

The Wall

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(Revised: 28. December 2012 by Nicola Neumann-Mangoldt)

(NOTE: Possibility Management is open code thoughtware. The copyleft notice states this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by ideally 2 to 3 persons with a specific skill level, quality of consciousness, and intention.)

FORMAT:

Group process

Duration: 2,5 to 3 hours

Note: A journey into archetypal fear might be appropriate before starting with the wall process.

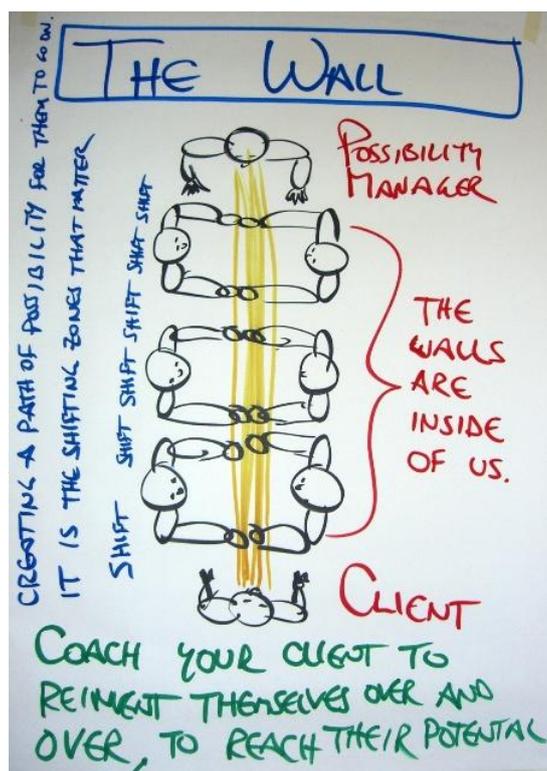
SETUP:

Build walls according to map below.

INTRO / BACKGROUND:

INSTRUCTIONS / PROCEDURE:

As trainer start drawing the map of "The Wall" during the break.



The process is called “The Wall”. This is the diagram of how it is set up (*as trainer explain the map*).

So here is you. In just one minute I am going to ask you to pick a Possibility Manager. It will be somebody who will coach you through the walls. In some groups there will be 2 walls, in others 3 walls.

Instructions for the clients:

When you pick your Possibility Manager, you will ask him to navigate you into the fear which cannot be bigger than what you experienced just before. Here there is nothing scarier than what you went to.

I encourage you to trust their coaching and stay in contact with them so that they can bridge you through the wall.

Instructions for the wall people:

When you are the wall, you have an important role. Every person with which you work is blocked by walls. People think they are blocked by external circumstances. But it is never the circumstance. We are not blocked by external circumstances, but only by internal circumstances. Who knows Nick Vujicic, the man with no arms and legs who goes on the stage? You should see him on youtube (<http://www.youtube.com/watch?v=H8ZuKF3dxCY&feature=related>). Nothing will make a difference until you face your wall.

When you are a wall and here is your client (*show on the map*) you are the wall until he authentically shifts. When you experience shift, you drop part of your wall. This is not rescue. When he touched you sentimentally or was logical or physically tried to push through, it is not authentic. The Possibility Manager coaches for authentic shift and only when this shift happens, drop the wall.

Instructions for the possibility managers:

The clients have 8 to 9 minutes to get through the walls. (*Trainer hint: it may last up to 13 minutes, but don't tell people beforehand*) It is your (PM) job to get the client through the walls. Coach for authenticity. What can the client do to authentically shift to get through the wall? Give the clients non-linear possibilities to shift their identity.

Clients, try to radically trust your Possibility Managers. Everybody will get to be the client. Probably not everybody will be Possibility Manager. So you may be Possibility Manager more times or none.

Question: “Can you demonstrate how this exercise goes?” – No.

Question: “Can we choose you trainers as Possibility Managers?” – No.

Trainer role:

We – the trainers – will bring a specific energy into the room. We will coach both the Possibility Managers and the clients. It will be hard and loud. Don't take it personally. Instead take this energy and use it to get through the walls. When we shout at you,

don't shout back at us, but instead transform the energy to stay in contact with your coach and make an authentic shift.

There is no concept. It is not a method and human beings can do this. Find the way. This is your life. You have a destiny to deliver and you have these blocks, old vows, patterns, self identity, etc. When you shift, there is a liquid state in one of the 4 bodies and you get a new identity. Your box or ego wants to know the identity and wants to be right. However, the purpose of the Universe is what? (*Evolution*) So here is the purpose of the Universe, which is evolution and here is the box. It doesn't matter what kind of shape the box has. What is interesting is the space in between. The more you discover that there is no self, than what is there? It is the space of possibilities. What a cool way to be on the world! Instead of box mechanism with all its assumptions, expectations, stories, thoughts, etc. you become able to be a walking shift. You are a catalyst, a Possibility Manager, because you are facilitators with shifting space. That's what the process is about. But getting familiar with being a shift involves practice.

You have got 1 minute now. Choose your Possibility Manager and ask him if he will coach you through the walls.

Demo:

(Trainer hint: don't forget to shut the windows, it's going to be really loud)

- I need three clients. Please line up here on this side of the room.
- And I need the Possibility Managers for these clients. Facing them.
- The rest of you guys build the walls between the clients and the Possibility Managers.

(Setup as drawn on the map)

The way to adulthood is long and hard. In this exercise take bigger risks. You are human beings. You are a multidimensional transformer and interface of worlds. These are your resources and you create the same thing over and over again. There is much more possible. Take a risk.

Coaching during the process:

As trainer you have to be hard, loud and aggressive while coaching to get through the boxes of the clients and Possibility Managers. You walk around and constantly shout at the people.

You also make and vanish black holes constantly.

Here are some examples for coaching AND: there is no concept!

Examples to coach the PM:

- You are letting him (client) die.
- He has a destiny to deliver and you don't support him.
- You are in your mind and not in contact with him.
- Use your wisdom, your ancestors, the sun, the moon.
- Go non-linear. He needs you to get through the walls.

Examples to coach the client:

- What is your vision?
- What do you go for in life?
- What does the block stand for?
- Get in contact with the block.
- What does the block need to be dissolved?
- You are not authentic. Be authentic.
- Don't try the same box bullshit over and over again.
- Let your mask fall down.

Holding for everybody:

Men with men, women with women.

DEBRIEF:

Bring the chairs back into a circle and do a check-in about people's experiences during the process.