

Passion

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(Revised: 6. June 2004 by Clinton Callahan)

FORMAT:

Duration: 20 minutes

Warm-up exercise

Caution: Loud

Note: good lead into Big Mad or other creating processes

PURPOSE:

Learn to be passionate about something.

SETUP:

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INTRO / BACKGROUND:

- We are trained to live in mediocrity.
- We have disempowered ourselves and given out passion away so as to act as if we are sane and civilized.
- Because of this we do not know what we really want.
- If we do not know what really matters to us, then we do not have desires and wishes. Without desires and wishes we do not have disappointments, BUT we do not have the fire to create.
- In truth we are passionate. We hate or we love – everything and there is nothing in between.

INSTRUCTIONS / PROCEDURE:

Say “I really love / hate what you’re doing, because...”

To wake up the body use shoulder punches.

DEBRIEF: