

Self-Denial Process

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FORMAT:

In groups of 3

Duration: 60 minutes (15 minutes each person)

PURPOSE:

Reveal self-denial so that you get a choice to serve the bright principles.

SETUP:

Teams of 3 spread in the room with their chairs. Tissues boxes are spread.

INTRO / BACKGROUND:

A fear comes up. If you were to cut your expenses, but you are already in survival mode, then you can't cut expenses.

Whatever you are secretly withholding, you can't make a conscious choice about. You can't serve the bright principles until you have done these things.

You can't change your lifestyle (decrease expenses), because you are already denying yourself important things. You are already in survival, because it's extravagant, it doesn't fit with who you are.

It's very practical stuff, probably your heart dream:

- Pizza Binge
- Film Binge
- Travel to Indonesia
- Live in a tropical hut
- Own a BMW
- Motorcycle the Kilimanjaro
- New skis
- Suit of fine clothes
- Travel to Patagonia – hiking around
- Be on T.V.
- Be rich and famous
- Have a family
- Travel
- Own a house on a cliff

INSTRUCTIONS / PROCEDURE:

1 client, 1 PM, 1 coach (coaching the PM)

STEP 1:

PM starts asking "What have you been secretly denying (not allowed) yourself, so you have to keep your lifestyle of survival (not having what you have been denying yourself)?"

The key is sadness (not allowing it, lack, loss of the possibility. I'm not worthy, not honoring myself).

STEP 2:

What is your real purpose? (e. g. living with nature, protecting the earth)

DEBRIEF: