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.