

Negotiating 5-Body Intimacies Initiation

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(NOTE: Possibility Management is open code thoughtware. The copyleft notice affirms that this material cannot be copyrighted. The use limit is to assure that if an unqualified person tries to deliver this initiation and runs into problems, they alone are responsible. This is a powerful initiatory process that tends to catalyze expansion in personal consciousness. It needs to be delivered within a specifically held context by a person with a specific skill level, quality of consciousness, and intention.)

FORMAT:

Whole group skill-building done in pairs in chairs. It requires 120 minutes (15 min intro + (3 parts x 10 min/part + 1part 15min) x 2 people). This is a strong break-in-certainty process, and also builds skills for negotiating 5 body intimacies.

PURPOSE:

Building matrix to hold distinctions and skills for consciously negotiating 5 body intimacies. Without skillful negotiations you are like a teenager fumbling around in the dark towards unsatisfying results.

INTRODUCTION / BACKGROUND:

There are two sorts of intimacies: unconscious Box/Gremlin intimacies, and conscious Being Intimacies:

1. **BOX / GREMLIN INTIMACY:** The Gremlin seeks to confirm its security, rightness, control, and the company of other Gremlins for Gremlin feeding.
2. **BEING INTIMACY:** The Being seeks satisfaction in each moment to experience different qualities and intensities of intimacy for healing, ecstasy and evolution.
3. Intimacy of Being can be frightening to the Box / Gremlin because Beings can connect for no reason and can connect closer than is allowed by the Box. This freaks the Box out because it is obviously no longer so important as before.
4. Intimacy only happens NOW. This means that intimacies need to be continuously negotiated according to: *Who am I now? Who are we now? What do I want for intimacies with you or others as I am now?*
5. If intimacies are negotiated unconsciously the result is being adaptive or getting abused, plus you miss many opportunities that awareness would find for you.
6. Efforts to ask for or create intimacies fall into 4 approaches:

4 APPROACHES FOR CREATING INTIMACY

1. CHILD APPROACH – victimy, poor me, lonely, helpless, somebody come and hold me, be nice to me, make it easy and comfortable for me, rescue me, please! If you rescue me I feel closer to you. This is child intimacy.
2. GREMLIN APPROACH – desperate neurotic gestures to steal whatever intimacy you can take, getting too close, smelling her hair, accidentally touching hands, arms, legs, disrespectful, sneaking. Forcing intimacy is no different from rape. This comes from Patriarchal possession: “*I own you so do what I want.*”
3. ADULT APPROACH – straightforward, clear, responsible, asking for what you want, respectful, listening, giving completion loops, communicating clear decisions, accepting boundaries.
4. ARCHETYPAL APPROACH – making interesting and specific high drama offers which, if accepted, build matrix while creating ongoingly evolving ecstatic intimacies.

7. *It is never not intimate.*

BASICS FOR NAVIGATING INTIMACY IN FIVE BODIES:

PREPARATION (creates a crack in certainty, gets people present to entering reality)

1. Choose a partner you have some resonance with and sit across from them in chairs.
2. One person puts their hand up. You are Person A. Other is Person B.
3. Person A tells B about A. (9 min) Then person B tells A about A. (9 min)
4. Then change roles. Person B tells A about B. (9 min) Then person A tells B about B. (9 min)
5. Talk about your **BLOCKS** Deeply detect in yourself and explain...
 - a. Precise ways I block intimacy or avoid being present to intimacy... (3 min)
 - b. Reasons I love to block intimacy and which identities in me benefit from blocking intimacy... (3 min)
 - c. What I lose to stay numb and diminish intimacy in my life... what opportunities are wasted... what I sacrifice... (3 min)

NEGOTIATING AND NAVIGATING

How can I make it safe enough for me to be a little more present and therefore more intimate in each of my 5 bodies right now? (**NOTE:** This can be done with the actual person sitting across from you, or you can ask them to role play another person to practice negotiating intimacies with them. This can also be done on stage with coaching from the audience, or with feedback and coaching from the other person.)

1. Intellectual body: (10 minutes each way)
 - a. What needs to be said?
 - b. What needs to be revealed?

- c. What needs to be understood or clarified?
 - d. Make agreements for intellectual safety (e.g. no expectations, no criticism, no insulting, “I” statements, no blaming, no low drama, taking responsibility for completing communications before going to the next thing, etc.)
2. Emotional body: (10 minutes each way)
- a. What is moving me? What am I feeling?
 - b. Are these emotions or feelings? (They are emotions...)
 - c. Anger?
 - d. Sadness?
 - e. Fear?
 - f. Joy?
 - g. Your heart has words of its own, different from the mind. You will not know in your mind what your heart will say before it speaks. Let your heart speak and say what it needs to say, and ask for what it needs to ask for, to make it safer to reveal even more about its world. What could the other person change to make it safer for you to let your heart speak? Make proposals. Make agreements. Say, will do this? Will you avoid doing that? The answer is yes or no, or a modified proposal.
3. Energetic body (15 minutes each way)
- a. Who is in whose space?
 - b. Who has more power?
 - c. Who has more status?
 - d. Am I grounded? Centered? Bubbled?
 - e. What are my boundaries? The other person’s boundaries?
 - f. What do I need? What do I want?
 - g. What are my issues?
 - h. What are the opportunities?
 - i. What is my purpose?
 - j. What are my energetic intimacy styles?
 - k. The energetic body has sensations of resonance, discord, imbalances, pressures, vacuums, etc. Negotiate for what you need to feel safe or empowered energetically in this journey of intimacy? Be sure to notice the style of the offers, proposals, and negotiations! Are they *child*, *gremlin/neurotic*, *adult*, or *archetypal* offers being made?
4. Archetypal body (20 minutes each way)
- a. Your archetypal body is connected directly with the universe. It therefore perceives a lot and has a lot to say (this is an understatement). Ordinarily your archetypal body needs your four other bodies to be initiated into adulthood before it can show up.
 - b. What is my Being longing for?
 - c. What does it want to receive?
 - d. What is my Being afraid of?
 - e. What does my Being want to give?
 - f. Here is my vision...
 - g. Here are the deep questions I am wrestling with now about my life...
 - h. Here is what I am researching about...
 - i. Here is what I am becoming...
 - j. Here are my desires... my inspirations...
 - k. Compared to how our intimacies are right now, my archetypal body longs for more or less intimacy with these qualities and in these ways. If you want

less intimacy in some way, dare to tell the other person personally why, without blame or ridicule.

HINTS FOR NEGOTIATING INTIMACIES:

HINT 1: Intimacy is negotiated by someone making a proposal or an offer and the other person deciding to go along with it or not.

HINT 2: Unconscious intimacy negotiations happen very quickly. To make them conscious decrease the speed of the negotiations 100 times slower.

HINT 3: Make no assumptions. Inquire into all motivations. Look in the dark places...

HINT 4: Radically trust your speaking before you think so that other bodies besides your intellect can negotiate for their wishes and needs. Take the risk to reveal with radical honesty your actual inner conditions. Particularly let something else speak besides your mind.

HINT 5: Pause. Stay in “pause” mode. Check in with yourself to accurately notice what you want, what your limits are, what each of your bodies is inspired to give or hungry to receive. It need not be a 90% intense desperate need. It may be a 7% intense wish that you explore. Do not make fake offers. Be sincerely committed to your offers.

HINT 6: When you make an offer, learn to energetically and emotionally accept a “No” as fully and gently as a “Yes” answer, understanding that by knowing accurately what a person wants and does not want is intimacy.

HINT 7: Find out what in you is doing the “wanting.” It might be your mother, the church, the society, your grandfather, a fantasy world, your Box, your Gremlin, your habits, etc. It is remarkably unsatisfying to fulfil the wants of others assuming that they are your wants.

HINT 8: Navigating to the PRESENT includes navigating to a small NOW and a small HERE, as well as a small YOU. A small YOU leaves behind baggage or assumed obligations from external authorities.

HINT 9: Investigate your current conditions in the tiniest detail together. Navigate to consent in the current situation before making an additional move.

HINT 10: Doing what someone does not truly want you to do is rape. They must shut down from you and protect themselves. Intimacy after any form of rape (such as expressing your opinion when another person does not want to hear it) includes taking apart resentment and rebuilding a foundation for trust.

HINT 11: The space determines what is possible. If something is not possible in one space, then use nonlinear questions to navigate to another space in which something else is possible. In the Great Labyrinth of Spaces, every space is connected to every other space. This means you can get to anywhere from here.

HINT 12: A woman wakes up when a man puts his attention on her. What a woman wants is a man’s attention. If your attention wanders then the space of intimacy is lost. An intimate space does not arise by itself. It arises out of intention. Use your intention to navigate your attention.

HINT 13: Intimacy does not arise from trusting another person. Instead, do whatever it takes to trust yourself to take care of yourself around other people. This may involve becoming less naïve, sensitive to accurately experience and express your own feelings, differentiating your feelings from your emotions, clearer about your own underworld, your shadow purposes, your hidden competing commitments, learning to make effective boundaries, and even more powerfully, learning to make effective distinctions. Distinctions are more powerful than boundaries. Developing these skills for being intimate with yourself form the foundation for being intimate with others.

HINT 14: Not everyone is happy all the time. There are four feelings, and often mixed emotions. How should you handle intimacies in this moment if you or the other person

are feeling despair, hopelessness, jealousy, shame, being offended, etc.? This may not be a pretty sight, but it is real. The key to relatedness here is standing in the understanding that this is what is so. Can you also appreciate and be grateful for these interactions as intimacies?

HINT 15: When an egg and sperm come together you become one cell. Then you divide, and divide again. Nothing is more intimate and joyful as this! Living intimacies are happening throughout your body even now. Noticing them is a matter of refining your experiential distinctions.

HINT 16: (I am sure there are more hints...)

INTIMACY JOURNEY:

An intimacy journey is using all the skills you have developed for negotiating five body intimacies in a session with another person while you have physical contact. The physical contact can be through clothing, such as touching shoulders or touching legs, or with skin contact such as holding hands or gentle random caressing.

COMPLETION & WRAP-UP:

Take sharing