

Stellating Anger - "I Am"

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FORMAT:

Dyad discovery process.
Duration: 60 minutes

PURPOSE:

To experience inspiration. To stellate the "I AM!!!"

SETUP:

Dyads, sitting in chairs facing each other, spread randomly and evenly throughout the room.

INTRO / BACKGROUND:

When we were born we were inspired. We had the vision of life as an adult, but we were children and in a child's body and in a child's situation (victim) and that was how it was. Our inspiration was buried under the "have to's" from our parents, and our reaction to the hopeless situations. This process is about digging out and reconnecting with the source of our inspiration, giving it a voice, and claiming our adulthood.

INSTRUCTIONS / PROCEDURE:

Pair up with someone you would like to work with.
Sit in chairs facing each other.
Choose who goes first.
Other person gives commands.

First person gives a voice to what he always wanted to say when this happened to him as a child but couldn't or they would be punished or killed.

This will turn into "I HATE YOU! LEAVE ME ALONE! I AM! I AM HERE! I AM ALIVE! I COUNT! I MATTER! I AM ENOUGH! I AM OKAY JUST AS I AM!"

This is the source of all our creations. This is the source of inspiration. If this process is successful, a person changes into a star. They begin to give off more energy than they take in. They are able to serve. They are able to create. Life Above The Line is when this liberated energy serves the commitment rather than serving the psychology. The difference between these two is like the difference between Mother Theresa versus Hitler or a serial killer.

Commands:

- You have to sit still.
 - be quiet.
 - wear these clothes.
 - eat this food.
 - wake up.
 - go to school.
 - be nice.
 - stop asking questions.
 - stop laughing.
 - stop crying.
 - stop complaining.
 - share your toys.
 - grow up.
 - be good.
 - do what I say.
 - take care of me.
 - brush your teeth.
 - pay attention.
 - listen to what I say.
 - don't do that.
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- Stop. Take a few minutes silent break. Music in the background to fill the space.
 - Switch chairs.
 - Switch roles.
 - Start again.
 - Stop.
 - Spend ten minutes silently writing in your notebook. What did you realize?

DEBRIEF

What did you learn?