

Ouroborous

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 (Revised: 10. January 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Whole group process.
 Duration: 120 minutes

PURPOSE:

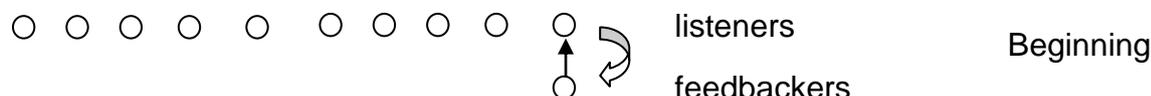
To use parallel play to give each person in a group the chance to give and receive feedback from every other person in the group. This is a maximum use of group intelligence.

SETUP:

In version 1 and 2 people sit on cushions on the floor. Trainer is in the process and needs a bell to ring after a minute or so to signal the time to shift to the next person.

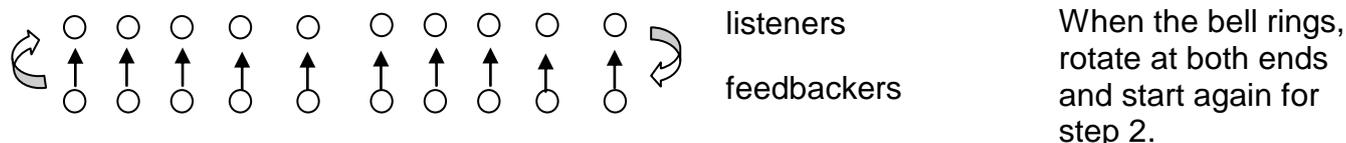
INSTRUCTIONS / PROCEDURE:

VERSION 1:



Each further step adds one more person giving feedback. The drawback of version 1 is that it takes some time before everybody is giving feedback to everybody else. Many people are forced to sit silently for a while before and after. This time might be needed for people to digest the process. For more of a sudden start and end, use version 2

VERSION 2:



When a person arrives back at their original position the process is complete. Version 2 can be quicker than version 1.

STELLATING VERSION:

ADDITIONAL PURPOSE:

To practice going 100% stellar and using the wisdom of the feelings responsibly.

SETUP:

Standing, like version 2 above.

INSTRUCTIONS / PROCEDURE:

Trainer holds safe space for the entire group to simultaneously give and receive feedback at 100% intensity of mad, sad, glad or scared. People are instructed to face a person and then use the sentence "I feel _____, because _____." In all cases the listeners just listen.

This is a loud process, because people will be:

- Yelling
- Screaming
- Sobbing
- Laughing

DEBRIEF:

After a short water break take an open sharing round.