

Nonlinear Practice

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FORMAT:

Groups of 5
Duration: 2 hours

PURPOSE:

This is a more advanced free flowing high energy dynamic process for practicing the skills of going nonlinear. Fluidity practice combines three other processes into one bigger process.

SETUP:

Divide up into groups of five. Place chairs in horse-shoe shape facing into corners or sides of the room.

INTRO / BACKGROUND:

Note: Goes for a set amount of time (2 hrs). Good lead into "Oracle".

INSTRUCTIONS / PROCEDURE:

Trainer stands in center of the room and gives instructions in random order like this:

- One person - prison of war camp – no food, now give them courage
- Two up – you are Roman soldiers in the rain.
- Please stop.
- You are a farmer – your favorite cow has died – you tell your wife
- Two up – start something
- Please stop – You are a caveman shaman – The chief has died – You must tell your people
- Two up – you are orphans in the dark ages – King Arthur is talking to you and gives you hope. Answer his questions.
- Please stop.
- One up – Porky Process
- Please stop.
- Three up – Play status 1 2 3 – get a chair
- Midwives witnessed the birth of the new king everyone has been waiting for.
- Two up – You are two fishermen coming home with no fish.
- Two up – You are two coming home from Jesus' miracle making loaves of bread and fish.
- One up – You are being baptized by John the baptist.
- And so on...

Coaching:

People will not gain anything from explanations beforehand. This is about fluidity practice. Practice only happens when you practice. So just begin. The coaching along the way however is extremely important. Each coaching is meant to give the X on the map and also to invite people into a new level of responsible fluidity. The coaching may include:

- Speak. This is a conversation.
- It does not come from your mind. It comes from being.
- This is not for you. It is for the audience.
- Place your communications into your audiences body.
- If you laugh at your own jokes, it is like eating the cake that you made for your guests.
- Do not break character.
- You are acting. This is not about acting. This is conscious theater.
- Be authentic AND extraordinary.
- Accept the offer, then make an interesting offer back.
- Be a YES.
- Shift identity. Shift time, shift culture, shift role.
- What is your purpose? Move from the purpose.
- Where is your center right now? Keep your center.
- Tour your audience. Make contact. Let them be healed.
- You are sleeping. You are being mechanical. Wake up.
- Wake each other up.
- If you laugh you blow off the energy. Learn to hold the energy and use it to go to the next level of extraordinary.

DEBRIEF: