

Stellating Anger – Mass Initiation

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FORMAT:

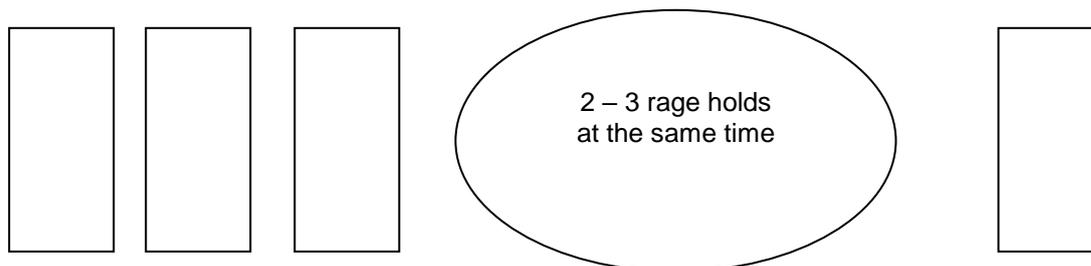
Whole group process on the floor.
Duration: 60 minutes

PURPOSE:

To ignite the warrior and warrioress in the participants.

SETUP:

4 mattresses and free space on carpet for rage hold.



INTRO / BACKGROUND:

We will now do a centering exercise and we start with the men. And it's an exercise you might not be used to at least when you know the some centering exercises. We will have two forms of centering: rage hold or rage fit.

You can do this at home. It is a densification exercise. These are two stellating forms. Remember stellating is changing from a planet to a star (draw + explain map).



INSTRUCTIONS / PROCEDURE:

We are now going into the practical phase, meaning this is a safe space which allows you to experience archetypal rage in this case. Often times when we feel angry we mix other feelings in. So when feelings are mixed they don't serve us. When you experience and express 100% archetypal rage you ignite your personal internal flame and you activate your archetypal warrior. It is fun. It is scary.

There are two rules: Don't hurt yourself, meaning stay on the mattress and don't rub your bare skin on the carpet until you bleed. The second rule is don't hurt anybody else. Do you agree? (Yes) Does anybody not agree?

Instructions for the mattress:

When we say GO! you just start. Don't mix your feelings together. When you do this for the first time, tears might come up, because as child it was safe to feel sadness, but not rage. So you might have covered rage with sadness. It is more important to fully go into it then worrying about mixing feelings. Make a fist, thumbs outside, close your eyes.

Instructions for rage hold:

(As Trainer show what it looks like)

This is the safest place.

Arms: bring pressure on shoulder

Legs: one hand above knee.

Remember you can express feelings between 0% and 100%. We will now be calibrating your detector. You go as far as you can go and then check in. This is called stellating. It is conscious feelings, because there is no reason to get angry. We count to 3 and then you go until we stop you or you stop yourself.

- Sabine: "I cannot scream so loud, because I have a sore throat."

- Clinton: „Bite into the towel. Keep your mouth shut. It might be better to do a rage hold for you.”

1st round

Please come to a stop...No talking, no moving. Let the energy stay in your body. Give yourselves permission of so much energy going through. We are waiting, because your nervous system is reordering. It is accommodating to a higher level of energy.

Check-in

- Anna, how big percentage was that?
- Kai: 95%. I will check with you again. This might be enough for you right now and I might not let you do this a second time.
- Ulrich: 60%
- Christina: 45%. Yes and 45% is beg. And are you okay? (Yes). I would actually suggest that you do a rage hold.
- Farida: 15%. You might need a rage hold, too.
- Alexandra: I hope it doesn't upset you when I have a different opinion. It was about 70%. Did you ever have a rage hold? (No)

Change persons around.

2nd round

No talking, no moving.

If you project anger out of your head it is limited. You can actually feel anger in all 4 bodies.

Check-in

- Lisa: 70%
- Jutta: 65%. If you would want to go higher, you would use more nasty words. You could let your feet scream through your voice.
- Giesela: 60%. If you wanted to make it bigger, you take off kind of straight jacket off your body. It is like your body wants to move but you are held back from inside. You have to fight to get out of the prison. Like a butterfly which has to get out of the cocoon.
- Ulrich: 80%. Doesn't that feel great?
- Paul: 95%
- Anna: 85%

The form (rage hold) is very important. Remember that no everybody in a group should necessarily do this right away. You all have been to ETB. It needs a lot of courage and energy to come to the lab. Some people coming to your workshops should not do this immediately. Do subtle feelings in ETB or workshop exercises to prepare people for that. Archetypal rage can get 100% big and your nervous system is designed to do this.

3rd round

No talking, no moving.

Check-in

- Klaus: Let it come. Let the wall fall down. Really let it fall apart. There is nothing to figure out.
- Alexandra: Keep your eyes closed. Are you okay? (Yes) How big was that? (100%) What's bigger, you or the anger? (Me) Do you see that it is not a concept? (Yes) Do you own the anger or does the anger own you? That's how you activate the warrior. Give her a home.
- Klaus: 97%. **It was almost 100%, but you need to be able to do it again. It is just like that. And you do it again and then you do it conscious.**
- Hella: 70%. Your body would have gone longer if the others hadn't stopped. It is a clue for you that you behave according to what others do (I know). You know it in your intellect. Hopefully you do some experiments with that. We need you. We need your wisdom, your intuition, even though it is the opposite.
- Alexander: 55%. You just let the anger go until to your legs, but not in the legs and also at your shoulders. Sometimes people stop, because there was a sentence in your mind. What was the little sentence? (I don't have enough power). Yeah and another one would be „I can't anymore, that's enough.“ If we allow a sentence to stop us, it has stopped us our whole life. We have sold our life to that. Next time you can just shoot through it and use words.

Really, I just want to say that you guys are doing great. Really, you could say we are just laying on the floor and screaming like idiots. But I can see your nervous systems reorder. You are doing great work and that makes me feel glad.

- Okay, so next time, fight for your life. You have been surviving so far. Try to get the 4 giant Nacktschnecken off you. There is a whole world of feelings in there and you just opened the door to these feelings. Are you okay?
- Bernd: 45%. Are you okay?... The answer just came from your mind. I ask your body....Are you okay? (Yes) Could you feel the difference in answering? You are proud of your fast answers, but they don't allow that the intelligence of your body, your heart and your soul speaks. Hold back when I now ask you again. The anger you showed was mainly a concept of rage you have in your mind. So you won't get past 50% until you free yourself from this concept. Has a woman ever given you the feedback that she wants less concept from you? (Yes) That was noble from you to open the hole to the chaos. Let it stay open.
- Katharina: 20%? It was 60%. I know that it felt like 20% in there (you), but it felt bigger from our here. As children feelings felt really big, but we couldn't live them. And when we grow up and the feelings come back, then sometimes we are surprised that they are not as big as back then, when we thought they were so big. Set your dial.
- Christina: 70%. If you do it again (but not today) you would cast away your inhibition. You could cast away your inhibition for the rest of your life. Your body can handle that, but not your belief system. Where did you get it from (grandmother). You might Easter go and visit her. And then you tell her "I want to find out the limits of your belief system." Go there to see her world view and then compare it with your own. Some of the old things she gave you are in the way now. Who is bigger, you or your grandmother? (Me) Make a distinction between you and your grandma.

- Petra: 87%. You used your voice, your body from the head to the toes. Give your adult nerves the permission to have that much energy. You have probably only done this in sports (rugby) or a tantrum. You can go there any time again.

DEBRIEF:

Does anybody need anything?