

5 OFFERS FOR INTIMACY INITIATION

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BACKGROUND CONTEXT: This initiation was invented during the first *Intimacy Journeyer's Training* in Spain 1-5 November 2017 by Anne Schmid and Clinton Callahan, and further evolved during the workshop *Sword and Chocolate* 11-12 August 2018 in Lausanne, Switzerland, and *Inner Resources for Connection* 19 January 2019 in Düsseldorf, Germany.

SETUP: Sitting in chairs in groups of 3, 2 people facing each other, the 3rd person is the coach and sit next to the Possibility Manager. Pen and *Beep! Books* are needed for taking feedback and coaching distinctions received. This is intense matrix building work and can easily take one or two sessions in a training.

PURPOSE: Experientially distinguishing the 5 kinds of offers for intimacy enables a set of skills that are central to creating and navigating 5 body intimacy journeys.

INTRODUCTION: There is never no intimacy. Each gesture (thoughts, actions, offers, words, movements, etc...) is an offer for connection and intimacy. You may already unconsciously make the 5 kinds of offers for intimacy. In this initiation we learn to notice and experience the different offers people make to us, and to create offers we usually avoid. The 5 Offers for Intimacy initiation is preparation for an initiation called *Negotiating 5 Body Intimacies*.

There are 5 approaches to make invitations for connection and intimacy.

Note to the Trainer: Make a map on which you name and describe the offers one-by-one so it has time to sink in before the exercise.

CHILD: How does a child attract your attention? What does a child do to be seen and to ask for connection?

Child offers are needy, victimy, silly, rebellious, making a tantrum, naive, careless, etc...

PARENT/AUTHORITY FIGURE: What are the qualities of offers made by a parent or an authority figure when trying to connect? How does a parent communicate?

Parent offers are critical or praise, they are judgmental, using should/must/have, enforcing the rules, ...

ADULT: (NOTE: We found that doing the Adult before the Gremlin in the thoughtmap helps people to get the distinction.) What are the qualities of offers of an adult when trying to connect? How does an adult invite to create intimacy?

Adult offers are fair, responsible, informative, creative, clear, on eye level, authentic, in the present, etc...

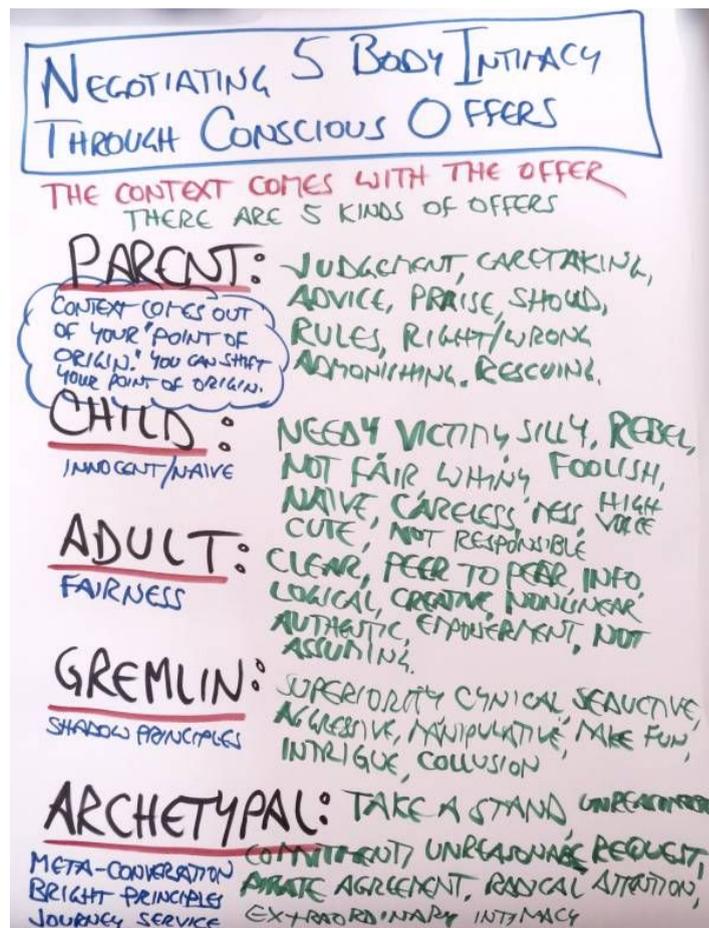
GREMLIN: (NOTE: If the distinction of Gremlin has not been landed before you can land it now.): How does a Gremlin create intimacy? What would be the quality of its offer? What would be the intention behind its offer?

Gremlin offers use manipulation, control, revenge, gossip, betrayal, there's a spin to a Gremlin offer, make wrong, or be right, etc...

ARCHETYPAL: What are the qualities of archetypal offers for intimacy? (NOTE: Pause. There should be a silence at this question. Most people have never heard or used the word 'archetypal' ever in their lives.) Notice that you are not all jumping up to describe archetypal offers for intimacy... We could have been taught this in school. Human beings are designed to journey together in archetypal 5 body intimacy journeys. Most of you have already at some point experienced archetypal intimacy where time and space do not matter and archetypal love enters the space. Maybe it was when you were watching a summer sunset with someone you love sitting by your side.

An archetypal offer is unreasonably and radically in the service of a bigger purpose. For example, taking the stand for the stand that you take, making an unreasonable request, pirate agreement, paying radical attention for no reason, etc...

The Map might look something like this:



PROCEDURE:

TIMING: **60-75 min total**, not including making the Map.

Groups of 3 people sitting in chairs.

- One person is the Possibility Manager, they will practice making the 5 offers.
- One person is the Adult, they sit across from the Possibility Manager.
- The third person is the Coach, sitting next to the Possibility Manager.

ADULT: The job of the Adult is to respond to the Possibility Manager's offers only with Adult or Archetypal offers.

POSSIBILITY MANAGER: The Possibility Manager practice making the 5 kinds of offer for intimacy: child, parent, adult, gremlin, archetypal. One at a time and guided by the Trainer (see below).

COACH: The Coach coaches both the Possibility Manager and the Adult. The Coach clarifies that the Possibility Manager is clearly making offers in the style they are to practice. They indicate anything that is not working and also make offers as to what they could change to make distinct styles of offers. If the Possibility Manager makes a successful offer from the proposed style, interrupt them and have them make a different offer from the same style. For example, as a Parent, if the Possibility Manager blames and shames first, then have him praise and compliment next.

POSSIBILITY MANAGER: Practices making the 5 different kinds of offers for intimacy:

TRAINER:

- "Please, first Possibility Manager make Child offer. I will tell you when to come to an end. Go!" For about 2-3min, no longer.

NOTE#1: Make sure the Possibility Manager DOES NOT role play a child. Child offers are made by many so-called 'Adults' all day long, including them.

NOTE#2: Have participants come to an end quickly and in silence. The exercise is long.

- "Please come to an end and silence. And shift to Parent offer." For about 2-3 min.
- "Please come to an end and silence. And shift to Gremlin offer." For 2-3 min again.

NOTE#3: Notice if the Adult or Coach gets hook in the Gremlin offer, with Gremlin laughs. Point it out if appropriate.

- Then shift to Parent offer for about 5 min.
- Then shift to Archetypal offer for about 5-7 min.

NOTE#4: For Adult and Archetypal offers, people probably won't know how to do it. Encourage them to try something – anything – and then get feedback and coaching from their Team. The Client can also give coaching when they see something. This is a rapid learning environment.

- "Please come to an end. Please stand-up and rotate. Next Possibility Manager in the chair". Repeat the process of the new Possibility Manager making the 5 offers for intimacy. Repeat the process with the third Possibility Manager in the chair.

PURPOSE:

The point is to become familiar with experiencing the sensations, the word, the energy, the emotions and especially the consequences of each of the offers, both as the creator of the offers, and the receiver of the offers.

The point is to become more conscious. Change does not come from new actions. Change comes from new consciousness.

The point is also to realize that most of us do not know how to create or sustain adult or archetypal offers, but that we can get better by practicing with feedback and coaching from our team.

COMPLETION AND WRAP UP:

Take sharing. Plan further practice sessions. Practice makes magic.