

Speaking From Presence

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FORMAT:

Process in groups of 2 or 3

Duration: 45 minutes (exercise lasts about 30 minutes)

PURPOSE:

Think less. Speak out of other bodies than the intellect.

SETUP:

Groups spread in the room and sit or stand facing each other.

INTRO / BACKGROUND:

Since our school-time this word salad has been hammered into us. We think too much. We were trained and oriented to center ourselves in the head, mind, intellect, self-criticism, thoughts. So we lose the intelligence and wisdom of our other 3 bodies, because we were forced into verbal reality (mind). You can't stop your mind, but you can put it aside. Then you move your center to your center and speak from the other bodies:

- **Speaking out of the heart:**
The heart talks about feelings (mad, sad, glad, afraid)
- **Speaking out of the energetic body:**
The energetic body speaks of the vision, impressions, miracles, possibilities, danger and it also gives appreciation. The energetic body scans the other person/who you want to talk to, or where things in a room should be.
- **Speaking out of the physical body (center):**
The physical body says something like GO!, I am hungry, I want to go into the sun, it's too cold/hot, it's too bright/dark.

If your speaker is speaking out of the past or the future, BEEP your partner. Speak from the RIGHT NOW.



INSTRUCTIONS / PROCEDURE:

- Get together in groups of 2 (or 3)
- You speak from one body after the other. I will announce which body speaks.
- The Nacktschnecken start.
- Tintenfische, you give direct feedback and coaching.
- In groups of 3: Nacktschnecke and Tintenfisch speak and Coach detects when they speak from thinking.

Speak before you think.

Speak besides what you think.

Don't say what you think.

Speak from being present.

Set the thinking machine aside. It cannot/is not to be stopped. It thinks. But you can set it aside. You don't have to center your world there.

1. **Speak from the mind**

It is about judging, criticizing. Where is your thinking NOW? The mind is a machine. Say everything that is happening in your mind so that you can see what this machine is doing.

2. **Speak from the heart**

This sounds terrifying to the mind. Remember that there are 1 million subtle feelings. When you talk about feelings you don't have to give a reason, otherwise you are in your mind again. So don't say "I feel sad, because..." Instead say „I feel sad, when..."

3. **Speak from the physical level (center)**

This sounds stupid to your mind. These are sentences like „There, woman, enters door. Wall, hard. Arm moves upward. Light, bright..." When you e. g. touch the wall with your hand you already had at least 10 impulses in your physical body you could have told before even reaching the wall.

4. Speak from your energetic field

This sounds crazy to the mind. Your energetic body perceives things, which are not reasonable for the mind. "I am..., I perceive..."

Then change roles. Tintenfisch speaks and Nacktschnecke gives direct Feedback and Coaching.

Trainer Note:

At first have people talk from the different level one at a time.

3 rounds (in groups of 3)

Then have them talk from all 3 levels (physical, emotional, energetic) in their own order, but not from the intellect.

DEBRIEF:

Ask the participants to share about their experience.