

Sing Until The Song Sings You

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FORMAT:

A whole group very personal Box expansion experience done one person at a time, standing in a tight circular group around the Client. This could also be done for one person as part of a Possibility Chair process.

TIMING:

This initiation is best done as the evening session so it can be digested overnight. Each Client may need up to 15 minutes for their experiment.

PURPOSE:

The purpose is to use direct experience to liberate each person's voice from being under restraint of their mind, their embarrassment, their fear of being powerful, their past decisions or vows to remain invisible or silent or not dangerous. The entire human nervous system can reorder to a higher level through the voice. This is a nonlinear healing process with powerful after effects.

SETUP:

Start with everyone sitting in a circle in chairs. The lights can be dimmed to half brightness. Both the space candle and sitting candle can be lit.

INSTRUCTIONS / PROCEDURE:

This is one of those processes where the less that is explained beforehand the better so that participants are less in their minds, less conceptually defended, and more able to directly jump in and participate. Perhaps the best way to start is by simply saying, *"I need a volunteer."*

When someone volunteers (the Client), indicate silently using gestures that they should stand alone in the middle of the circle. Then you stand and indicate to the others (using eye contact and your own body movements) that everyone else should stand up and come gather close around the volunteer but not too close. There should be about 1 meter distance between the Client and the listeners.

The Trainer says, *"I ask the circle to remain still and silent. If you cannot be present and hold space for this I will ask you to leave the room."*

The Trainer goes into full energetic contact, intellectual contact, emotional contact, and eye contact with the Client, and delivers the following instructions. *"Please get centered. (Pause) Use your Clicker to make your grounding cord. What color is it? Make your personal bubble of space. (Pause.) Please take a deep breath. (Pause. Then slowly speak directly into their Being:) Sing until the song sings you."*

At this moment, any number of things might happen. Here is some possibly useful coaching:

- ☹ **CONFUSION** The client may act confused. This is only a show. Do nothing except maybe nod your head in all seriousness, not smiling.
- ☹ **SPACEHOLDERS** People in the listening circle may make noises or comments or feel their own emotions. Immediately ask them to shift into placeholders for the other person. Each will get their turn in the center.
- ☹ **FEAR** The Client may freeze up with fear. In this case stay in contact with them and nod your head, perhaps use some of the following coaching:
 - *You can do this.*
 - *Just get out of your own way.*
 - *Let your soul fly through your voice.*
 - *You have been waiting so long for this.*
 - *Now is the time. We are with you.*
 - *We support you with our listening.*
 - *It is impossible to make a mistake.*
 - *Just cut loose. Let her fly! It's time to fly!*
 - *Just sing it out. We want to hear you. We want you.*
 - *Please sing... you can do this. Just start, then keep going.*
- ☹ **tone** Sometimes a Client will start with singing tones only. This is fine at the beginning, and yet, after a minute or two, keep their energy rolling and coach them to also let the words out. Say:
 - *There are words in there. Let the words come out too.*
 - *Let your heart and soul speak.*
 - *Let the words take over. Sing the words*
 - *It is time to be heard. You have so much to sing.*
- ☹ **EMOTIONS** If the Client starts getting overwhelmed with emotions, do not get distracted by taking them into an emotional healing process. This is not a space for that. They can do a process later. This is a nonlinear initiation. It opens up a connection between their voice and their Being, maybe even their archetypal lineage and Bright Principles. Keep coaching them to sing.
- ☹ **COLLAPSE** Once in a while a Client will want to collapse onto the floor. Immediately help them back onto their feet saying:
 - *It is easier to sing while you are standing.*
 - *You can stand this.*
 - *We are with you.*
 - *Take a stand for yourself and your voice. We are with you!*
 - *Let your voice be free and clear and loud.*
- ☹ **THINKING** Do not let the Client go into their head with trying to figure out why they can't sing, or trying to figure out how to sing, or what to sing, or what is in their way. Skip all this. Just sing. They can't get it wrong here. Bring them right out of their head back into singing.

THE SHIFT MOMENT:

There usually comes a moment when the whole space feels the shift and the song takes over and sings itself. It is similar to the *Nonlinear Possibility Stories* initiation when the stories tell themselves. Let them fly for awhile, 3-5 minutes. Then the song will naturally come to an end. If it is too early, encourage them to keep going for a couple more minutes. If they don't believe it and cannot integrate what happened, ask them to sing again just for another couple minutes to prove it to themselves that

it is real. When the song has been sung, let there be silence for bit. NOTE: If the Shift Moment does not come or is not felt, no problem. *“Sometimes the magic works. Sometimes it doesn’t.”* (Little Big Man movie quote) Just go to the next person. Try to give everyone a chance.

Afterwards there is no clapping. If clapping starts immediately say, *“We are not clapping during this initiation.”* Then, when the space has settled down, the Trainer says, *“I need another volunteer.”*

DEBRIEF:

Nothing needs to be discussed afterwards. Make space for nonverbal integration rather than discussion and analysis.