



Rage Club Handbook

Part 2:

Exercises and Processes



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FORMAT: Whole group process.

Duration: 2-3 hours

PURPOSE: The purpose of Rage Club is to grow up and take more and more responsibility for the power and resources of the energy of Anger. Rage Clubs can be delivered physically or online.

SETUP:

RAGE CLUB EQUIPMENT (physical)

- 1 Rage Stick (3-4 cm in diameter; 1 m long)
- 1 Nylon Wrist Strap
- 1 Foam Block (80 x 80 x 20 cm) (high density) covered in canvas
- 1 Puke Bucket
- 6 Pillows
- 6 Towels
- 12 Glasses
- Water without Gas
- 1 Flip Chart Board
- Flip Chart Paper
- 4 fat "Edding-800" Felt-Tipped Pens (red, blue, green, black)
- 1 Tissue Box
- 1 Roll Masking Tape (for names on glasses and hanging Flip Chart Maps)
- 1 black Medium Felt-Tipped Pen (for writing names on glasses)
- Plasters (large and small bandaids)
- 1 Pen

RAGE CLUB EQUIPMENT (online)

- Zoom (or other video conference call software) with unlimited time
- Ask each participants to bring to the Rage Club:
 - a bucket
 - two towels (one small to put in the mouth, one big to use in the hands)
 - tissues
 - their notebook and pen
 - water
 - any other prop that you might use in one session (long stick for centering, backpack for standing rage, ...)

INTRO / BACKGROUND:

RAGE CLUB RULES

- Tell everybody about Rage Club.
- Tell everybody about Rage Club.
- No blood. (If you hurt somebody on purpose you are out and can never come back.)
- No drugs or alcohol. (If you attend under the influence of drugs or alcohol you must leave that session. If you miss 3 times you are out. No money back.)
- No shoes. (House shoes are shoes.)
- One rage at a time.
- Rage until you say STOP or go 100 %.
- Drink water first and last.
- No snacks.
- Door is locked at start time. If you are late you miss Rage Club. (If you miss 3 times you are out. No money back.)

RAGE CLUB AGREEMENTS

- Rage Club is not intended to replace professional medical or psychological treatment.
- I understand that Rage Club can be stressful.
- I choose to join Rage Club under the above conditions and I am 100 % responsible for my physical, emotional and psychological well-being.

RAGE CLUB POLICY

- One Rage Club course is a sequence of 4, 10 or 12 sessions, one every week, for 2h30 to 3h long.
- The number of participants is 6-12 people including spaceholder.
- No guests or visitors.
- Pay full in advance before the first session (20,-- Euro / per session tax included = 80,-- Euro, 200,-- Euro or 240,-- Euro).
- No money back.
- The money covers expenses (room rental, water, equipment and supplies), the rest is for the spaceholder.
- Rules are announced at the beginning of each meeting.
- Agreements are announced after the rules at the first meeting.
- Everybody memorizes everybody else's first name by the end of the first session.

RAGE CLUB GUIDELINES FOR SPACEHOLDERS

Your job as spaceholder is:

- To keep the rules.
- To make it safe.
- To make it clear and precise (no discussions).
- To make spaceholders.
- To create, name, navigate, clean and vanish the space.
- To wash the glasses.
- To get 5 minutes of feedback in the middle or at the end of every session.
- To rage every session in the first hour.

INSTRUCTIONS / PROCEDURE:

RAGE CLUB DISTINCTIONS

- *Map of Feeling (Old and New)*
- Feelings are for handling things
- Emotions are for healing things
- *Map of Possibility*
- Center
- Grounding Cord
- Personal Space
- Sharing – One Team – Winning Happening
- Men and Women Culture (deep feminine and masculine archetypes)
- Saying Yes/No/Stop
- Asking for what you need
- Making Boundaries
- Making Distinctions – Clarity - Possibility
- Change your Relationship to what happened
- Low Drama vs. High Drama
- Adult Ego State
- The Sword of Clarity
- Stellating your Anger
- Warrior/Warriorress Archetype
- Getting out of the 6 prisons

RAGE CLUB CONTEXT SETTING:

Distinction between your feelings and other people's feelings:

You who are here, you are sensitive people. If you were not sensitive, you wouldn't be able to do this work, you wouldn't see the necessity in learning how to feel. There would be no need for you to look into your inner world. Rage Club is a new territory for most of us. We have not been trained in school, or with our parents, to navigate, experience and express the feeling and emotion of Anger. In Rage Club, we make the distinction, we differentiate between your feelings and emotions and other people's feelings and emotions.

How many people here - please raise your hand - often feel other people's feelings? If you feel other people's feelings and you don't know that they are not your feelings, you might have the habit to try to make people around you happy. If they are happy, then they don't feel angry, sad or scared and you don't have to feel angry, sad, or scared. However, you don't get to be yourself around others. And the people around you don't get to be themselves either.

In Rage Club, you will start learning how to hold your space that is different from everybody else's space. In your space are your feelings and emotions, and outside there is everybody else's feelings and emotions. In the beginning, it might feel like you are disconnecting because having your space enmeshed with other people's space is familiar. And soon enough, you will be able to experience your own feelings and emotions consciously, and be connected to someone else's who has feelings and emotions without mixing them together. Your connection, your aliveness and authenticity will grow.

This is one of the many benefits of learning how to feel consciously.

In this space we work with four feelings: anger, sadness, fear and joy. And we start with Anger, because Anger is the resource needed to hold your center and your space distinct from others.

Fear

Rage Club is a safe space to learn something new. It can be scary to learn something new because that means that we haven't experienced that before. One of the things that modern culture values highly is 'knowing' things, this is limiting to experiential learning.

Creating a safe space

- a) It is possible that you will feel embarrassed or ashamed or even angry at me.
That's ok - I can take it - expressing it will bring learning
- b) It is not a competition - you start where you are and we go from there.
- c) Two rules: I will not hurt myself or anybody else. I will not damage any thing.

What is your X on map? Know your unconscious anger before using conscious anger
Anger, like the other feelings, is a force of nature and a resource that needs to be used. If you don't use it for your destiny, you will use it in other ways.

One way that is mostly used is low drama

Another is to use it against yourself

Before you have access to anger as a friend in your life, we first have to look at how you use it in another way.

How do you use your anger to repress your anger? All the energy that you use to repress your anger could be available to you.

There is a fork in the road. You get to choose which fork you take. What's the feeling at that fork? Fear. A lot of our anger covers the fear. Go through low drama anger to reveal the moment of choice in and out.

Use this context as a bridge to exploring Low Drama (e.g. Push/pull exercise with towel).

Rage Club is a wake up call

Wake up to the pain that you are feeling about what is not there and about what you are here to build. When we were babies, children, the pain was too great to handle because we thought it would be there.

We made up survival strategies to numb ourselves and pretend to have a normal human life.

Rage Club is one of the fast tracks to learn to lower this numbness bar to start feeling the pain of what is not there.

4 Feelings

Anger, sadness, fear & joy.

We use anger as a key here and the other feelings will come up too and that's fine.

Most of us are scared about our anger because we've not been initiated in it and have no sense or access to what it is really.

Rage Club is not school

It is a research space for yourselves in which I provide impulses and distinctions. All questions are allowed.

Culture of feedback and coaching

Possibility Management is not feelings work

It is about next culture, and we always come back to training feelings. It is about managing the resource of Possibility. Creating and destroying. Sounds cool and then

we tell people and they can't do it because they don't know how to feel yet! The feelings = conscious use = gateway.

Beginning from where you are

You think that you are too scared or wounded, or insecure, or lack self doubt, and that you would need healing before you can hold space for others, or take a stand, or be in your power. Your healing happens when you go in your power and take a stand.

Anything about 'doing' something is about anger

You can think about it, or feel fear about it, or feel connection with sadness AND the action you will take will come from anger. Anger = 'do it power'

Unconscious & conscious anger

Right now your experience of anger might be mostly unconscious. Unconscious anger means that it serves the purpose of survival, e.g. control, competition, that you are not aware of.

Unconscious anger = emotion

conscious anger = feeling

CHECK-IN EXERCISE:

- a) Say your name and one sentence about what you are angry about. (*Then move on to Centering Exercise.*)
- b) Close your eyes and feel into the sensation of being angry. There are thoughts, sentences, sensations that tell you to avoid it. Distinction that thoughts are different to feelings - different bodies. Check in Q: How come you are not allowed to feel angry?
This is where you are right now, and this space is an offer for you to have an experience to start changing your relationship to anger, for example, what you are angry about could be your destiny. Your anger would stop you from being abused even in subtle ways, criticised, insulted. Keep your centre before taking back your authority.
- c) Did anybody figure out anything? Experience anything about your anger this week?

RAGE CLUB PROCESSES

1. BEGINNING PROCESSES:

Processes to include at the beginning of a stand alone Rage Club, or at the beginning of sessions in a Series of Rage Club.

1.1 CENTERING

Exercise Centered, Grounded, Bubbled:

We start with the low intensity use of the Feeling of Anger. Low Intensity Anger is the experience and use of anger between 0-10%. For example, you need your low intensity anger to keep your center.

We have two centers: a physical and an energetic center. Your physical center (show them at the same time) is between your hip bones and your front and back in the middle of your body. You can put your hands there. It is the center of gravity of your physical body.

You also have an energetic center. Contrary to your physical center that cannot move, your energetic center is moveable. Your energetic center is where your actions, what you say, how you move comes from. Modern culture through the school has taught us to put our energetic center in our mind. When our center is in our mind, we identify with our thoughts as if they were all we are. Then when we think 'I'm not good enough' or 'I cannot do this', then we really believe that we are not good enough or we cannot do this. Our mind is only one of our 5 bodies. When you keep your center in your mind, you restrict your resources to logical thoughts, ideas, opinions, reasons, ... which is quite limiting for extraordinary relationships and projects.

The next practice is a daily practice if you want to train the muscle 'keeping your center'.

Close your eyes. With your attention locate where your energetic center is. Put your physical hand there, and then with your intention bring your energetic center onto your physical center. Place your physical hands there. And stay there for a moment, experiencing the sensation of Being Centered. If your energetic center moves again, to your mind or towards somebody else. Don't beat yourself up, just bring it back to your physical center. That is the practice.

1.2 LOW INTENSITY RAGE

Introducing Old Map and New Map of Anger:

Take a deep breath and go to the place in you where your anger sits. You've been angry before, you've been frustrated, you've been irritated, you've been outraged before. Go to that place, and let that sensation get a little bigger, about 10%. Automatically, they will be an opposition sensation, thoughts, voice that tells you this is not allowed, this is not okay. What is the sentence? Why is it not allowed for you to feel angry? Why is it so bad?

Have everyone say at least one reason why it is not okay for them to feel angry.

In this Rage Club, we will start experiencing and expressing Anger so that you have the choice of creating a new relationship to Anger. The Old Map says: Anger is bad, is dangerous, it is to be avoided because it creates chaos and conflicts, and it shows that you are out of control and childish, and so on...

There is a New Map of Anger, a new relationship to Anger. For example, you need Anger to keep your center. In this session, we will use Anger to make and hold a boundary, to say No and Yes and say what you want. This way of using Anger comes from an Adult Ego State.

Use new map anger at low level

Ask your anger: What could I change my mind about and how? Write down 3 things. Changing your mind uses anger - to have a new decision.

Walking

This is walking with your sword of clarity in the present.

In your room; Stop, go backwards, change direction, sometimes say NO for no reason. Moving from your centre, not your head = for no reason.

Complete an incomplete emotion of anger

Partners. 5 - 7 minutes each.

Find a relationship in your life where you have emotional anger stuck and start the conversation with the purpose of completing your emotion/communication so the charge goes and you make that energy available in your body again.

OR: Individually find 10 - 12 things that you were angry about in your past, in your childhood, and write them down. Share them with your partner, then pick 3 of them to complete.

Your partner's job is to make communication loops; repeat back to you what they heard you say. You say "yes" or "no", and go to the next layer or clarify what you meant.

Space holder demonstrates first.

Low drama with yourself

Groups of 3. Play 3 roles (victim, persecutor, saviour), 3-4 minutes each.

Each person plays a different role but you are really talking with yourself the whole time.

Context: If you were using that anger for low drama against yourself, there is something else you would be using it for. What feelings come up? What is stopping you from using it for something else? (fear)

What is the fear that you are covering with the unconscious anger / low drama?

Write down the sentences and the unconscious benefit.

Alternative low drama exercise

Groups of 3; 1 creating low drama with themselves (inner low drama), 1 role player, 1 coach

Play all 3 roles, jump from one to the next by saying: 'inner victim' 'inner persecutor' 'inner rescuer'

Coach makes sure that the shifts are conscious.

Write down the sentence that each role uses

Swap roles.

Shift to outer drama and do the whole exercise again.

There is a fork in the road, and you choose the comfortable place of low drama.
(Fear exercise: What is the fear at the fork?)

What is the fear about using your anger?

Partner exercise. 5 mins each. Share about the fear of using anger for something else than low drama.

"I feel afraid because..."

Asking for permission to use your anger / show up / say what needs to be said / be your full potential

Groups of 3: 1 Possibility manager, 1 coach, 1 role player

Who do you need to ask permission?

Mum/Dad/Grandparent/teacher

Fear/Anger

Archetypal Lineage / being

Why? Ask again until the time is up

Centering and being unhookable

Groups of 3: 1 Possibility Manager, 1 Questioner, 1 Coach

3 minutes; say 'No' from adult center (no 'question' energy, no mind)

2 minutes feedback and coaching

3 minutes; say 'non-linear answer' from adult center (no attack, no hooks)

2 minutes feedback and coaching

Swap roles

Removing the block

Energetic process of removing a block to feel anger from your energetic body.

Hints:

- Colour, shape, size, material, temperature, weight.
- When/how old were you when you put it there?

"Thank you for saving my life (block/horse shoe/Billy, etc...), I've learned some new stuff now and I don't need you anymore, you can go and help somebody else now.

Let it go.

Add Golden pearls, healing cream, anti-scar cream in your energetic body.

Say 'No' without reason

Centering exercise.

In partners. Partner says: "Why?" "You can't say that" "You can't behave like this"

You keep your center, don't be adaptive, don't get hooked into discussions, don't use gremlin/child/parent. Notice who has the power.

Use your anger to say what you want in a relationship

Groups of 3

6 mins x 3 = 18 mins

Talk to somebody you have a miscommunication with. Say what you want using all 5 of your bodies and all 4 feelings.

Notice that saying what you want is an offer, they can accept it or not.

Saying what you want is different from a boundary. A boundary is non-negotiable.

Saying what you want is an offer.

Notice that you have parts that want different things. Notice who is in the driver seat when you say what you want.

Coaching: no assumptions, no expectations, no resentments, no manipulation.

What I don't want anymore

You've been doing things that you don't want to do, or that you've been convincing yourself that you want to do so that:

- you might be loved
- please your Mom or Dad or your boyfriend/girlfriend.

You don't get to be you, you are being adaptive.

How many people had a tantrum/breakdown/overwhelm? squeezed until they couldn't breathe?

Commit before you know how

Commitment changes who you are. The know how is there, you just have not committed to it.

5 mins writing individually.

8 mins each in group

First commit to it, then let your anger tell you your next step. Then commit to your next step.

Quitting your job is against, don't commit against. shift to creating a next culture livelihood in every dimension for example.

What do you want? The question is, which part of you are you letting do the wanting? child, parent, gremlin, adult, dragon, gaia, archetypal lineage.

Recovering Intimacy

Groups of 3, 10 mins per person

Any action to reclaim or recover, is using the energy of anger to have something different.

Change your mind

In pairs

- What you did or didn't do
- What you said or didn't say
- What you think you are or what you are presenting yourself as

Give examples: *I'm American, I'm a woman, I'm a good girl, I won't go to America, I hate my parents, I never could do this.*

Choose 3 things to change your mind about and then change it.

Wanting something different

Groups of 3, 7-8 mins each.

Get to 20% anger and you might find that you want something different than what is right now. The imagination is fuelled by anger. Say how you want it to be.

Examples:

- *I want the windows to be round*
- *I want people to wear different clothing - handmade clothing*
- *I want people to own just what they can carry and can care for*
- *I want different animals around*
- *I want that there are no fences*
- *I want people to carry bows and arrows*
- *I am for the absence of franchise*

Find at least 20 things that you want. If you don't find more than 20 you are not really alive. No bullshit. Not about controlling (no 'everybody' 'always' 'only').

What is the thing that you really want? measurable, real.

e.g. Be heard: how? what can you do to be heard?

Continuation:

Pick one of those things that you want and commit to it.

Which one is important enough? Something that you can do in the next week.

Pick one and commit to the team about how much time and energy you would commit to it.

Part 1: Unconscious anger - practise being right

Learn the experience of unconscious anger = training to have anger conscious. We start with unconscious.

Unconscious anger is survival. How would you describe unconscious anger? (examples: teeth grinding, blood boiling, resistance).

The most common use of unconscious anger is being right and controlling.

In pairs, Practise being right:

1. A: "My name is Anne-Chloé" B: "No it's not!" A: "Yes it is! I know my name!"
2. B: "You are a woman" A: "No I'm not! I'm a man!"
3. A: "You have to eat your beans!"
4. B: "I can't talk right now" "Yes you can!"

Part 2: Unconscious anger - inner voice

In pairs, 2-3mins each

You have constant inner voices praising or criticising you, what you do, how you think. Unconscious anger used towards yourself.

Let the voices speak out loud, other person just listens, holds space.

Let your voice be loud, you are probably shouting at yourself all day.

Ask for a raise

In pairs or groups of 3, 5-6 mins per person.

Ask for a raise because this is what I provide, this is my value.

Clean up a mess

Pairs: 4-5 mins each.

I will use my anger to clean up a mess

- clear relationship
- job
- neighbourhood
- commitment you didn't keep

What needs to be done? Ask for coaching from your partner. Commit to clean up your mess.

1.3 MEDIUM INTENSITY RAGE

Exercise Ah!: Please stand up and stand in a circle with your right side facing inside the circle, your right foot turned towards the inner circle, and your right arms bent at 45° hand facing a person across in the circle. (In an online Rage Club, have them face their computer and choose one person on the screen that they will look at in the eyes).

First, I'll demonstrate. We are using medium intensity anger, between 25-40% high intensity anger. I'll demonstrate and then we do it together. '1, 2, 3, Ah!' (*Move forward and use your right hand as if you are breaking a wooden board in two in front of you. Stay there for 10 seconds at least. Come back to neutral position*). Okay, we do it all together at the count of 3. '1, 2, 3, Ah!'. (*As a placeholder, you are checking: they are all moving in one movement - Anger is Clarity; they keep the position for 10 seconds - It is will be more energy that they Box can handle; that they don't smile or laugh - The Box is trying to undermine the experience; they keep their center; ...*). Come back in the neutral position.

Do this a few more time:

- Single, starting with right and then the left hand
- Double 'No', 'Stop', starting with the left hand. Do it at least two times. No and Stop are words that have been taken out of our vocabulary.
- Triple 'No', 'Stop', 'Ah!', with Ah! throw your hands in the air! Do it at least two times, starting with the right hand and then the left hand.

Extra: when people are close together in the circle or on the screen, have them practice mean faces: eyebrows down, teeth showing, nostril dilates, mean look in the eyes. Our faces are asleep, expressionless to keep the show going on top of our feelings and emotions. Practice moving your face as a doorway to be more vulnerable and authentic in your everyday life.

Say "NO!" "STOP!" (online version)

Groups of 3: 8min + 1min each (30 min total)

One walks towards screen, check in your bodies if the 'Stop' landed. If not, keep walking. If you are nice, you will not allow them to build this muscle. If you are gremlin, they have to kill you.

Experiment with how loud, strong, clear with the power of your anger.

One coach (person with most experience)

Bring in the distinction between the feeling and emotion of anger.

Bring forward the anger of your past

Pairs: 10-12 minutes each

The anger you had from your Mum's belly to around 18 years old. Can be small things and big things. There might be other feelings coming up and that's ok, start with anger.

The other person repeats what you heard them say, and asks: who are you talking to? be specific about what makes you angry.

What are you angry about right now?

Groups of 3: 6-7 minutes each + 1 min

With feeling calibrator 0 - 100%

2 listeners / coaches, guide them with their feelings calibration.

As-ising the anger from the past that you forgot, allows it to integrate in you instead of being ignored and suppressed - you get to minimise your now.

The FEELING of anger only happens in a small now.

Rage Cloth in group

Everybody together. Space holder demonstrates each % first.

This is basic rage training, to notice how your relationship to your rage is. What % do you get up to before finding a barrier? It is also for calibrating your 'dial', which is your internal clarity about how much anger you are experiencing compared to maximum 100%.

Add distinction about words: the words bring the information of your anger. Let them come without filtering. They may sound childish, because most of us stopped feeling our anger as children. Starting where you are is the first step to owning your anger, to be able to use it for conscious purposes.

0% - 10% No sound

0% - 20% little growl sounds

0% - 30% Words

0% - 50% Words loud

0% - as far as you can go

Make a boundary

In pairs, 3 minutes each + 1 minute feedback from partner. Let the boundary come from your anger energy, from your centre, before you think about it.

Push / pull

With towel in hands. Everyone together. First round everyone squeezes the towel together in hands. Second round everyone pulls the towel apart. Sharing space afterwards - how did the movement reflect your inner push and pull? What are the voices, the sentences?

Context: This is low drama with yourself. We project the low drama we have with ourselves on others. We go in loops.

The way out of low drama is:

- 1) awareness - this comes with the awareness of the extent of the low drama and being every character.
- 2) taking responsibility for having chosen to be in that low drama

Change the energy around

This is a shift from the push/pull exercise, to using the same energy to move forward. 3 minutes full force with words and sentences.

Online exercise: do something with 48% anger

Get 48% angry for about 8 minutes. Walk through your apartment to do the things that you have not done:

- change things
- clean things
- go through cupboards
- dust the piano
- throw out stuff
- write one email with angry writing consciously

OR - be satisfied that this is the way how I want things to be

If I had a massive power / amount of anger, what would I change?

15 mins x 2 people = 30 mins

2 mins to get started

4 mins with words; 3 to 4 things that they are angry about.

Then with space holder, convert the things they are angry about into what they care about. Write 4 things down.

Distinction: What we are here to find when we are born, is what we are here to build.

Fear: I have not done these things/cared about these things because... What are the main feelings after this?

In pairs, 6 mins each. "i haven't done..... because I'm afraid that....."

Express the anger of a species / Gaia / Ocean, etc.

Groups of 3; 5-6 mins each.

We can express feelings consciously, not like other species. We are aware of the creation. When we can express the feelings of other living things it is like a present to the collective, a gift to the gods.

Reclaiming your dignity

In so many ways we have been abused in our 5 bodies.

Groups of 3. Complete or make a boundary for 4 - 6 things. Recover the boundaries that you didn't make, 1 incident at a time until you recover your dignity. I stop right now to let this thing go on.

Talk to Mum or Dad

Groups of 3. Our parents inherited really old/poor emotional anger, sadness, fear. Let it mature in you.

1 Coach, 1 Mum/Dad, 1 Rager.

Coaches job it to support Rager to make one real boundary in their presence.

Dragon speaking

Groups 5, 4 mins each + 1 min integration

What does your dragon want?

All 4 feelings and 5 bodies

What are you taking a stand for?

What are you here to create?

Jack in to Gaia

Groups of 3, 4-5mins each + 1min integration.

Let Gaia speak. What does Gaia want? All 4 feelings.

Get your voice back

Part 1: Pairs (one with voice and one without voice), 8-10 mins

The pair with voice is coaching, looking for the blocks.

Part 2: Take the block out, all together.

1.4 HIGH INTENSITY RAGE

Exercise Rage Cloth:

Note for the placeholder: This is a step-by-step process going from 0% intensity anger to maximum anger in about 25-30min with pauses in between steps and distinctions.

Towel rage in pairs (options)

- a) What % big can you go? Wring towel in hands. Towel in mouth if online. Partner gives feedback and coaching.
- b) Add the worst insults you can think of
- c) 20 minute exercise: 2mins30 one person go as far as you can and saying "I am angry about..." The partner supports; "yes!" "Go". Partner gives coaching and feedback, before going again for 3 minutes with the purpose of distilling: what you are angry about is what you care about. Then change roles. Check in at the end with 5 or 6 people sharing what they care about.

Putting anger back in the bones

This is great to do after a high intensity exercise. Put the anger in your bones, the 'resonance' tissue, the point where anger lives healthily is in your bodies. Space holder demonstrates first.

Pull it out of your body in balls and make a pile. Pick up the pile, and put it into your bones, feeling it integrating.

OR: Unmixing emotions in pairs.

Push shoulders or wall

Partner exercise. Partner supports with "GO!" and "YES!". Use the pressure of pushing against wall or person to fuel anger in physical, energetic and emotional bodies.

Push wall (reflection of internal pushing)

pushing against yourself / pushing yourself back

Say the sentences, use your voice

Reflection of energetic movements inside you, bring to the surface what you are doing inside.

3x3x3

Go Insane

3-4 mins as a group

We have been civilised. We have been made terrified of our own power. What's the worst thing that could happen?

- be exiled
- hurt someone
- be alone

You are already alone, exiled and hurting the people you love.

All together, I'll hold space and you also hold space for each other.

Go insane, go crazy.

Don't hurt yourself, don't hurt anything else.

Let your baby anger be expressed.

3-4 mins as a group

From when you were 1-3 years old. Tantrum. One of your knots.

2. ADVANCED PROCESSES

Processes to move towards to in sessions of a Series of Rage Club

Rage Cloth

Rage Hold (need physical presence):

Rage Stick

Standing Rage (need physical presence):

Tantrum

Rage Writing

Liftings (only with 8 men or 8 women)

Holdings (2 men or 2 women)

Phone Books

Watermelons

Carrots

3. CHECKING OUT

Give a practise

Everyone say 1 thing that you will practise with anger. One sentence 20 sec

- taking centre from mum/dad
- saying yes/saying no

- making boundaries
- healing past abuse
- being in your body
- distinguishing between what you want / what other people want
- distinguishing between your space and other peoples space
- crushing apple or watermelon with anger
- destroying a phone book together
- smashing old cars
- cleaning your bathroom

Final check out

What's your experiment in your daily life?

What's your next step

Context:

Occupy your life proactively and be aware of which part of you is creating.

Bring people to life. Invite people to life, so you inhabit yours.

What are you hesitating to get on with that you could use your anger to get on with?

Where are you not being a problem where you should be?

What's in the way and that's what we work with today.

4. HOMEWORK

Write an article

About 1 thing that we did today in Rage Club. 1-2 pages so that what you did here enters your world, enters your conversations, enters your life. You can breathe it.

Use your anger to stop doing 1 thing during the whole week

Context: Anger is your number one resource to stop being adaptive, and to occupy spaces yourself.

Making a boundary doesn't happen in your head - it changes the shape of your being that you won't ever let it happen again. It takes anger to commit to stopping and then doing it.

Experiment: Stop doing one thing for the whole week, e.g. stop drinking coffee, stop shopping/browsing, buying food, using whatsapp.

Clean up a mess, a personal mess with somebody. Call them. You have 8 minutes. If they don't pick up, leave a voice message and/or call the next person.

Make a promise and keep it no matter what

Next week report a promise that you made consciously and completed.

Make a small enough promise that you can keep. Not keeping promises makes little messes here and there, and then your life is like that. No integrity. How can the universe give you jobs if you have no integrity?

CONTACT & USEFUL LINKS

www.possibilitymanagement.org
pmtrainerguild.mystrikingly.com/#trainers
<http://trainerpath.mystrikingly.com/>
<http://trainerskills.mystrikingly.com/>
<http://beingatrainer.mystrikingly.com/>

<http://pmprocesses.mystrikingly.com/>
<http://pmthoughtmaps.mystrikingly.com/>
<http://rageclub.mystrikingly.com/>
<http://authority.mystrikingly.com/>
<http://consciousanger.mystrikingly.com/>
<http://everygeneration.mystrikingly.com/>
<http://swordofclarity.mystrikingly.com/>