

## **Feeling Subtleties Process**

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(Revised: 22. February 2008 by Clinton Callahan)

### **FORMAT:**

Groups of 3 (one trainer, 1 client, 1 coach)

Duration: 80 minutes (20 minutes intro& demo, then 20 minutes per person)

### **PURPOSE:**

To develop conscious sensitivity to subtle levels of feelings for both client, trainer and coach. To free up energy locked away in unexpressed subtle feeling. To complete communications.

### **SETUP:**

Divide into groups of 3.

### **INTRO / BACKGROUND:**

In a culture where it is not okay to feel, we are numb to feelings until they reach 80% intensity and then we explode. This is a severe handicap to navigating and communicating in the subtle domains of relationship.

### **INSTRUCTIONS / PROCEDURE:**

What can I do for you?

Would you like to do the experiment of exploring subtle feelings?

- Value is relief and courage to do more, moveability, taking hooks out, willingness and ability to connect feelings, fine motor navigating.
- This is inner navigating, notice, observe, trust, follow
- Do not try figure it out.
- Notice if feelings are mixed – say both.
- Feelings can be located in space (in the body) or in time (in this moment, what about now)

### **PHASE 1: (3-5 minutes)**

- Warm up. Client casually speaks about themselves and their life. Trainer and client both tune into feelings in the range of 0 to 10% intensity and sense them. – “I feel angry 3 %, because...”
- Ma notice physical tensions, aches, pains, twitches, smells, sounds, memories, each leading to a source of subtle feeling. Notice how many feelings we have.

PHASE 2: (15 minutes)

- For client to trust their subtle feelings AND not figure it out, but instead let the feelings lead them back to their source. The source will be an incomplete emotion from the past. The emotion comes from an incomplete communication. The communication is with a specific person. The communication is of the form “I feel (mad, sad, glad, scared), because....” Say it out loud to complete the communication. As soon as a completion has occurred, notice the energy of that new completed communication freeing up.

To help the client find the instance, it may be necessary to provide these questions day or night, in our out, man or woman, known or unknown, what is happening.

**DEBRIEF:**