

## **The Gap – Don't Laugh**

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### **FORMAT:**

Buddy Speaking Process  
Duration: 45 minutes

### **PURPOSE:**

Train to hold the gap and be centered.

### **SETUP:**

Buddy pairs face each other chair to chair randomly and evenly spaced throughout the room.

### **INTRO / BACKGROUND:**

- The inner world consists of our thoughts, judgements, opinions, inner voices, emotions, visions, ideas, and so on.
- The outer world consists of all other people, the world and everything in it including our body, the sun, time, space, and so on.
- The usual condition is that the inner world is welded to the outer world such that if there is a movement in the outer world, it is directly and immediately effects the inner world, and if there is a movement in the inner world, it is immediately and directly manifested in the outer world.
- In reality, these two worlds are not connected. They are like two independently playing videos. It only takes discovering the thinnest of spaces between the two worlds to become aware of the fact that they are not connected.
- In this exercise we can experience locating the "gap" between the inner world and the outer world, and we can experience being in the gap.



### INSTRUCTIONS / PROCEDURE:

- One partner is the speaker; the other partner is the listener.
- Maintain eye contact.
- The speaker does everything he or she can to get the listener to laugh.
- Touching is not allowed.
- The speaker can tell jokes, make faces and funny sounds, dance, mime, imitate, ask questions, and do anything to tickle the listener's funny bone.
- You can make people by doing things in their surroundings.
- You can make people laugh from the inside of their head.
- You will need to be non-linear to get them to laugh.
- If the listener smiles or laughs, the speaker instantly says, "Stop! You laughed. Find your center. Start again."
- This process continues until the speaker is unable to get the listener to laugh.
- When nothing in the outer world or the inner world can make the listener lose control and laugh, the listener is said to be in the gap.
- After 15 minutes, listener and speaker swap roles.
- Take sharing.

### Coaching:

- This is a serious exercise. Keep a straight face, but don't be heavy.
- When a person laughs, they are indicating their inability to locate and rest in the gap.

**Distinctions:**

- What is in the gap? (Nothing. Love.)
- What comes from the gap? (Commitment, joy, love, relationship, possibility, trust, passion, inspiration, unreasonableness, attention, intuition, creation, non-attachment, etc.)
- The non-linear is accessed through the gap.
- The gap is very alive and present. Being in the gap can be very intense. There is a big difference between going numb, disconnecting, or leaving the body, and being in the gap.

**DEBRIEF:**