

X and U Initiation: Personal

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(Revised: 10. October 2012 by Clinton Callahan)

FORMAT:

Dyads (core process, workshops and Labs)
Unlimited group size.
Duration: 100 minutes

PURPOSE:

This **initiation** uses a personal symptom – (or a mood, caused by an unexpressed internal polarity) to gain personal access to the great field of noncognitive intelligence. As Daniel Quinn says, “*Something better than civilization is waiting for us.*” This initiation opens a doorway leading beyond civilization.

SETUP:

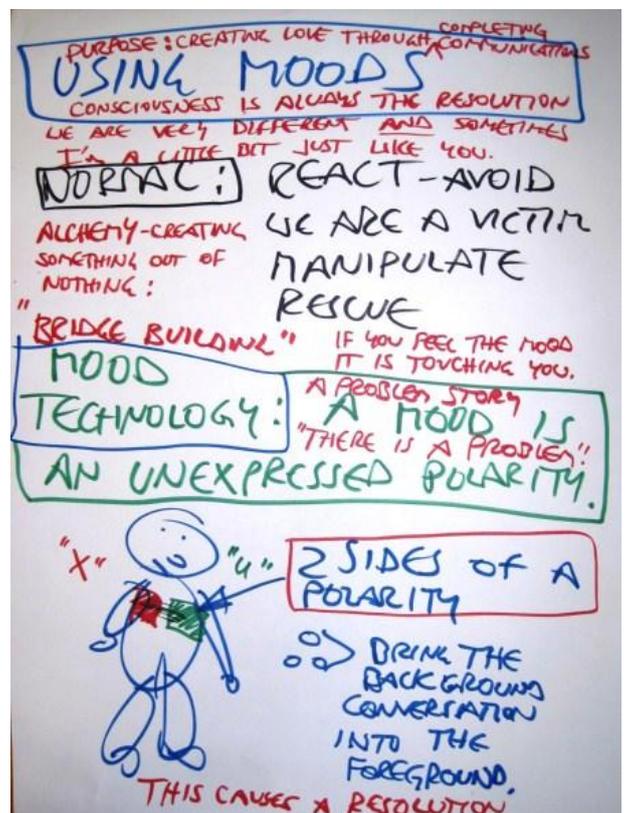
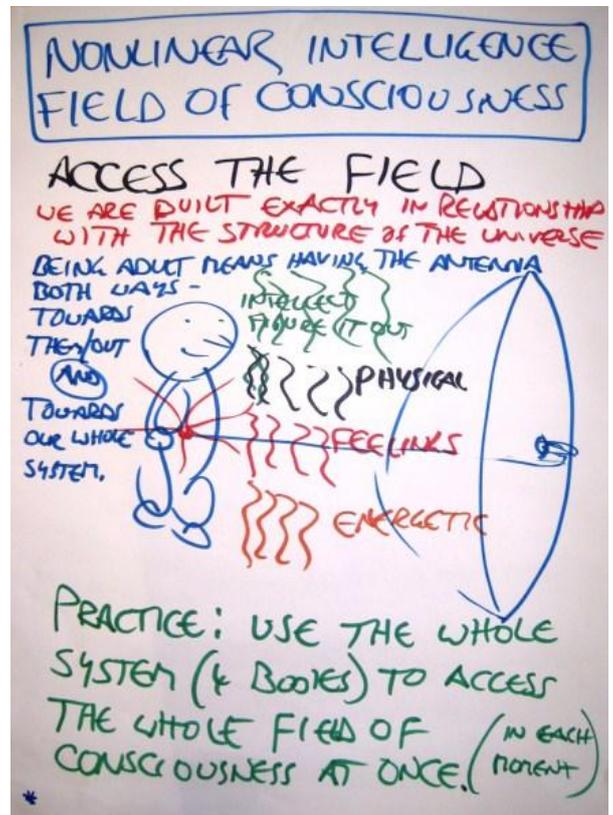
Please choose a partner with whom you will complete your communications. Spread out in the room and sit across from each other. You will need a pen and several sheets of paper, a box of tissues, a red towel and a plastic bucket. You will soon be standing and moving.

INTRO / BACKGROUND:

This procedure was adopted by Clinton Callahan from Arnold and Amy Mindell's *Process Oriented Psychology* during their seminar in Athens, Greece, April 2012, and is used with permission. www.aamindell.net

We could have started learning how to consciously access vast resources of nonlinear intelligence when we were seven years old. We start where we are.

In this process we will find two conflicting energies within you that are at the root of a problem, in this case, a physical symptom. The symptom exists because you identify yourself with one energy and reject the other energy, instead of integrating both energies into a whole spectrum and becoming the space through which the energies interact.



The result of this process will be less inner and outer polarization, more inner and outer acceptance, more energy, and more freedom of movement to express and apply this energy as creative collaborations. Every problem, conflict or symptom has the value of being a gateway to unfolding further consciousness.

These two thoughtmaps help set the context:

Map of Accessing the Nonlinear Intelligence Field

- Human beings are designed and built in a one-to-one correspondence with the structure of the universe, fully prepared to access the whole field of consciousness at once and in every moment
- Your four bodies (physical, intellectual, emotional, and energetic) serve you as an antenna to **receive and transmit non-cognitive (nonlinear) intelligence**.
- **You are continuously jacked into the great field of consciousness** except when you are sucked into your mind or identified with your Box, your Gremlin, or your body (although this might be most of the time... it does not have to be).
- You can learn to use this resource consciously by navigating space and using the random, unpredictable, jittery movements of your physical body to do **space-time dancing**. Traditional shamans would use drums, chanting, psychoactive drugs, exhaustion and alcohol to get out of their minds (go into trance) and access the nonlinear intelligence field. This new process is for next-culture archearchal shamans.

Map of Mood Technology

- A mood is an unexpressed polarity. When someone is in a mood, if you know them, you know the polarity. By expressing the polarity, you complete the communication of the mood.
- There is no such thing as *duality*. Duality means *two-ness*. There cannot be *two-ness* because if you do not have a space between the two things there is only *oneness*. By opening a space-between to create a polarity, you depart from unity and enter *trinality*, *three-ness*, consisting of one pole, the other pole, and the space between.
- A symptom / problem / conflict / confusion / disempowerment arises when you identify with one pole of a spectrum (*I am this*) and you reject the other pole of the spectrum (*I am not that*), neglecting the space between the poles that joins them and without which the polarity (trinality) cannot exist.
- Resolution comes through experiencing and acknowledging that, *“Although we are very different, sometimes I am a little bit like you.”*
- Bringing the background conversation of the polarity to the foreground, in other words, expressing the unspoken polarity, heals the mood / problem / symptom by *completing the communication* (the completion loop).
- You complete a communication by becoming the bridge-space between the two ends of the polarity. Using nothingness to make the connection between the polarities is the magic of bridge-building.
- For example, if you are at a restaurant and you notice your waitress in a mood, and you say, *“I hate it when I have so much to do and the people I’m waiting for just can’t make up their minds.”* Or, you notice your kids getting ready for school and they are in a mood, and you say, *“I only go to school because my parents want me to but I have so many other things I want to do.”*

- Bringing both polarities to consciousness allows you to become the whole system, to own the relationship and be responsible for your part in it. Then your symptom can vanish because the communication has been completed between one pole and the other pole. Consciousness is always the resolution.

ONE MORE THING:

To access the great field of nonlinear intelligence you are going to re-establish a connection that was long ago cut off. You will use particularly your physical body as an antenna to receive nonlinear intelligence directly from the great field of consciousness. However, when you connect back into the field you will start moving around in strange ways, making bizarre noises and faces.

You can notice children doing this. Watch a child walk from place-to-place and you will notice wild impulses that cause him or her to jump, twitch, spin around, sway, shake an arm, emit strange sounds, change direction, change purpose, try things, make grimaces and faces. This is because they have not yet shut down their connection to the great field of nonlinear non-cognitive intelligence.

Children are not responsible for their connection, but they are born with it. They keep that connection until their survival Box takes over, at 3 to 7 years of age, when we tell them: *Sit down. Be quiet. Don't do that. Stop fidgeting. Stay in line. Quit wiggling. Stand still, laddy!* Etc. Do remember being told these things? Do you remember ever telling your children these things?

During this process you will be making unexpected jittery gestures, weird bends and gesticulations, foreign sounds, demonic and angelic faces. This is called **space-time dancing**. This is how the universe flows non-cognitive information into your system. In a short while the non-cognitive information decodes all by itself into understandable hints, coachings, behavior changes, attitude shifts, practical advice, and clear instructions. The unfolding of the information feels like an insight or revelation, a pleasant *Ahah!* experience that can happen over and over.

It will help you right now if you decide to avoid being embarrassed about your strange behaviors. Already decide to be uniquely weird from moment-to-moment instead of behaving as if you are civilized. Then your movements will become entertainment that ongoingly surprises even you.

INSTRUCTIONS / PROCEDURE:

Note: You will be standing with your eyes mostly closed and moving around. Please be careful you don't hurt yourself. Please be careful you don't hurt anyone else. Does everybody agree? Anybody not agree? Watch out for each other. It will be getting a little wild in here.

1. **Choose a worst real or imagined body symptom** that you can feel now or have felt in the past. Write that symptom down on your paper.
2. Many times we repress the experience of our symptoms. Please **stand up, close your eyes, and re-feel your symptom to its full extent**. Let it be big. It is okay here to be a loud complaining victim. Go! (3-4 min)
3. While you keep experiencing, use your analytical mind to **name the worst qualities of the energy in your symptom**. (Poking, stabbing, draining, pressure, heat, choking, embarrassing?). What does this symptom do to you?

What does its energy force on you, or block in you? Experience this out loud. Let it move your arms, feet and body. Say it out loud when you write it down(3 min)

4. Please come to a pause but stay in the energy. Open one eye, get down and **write the worst qualities of your symptom energy. This is your "X" energy.** Write what this "X" energy is like.
5. Please stand up again and **really feel this "X" energy. Let it move you about.** Get a sense of what it is saying and what it wants. Feel how it flows or blocks. How it convects you to the outside or cuts you off. You don't have to understand the dancing or what it is. Just draw it. Your body knows how to draw it. Make sounds and motions to act out this worst energy. Say whatever words go with it. Take some time to really express it physically and emotionally. (3 min)
6. Please come to a pause but stay in the energy. Do not go into your intellect. Get down and **make a sketch of this "X" energy before you think, an energetic diagram. Give it a name or a title.** Some demon or character or diety. (2 min)
7. As long as you have had the symptom, this "X" energy has been with you. It is formatory. **Your life is shaped by rejecting this "X" energy.** You strengthen that which you oppose.
8. Please stand up again and **go back to neutral.** Take a deep breath. Close your eyes.
9. Consider this question: **Who in you is most upset by this particular "X" energy?** Let the answer come experientially. We so often suppress our self expression. Let it come in full. A part of you is bothered by this "X" energy. Let this part get present and move you about. Let the big sounds out. (3 min)
10. What is this part like? Stay in the experience but use your analytical mind to name the qualities of you that are troubled by this "X" energy. What are those qualities? (Flowing, free, loving, wild, holistic, compassionate?) (3 min)
11. Please come to a pause but stay in the energy. Open one eye, get down and **write the qualities of the you "U" that is bothered by the "X" energy. This is your "U" energy.** These are archetypal energies flowing through your body.
12. Please stand up again and **really feel this "U" energy. Let it move you completely.** Get a sense of what it is saying and what it wants. Make sounds and motions to act out this special energy. Say whatever words go with it. Take some time to really express it physically and emotionally. (3 min)
13. Please come to a pause but stay in the energy. Do not go into your intellect. Get down and **make a sketch of this "U" energy before you think, an energetic diagram of how it feels, how it works, what it does. Give it a name.** Draw how this "U" energy lets you interact with the world. (2 min)
14. Please stand up again and **go back centered to neutral.** Take a deep breath. Close your eyes.
15. Now **recall a spot on the Earth that you love.** There may be many. Let your intuition bring one special place to mind. **Go to that place.** Focus on that. You get to go there again right now. Fully experience how it sounds, smells, and feels to be there again. Let it move you around, your arms, feet, head. (1 min)
16. Look around this place and **notice where the "X" energy and the "U" energy are both happening** somehow at various parts of that Earth spot. Let it come to you how these energies work together there. (2 min)
17. Feel yourself at this special Earth spot **and imagine that the Earth is breathing you somehow back and forth between the "X" energy and the**

- “U” energy.** Express first the “X” energy and then the “U” energy and then the “X” energy and the “U” energy. There’s the “X”, there’s the “U” energy. 30 seconds one, 30 seconds the other. In movement, feelings, words and sounds, let this dance get all the way big. See how they interact. Don’t hurt yourself. Don’t hurt anybody else. (2 min)
18. Stay at this amazing spot on the Earth. Just relax your focus. **Notice how the Earth naturally and synergistically includes both energies at this spot.** You have just discovered a big secret, a powerful resource. The “X” and the “U” and the space of exchange between the two poles. Experience it happening. You are empowered by both “X” and “U” energies when you enter the space connecting them. Enjoy it. Let it dance you. (1 min)
 19. Please stay with the dance but now imagine that **you are floating up into the air above that Earth spot with its “X” and “U” interaction.** Continue to move even further up into space as you gain more distance. For now reason sense, feel and relax into the vast universe all around you. **Grow so big that you begin to sense how space is curved.** Let space curve you about like a leaf blowing in the wind. As you continue to be curved about, **notice smooth motions and random, spontaneous, unpredictable little jittery wiggles, movement flirts, and go along with them. Surrender to them, to the movemtns of curved space. Let these strange yet familiar movements become part of your space-time dance.** Let the universe move freely and unpredictably through you. You are the space through which both energies are resolved. You contain the whole polarity. (2 min)
 20. As you dance, **imagine that you are some human, spirit, or nature-like figure, some power animal or archetypal character moving in this way,** and ask, **“What is the name of this dancer-spirit?”** When the name comes, write it down. Tell your partner your dancer-spirit’s name: “I am _____.” They repeat it back to you. Then ask, “Who are you?” When they tell you their name, repeat it back to them. “You are _____.” Then keep dancing. (2 min)
 21. This energy has been waiting to become conscious, waiting to become available and usable for you. **This is your natural state. It is home for you: space-time dancing as spirit-energy in the great field of consciousness, downloading non-cognitive information into your body.** Let this spirit energy and its universal connection come more and more to life in you. Jeep dancing. Let the sounds out. Let it integrate and become home. (1 min)
Trainer goes around and asks each person’s being: “Who are you?”
 22. The space-time spirit-dancer integrates when you feel yourself moving spontaneously. **Let the flowing “X” and “U” energies become parts of your spirit-dance. Stay in the dance and bring your sense and focus back to your “X” and “U” energy spot on the Earth. Let the universe dance-spirit give you tips and hints about how the X+U body problem is resolved. Continue dancing.** The hints are surprising and at first non-cognitive. Hints are practical experiments, new decisions, new viewpoints, practices. Let the wisdom unfold and blossom like a flower. **As each hint and tip comes, pause, then go back to space-time-spirit dancing** so more information can download. There is nothing to think about. Spontaneously dance with the universe, the Earth, the X and U, then write, then dance, then write. Move freely back and forth for as long as you want. A wealth of information comes to you through the dance. Think later. Write down all the messages. You won’t remember these things so write them down. You don’t

have to understand, just write. What it's about...what it's for. Be grateful. (10 minutes)

23. *Bring space to a slow close. Have people collapse on the floor in whatever position.*

Lie down, integrate the experience, digest, write down the new solution. Keep moving and it will keep unfolding. This is what problems, conflicts, moods and symptoms are for. They are gateways to universal non-cognitive intelligence in you. You are connected to this resource now, and you don't ever need to cut off from it. Again, you know where it is. You know how to get there. You know how to make it safe for you and other people to be there. (3 min. lying down)

DEBRIEF:

1. Slowly, slowly sit up. Crawl over to your partner. Sit across from each other in your pairs. One person in each pair put your hand up. You go first.
2. Please gossip to your partner about what just happened to you. Tell them your symptom, the "X" energy, the "U" energy, their names, their diagrams, the spot on the Earth, the spirit that danced through you, the hints and tips given, and what this does for you. Tell them the whole story of it. (8 min)
3. Listener only listens, and at the end says, "Thank you for telling me." Then change roles.