

## Authenticity on Stage

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(Revised: 01. September 2011 by Clinton Callahan)

### **FORMAT:**

Stage work

Duration: 60 to 90 minutes

### **PURPOSE:**

Learn to be authentic and go non-linear.

### **SETUP:**

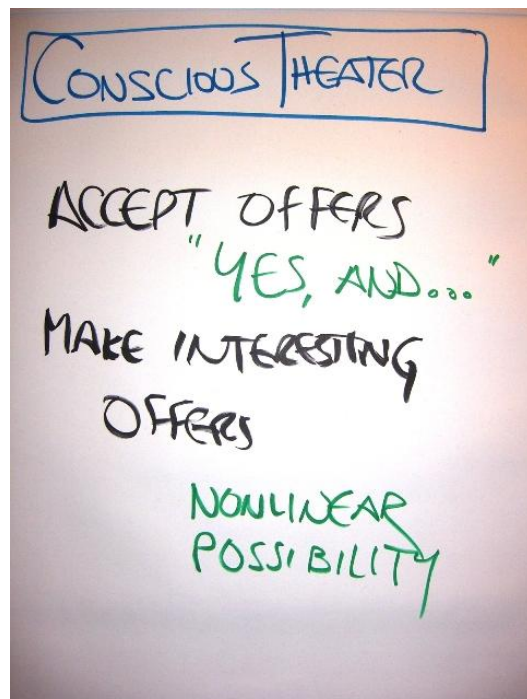
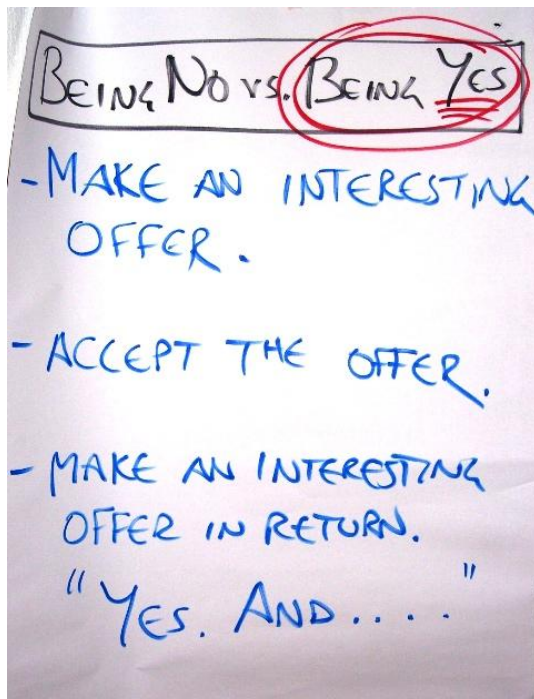
Setup stage and audience.

### **INTRO / BACKGROUND:**

### **INSTRUCTIONS / PROCEDURE:**

#### **1. Conscious theater: Being a yes**

Okay, let's move the chairs into rows, facing the stage.



- Two people get up on stage and role play.
- It is about being a YES for the other person and go non linear.

If you gonna do conscious transformational theater, make interesting offers. It is about being with the other person. Everything the other person says we can accept and go with it or block it.

- Clinton: “Eva, come up here. Pick somebody representing your mother. Turn into a fire ball....So what was the point of all it? Did you change your mother?”
- Clinton: “Are you creeping around your mother?”
- Eva: “No. I don’t creep around her.”
- Clinton: „Yeah and screaming at her is no way to live either. That’s why we do this exercise. It’s about being a YES for the other person. So she asks “is it a sect.” Instead of being a NO, say “yes, and they changed me into an elephant and now I can’t but eat peanuts.” Say yes and make an interesting offer in return. These are non-linear possibility stories.

...

She made the offer „It’s so great to see you.“ You can say “It touches me that it is so great to see me.” This “Yes, I feel glad, too, to see you” is a totally boring offer.

She was so worried and you didn’t receive her offer. “I feel glad that you worried about me. You just said “fuck you and went into something else with a wired story.” You are not in relationship. You have to listen and let her deliver the communication. The offer was “Let’s go the church and talk to the priest.” You can say “Yes let’s go to the church and I would like to have a date with the pastor. Can we invite him for dinner?”

“You are kidding me“ => that’s the next offer. Say „Yes, and..”

You could also say „I love this topic of being worried, because I am worried about you, too.

### **Example Clinton:**

I said to the team: “Okay, who is next?”

Nobody reacted

So I said “Okay” and thus accepted the offer of no reaction.

Then I said “next person?” => interesting offer.

- Don’t go at the same speed, when somebody is rushing in talking.
- Example Ralf:“...yes I can tell you something about the lab and we can start doing a process right away=> that’s a threat.
- You don’t have to repeat back all the time. You can directly accept the offer.
- Stay in your body while talking. Stay in your body.
- Be aware that there are also different spaces and that you can talk about different things.
- Really, receive the communication.
- Give him time to deliver the message.
- If you say “do you really want to know what happened?”, you challenge the offer.
- Life is too short for stuff to be linear. Create a world and unfold the relationship into it.

- Make an interesting offer back regarding the sloppiness. We make a brain surgery now. We open my mind and you can reorder it.
- An interesting offer back is totally away from answering her question.
- Offer: It's too expensive.
- Accept: Oh honey, you are really worried about not having enough money?
- What more could die that that last night? You are already dead. You can relax. You could be so relaxed in the presence of this controlled angry thing. What do you have to defend? Really, you can be so soft. What can happen to you when you are a ghost? Let him do his thing. You are the one who's making him hard. Before now, you made him react that way. Instead melt.

## **2. Authenticity on stage/start something**

- One person goes on stage
- Trainer gives her a word (money, joy of life, next culture, ....)
- Person gives a talk about that word.
- It's not about acting - keep your center and let your body speak
- Coaching after 1 minute or in between
- Then person tries again with feedback and coaching

Speak out of your heart and look what the audience needs. Find the gap.

## **3. Role play on stage**

- Take an authority figure to which you give your center away.
- Pick somebody from the team who could energetically represent this authority.
- Keep your center, hold space and start the conversation with the person. Give them space so that they can be there.
- The team will give you feedback and coaching.

One way I use my gremlin is to start over, e. g. with Marion when I coached her regarding the gremlin translation. It's theater, beep, shift, go, move the space.

## **DEBRIEF:**