

## **The Phoenix Process**

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### **FORMAT:**

5 to 50 people

Duration: 1 to 3 hours

### **PURPOSE:**

A Possibility Management meeting technology for navigating nothingness.

Benefits: Uses a group's simultaneous parallel intelligence for inventing new options for the group or for the world.

### **SETUP:**

Requires both a trained spaceholder and a trained documenter. Both functions can be held by the same person. Flipchart and pens are at front of room. Chairs are arranged in a circle or in a random group facing the flipchart. Nothing is in the middle. It is useful if people are "house-broken," that is, if they can consciously manage their mechanical Box manifestations even when experiencing intense pressures or vacuums. It is also useful if people are familiar with the *Map of 4 Kinds of Listening* and the *Map of 5 Kinds of Speaking*. Phoenix uses them all, but precisely and consciously.

### **INTRO / BACKGROUND:**

1. Use declaring to seal the energetic space of the room like a spaceship.
2. Call in your Bright Principles, and use your intention to immediately shift the space outside of mainstream culture.
3. Pull the rug out from under any context that people bring into the room with them.
4. Use a simple parallel play feedback process to create a crack in certainty. Melt the clay feet. Bring the whole group into a liquid state.
5. Shoot a sparkling plumb-sized golden ball of archetypal love from your heart consecutively through each participant's heart in a clockwise circle starting at your left. The ball trails a golden sparkling cord that almost instantly weaves the group into one team.

### **INSTRUCTIONS / PROCEDURE:**

#### **Phoenix Process Guidelines:**

1. We come together carrying all these problems, conflicts, worries, issues and upsets.
2. These are the things we already know about.
3. Inherent in the formulation of the problem is the level of consciousness that caused the problem. As Einstein explained, *No problem can be solved out of the same level of consciousness that created it.*

4. So, we begin by forgetting the problems. The problems do not matter.
5. We admit that we don't know what to do.
6. That doesn't matter either.
7. We sit in a circle of strong people and we bring the circle into nothing.
8. This is not a think tank. We are not discussing problems, methods, comments, ideas.
9. We trust the nothing.
10. From within the nothing can emerge a future that no one knows.
11. If you do the jobs that hit your bench, the emergence of a new future is self-organizing.
12. The liquid state is the death of a familiar level of consciousness.
13. We hold the space of being able to be alive in this death and we have no idea how.
14. This is discovery.
15. Let the known spontaneously burst into flames from its own weight and heat.
16. Wait until the known has burned into ashes.
17. Perhaps out of the ashes appears the genius of the Phoenix.
18. If a baby Phoenix begins to stir, wait.
19. Give the Phoenix time.
20. The Phoenix needs time to learn to fly.
21. Don't try to teach it how to fly – that would be the old form of consciousness trying to come back to life and re-establish itself. The Phoenix does not need to be taught!
22. The Phoenix inherently desires to learn to fly all by itself in the new level of consciousness. This is its nature.
23. Let the newborn Phoenix tell you how the world looks, and show you how the new world works.

### **Spaceholder Guidelines:**

1. Holding space for navigating nothingness depends on the inner willingness of the spaceholder to dissolve into the nothingness first. Let go all problems and concepts. Spaceholder sacrifices his own certainty.
2. Even if he has done Phoenix a thousand times he does not know how to do this.
3. He is the first to let go of problems, to have no idea what to say.
4. The spaceholder takes an inner attitude of inviting the void into himself – to have no clue at all.
5. The outcome of navigating nothingness is not predictable.
6. Suddenly something else may become thinkable. Something else is possible.
7. Do not try to harvest the new possibility right away. Let it ground itself. Let it become aware of its own existence. Let it keep unfolding. It may not be what you assume it is.

### **Further notes:**

1. Use the attitude of playfulness as a resource. Give yourself permission to try things out, things that have never been done before.
2. Find the place in you where it is completely okay if what you try out does not work. Be completely okay with the procedure even if you look bad.
3. Be willing to drop a position even after being committed to it for 50 years.
4. Why shouldn't I play seriously with my life?
5. Reconnect people to their imagination. In modern culture mind is at war with imagination and mind has won. You can get your imagination back. The way to

get imagination back is to reconnect intuition with voice by reconstructing the tube that used to connect them. To reconstruct the tube use a light-blue colored clay-like blob of trust paste to fill in the gap.

6. Easefulness in the unknown comes from healing the wounds inflicted by ordinary society.
7. People were not born into community but into some kind of nuclear family.
8. People have tolerated an immense amount of mediocrity.
9. People have been betrayed. The vision of what life could be has not been fulfilled.
10. People try to live on their own energy cut off from Principles and Archetypal energies.
11. People do not have authentic power because they do not live as who they are. Their lives are fiction.
12. People have no training in navigating the space of relationship into extraordinary and archetypal love. People are starving for soul food and for heart food, and they mix the two together.
13. People expect to understand what this is and they won't. People expect to get only what they already know, but the new is completely new and can be disorienting.
14. Become the Gordian Knot of nothingness. Then there is no enemy because we are all sacrifices to evolution.
15. There is no handbook for Phoenix, but then again, it is not unknown.
16. Phoenix is high drama. If you never had high drama you cannot say what it might be.
17. Phoenix intersects with Bright Principles and you can feel fine high-energy tingling in your nervous system. It is great to create – feels like being in love!
18. If you observe the experience of being washed away instead of resisting you start to see the patterns in the process. Be in the situation and observe the experience rather than trying to find solutions to the problem. Stay in the state that arises, whatever it is (e.g. shame, confusion, sadness, outrage, terror, guilt). Stay in the state and be changed by it.
19. Using neutral observation to notice the patterns you discover the archetypal death and resurrection show at work. You are involved with evolutionary process. What grows in you is faith in the nothingness.
20. Staying with sensations of the liquid state, staying present, the Box cannot stand the intensity of hitting bottom, but you can. It is easy. The Box tries to fix things rather than staying in an undefined field. Stay irritated without trying to find a solution. Make an inhuman contract to participate in the process of evolution. A human would try to make it comfortable. Are you willing to be uncomfortable enough to be alive? Can you have growth without crisis?
21. The Box is totally fine engaged in unconscious conflict. Can you be fine engaged in conscious conflict?
22. The Box freaks out when faced with infinite options, but we cannot have this conversation about the conversation without being in previously unseen options.
23. How to be robust and resilient without being impermeable? Being willing to be surprised opens you to seeing new options.
24. How to abandon the need for security? Through developing a mature relationship with the *Death and Resurrection Show* you become willing to put your usual situation at stake. Otherwise you will value the Box's view too much. Facing death, all the circumstances of life get a new field of action so the context of life can change. Suddenly something previously unseen is possible.

**DEBRIEF:**

Phoenix starts when it starts and ends when it ends, and the people who should have been there are the ones who came. When the spaceholder senses the Phoenix space deplete and head back for ordinary discussion he should accede. This journey is over. Formally bring the space to a close. Open and cleanse the space (using *Black Hole* and *Vavoom*). Make sure that the documentation is well handled, copied, and distributed as needed. Sharing can be taken after a break or during a *Small Talk Café*.