

Start Something

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(Revised: 16. January 2012 by Clinton Callahan)

FORMAT:

Stagework

Duration: depending on number of participants.

PURPOSE:

Being authentic.

SETUP:

Chairs are lined up in rows facing one end of the room, where the stage is supposed to be.

INTRO / BACKGROUND:

START SOMETHING is a stagework exercise that seriously challenges participants to be who they are in the moment beneath their Box's control and therefore more spontaneous and authentic than their ordinary interactions permit them to be. What is crucial for the success of the START SOMETHING exercise is the instantaneous sword work coaching of the spaceholder for the exercise. He must in the same moment be completely supportive of vulnerable invention and completely unforgiving of mechanical mediocrity.

INSTRUCTIONS / PROCEDURE:

Act according to what you are driven with, your destiny purpose, the necessity, start something, make that conscious and act upon it or according to it, make the destiny in all its facets. Fulfilling the destiny makes sense.

The things that block us from being our Destiny are the exact same things that block us in START SOMETHING. Our destiny just moves us without thinking.

Life is the stage. This moment is the stage. This moment is sanctuary.

People already are their destiny. To become our destiny we get unstuck from blocks. It is not about acting, it is not about performing. It is about starting something. What are the clarifications. Do discovery speaking about the value of start something.

1. Discovery speaking about start something.
2. Do start something.
 - Make boring offers.
 - Accept offer.
 - Make interesting offer.

- Accept the offer.
 - Make interesting offer back.
3. Trying being someone other than yourselves.
 4. Make interesting offers about what is happening to you.
 5. High status / low status > status transaction
 6. 4 presidents negotiating world peace

DEBRIEF:

START SOMETHING may require a formal check-in session afterwards because it is possible that the entire space is taken directly into groundlessness. Participants may have it in their body that nothing is as solid as it was before, including their experience of themselves.