

Intuition

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(Revised: 10. October 2012 by Clinton Callahan)

FORMAT:

Whole group skill building process.

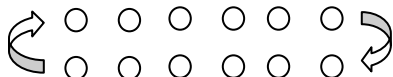
Duration: 30 - 60 minutes (depends on size of group. Can be kept short)

PURPOSE:

To practice speaking from our intuition and to acknowledge its power and accuracy.

SETUP:

Stand in two lines facing each other.



INTRO / BACKGROUND:

This process is about speaking from intuition, from what you can't know. Intuition is a resource of inexplicable knowing, nonlinear knowing. Speak from your feet, use the wisdom of the Earth.

INSTRUCTIONS / PROCEDURE:

Trainer instructs the participants to face the person across from them, then quickly without thinking about it, tell that person three things about them that would be important for them to know. Speak from intuition. Then the speaking line and listening line move two persons to the right.

When they get back to their original place, the inner circle change places with the outer circle. Continue until all people have practiced.

OPTIONAL:

Have the recipients of the intuition coach the intuitors how accurate, how honest, how radical, how courageous they were using their intuition.

DEBRIEF:

By the end of intuition practice you have practiced with half the group and half the group has practiced it with you.