this exercise away by saying "Oh well, that exercise that I didn't understand so well."

- Get together in groups of 3.
- One person in each group put your hand up. You will start. First you will speak from your physical body.
- First round speaking from physical body. (3 minutes)
- Then feedback & coaching from the 2 team members. (2 minutes)
- Then switch to person B, speaking from physical body.
- Then feedback & coaching from the 2 team members. (2 minutes)
- Then switch to person C, speaking from physical body.
- Then proceed with emotional, intellectual and energetic body. Each time 3 minutes and then feedback & coaching.

Clinton: "Sometimes when I listen to music, I get goose bumps, because I am inspired by the music. Inspiration is from the energetic body. When I talk with my energetic body about my energetic body, the words shape the energetic reality. The words are used as tool.

DEBRIEF:

Ask the participants to share about their experience.