

Stellating Fear - Cave

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(Revised: 07. September 2011 by Nicola Neumann-Mangoldt)

FORMAT:

Group process

Duration: 45 minutes

PURPOSE:

Stellate fear.

SETUP:

Participants lay down in two rows, heads facing each other.



INTRO / BACKGROUND:

We have sealed ourselves in this chamber and yesterday afternoon, we were already a team. The team works through kind of one person supporting another person that the box goes to a place where it normally wouldn't go, so you perceive potential.

We find that every person has an archetypal lineage. The names normally don't appear on the list of jobs. But they are strong and needed in next culture. Modern culture has not only not recognized it, but suppressed it. So it is up to the team to recognize it. Unfortunately it is involved with fear, because you can't create something new out of something known. To go into the unknown is automatically scary, you are afraid. If you are not afraid you are not creating. To create it is necessary to get a new relationship to fear. We created the possibility to go into fear by calling our warrior and warrioress. Like the echo coming back from the forest, you have it as reference point for the rest of your life.

You have the warrior in you so that it is safe for you to go into fear, where there is no control. You can maneuver it, but you can't control it. Your warrior and bubble hold the space for you. That's why we use this picture (of the archetypal woman) as a map, because it diagrams what I just said. This is an open, present, friendly person, who is not in an armor. What there is, is a sword of clarity, her bubble, the space that her warrioress holds, her conscious underworld, her communicator, her queen, her

magician, her archetypal lineage, her bright principles and her tool-belt. That's what we have been building for us. We activate skills and dissolve blocks.

The process we do tonight is about using part of this yourself. You use your warrior and warrioress to hold space for the magician to go into the unknown and create out of nothing on a high level. To do that, I would like you to lay down in two rows on the floor. To prepare for that, please stack the chairs back in the corner. Unless you desperately need a cushion, don't use any.

INSTRUCTIONS / PROCEDURE:

I don't want you to go there before I say GO!

You are on the floor and it's hard and you are just about to enter an archetypal territory, where you will not recognize anymore that the floor is hard.

You will have big feelings, but don't indulge them. Realize them. Just take note of it. It is a journey. Don't be a victim. I am going to ask you to do a couple of things now.

- 1) Click your grounding cord...Okay, let me just check with each of you.
(As trainer you now check with each person what the color of their grounding cord is.)
- 2) Okay, vanish your grounding cord and feel the difference. Can you feel it? (Yes)
- 3) Now click your grounding cord again and feel the difference when you have it.
Can you feel it? (Yes). It may have the same color as before or a different color.
Both is fine.
- 4) Now make your bubble.
- 5) Now click a cube around you. This is your space.

Now you have all 3, your grounding cord, your bubble and your space. You have your own little spaceship. It makes you unique and not a victim of the feelings.

Take a deep breath please and close your eyes.

Before you journeyed into the archetypal territory of rage. Now you will journey into the archetypal territory of fear. It will feel scary. Even a low intensity will feel scary. We won't be in this territory very long. Archetypal fear is always there. It is always accessible. It is not even yours.

It will get loud in here. Some of you are skilled in going to 100%. Don't go to 100% until I say it. We are going to navigate at 10, 20, 30% for a while.

Fear usually has no words. If you say "NO", you are mixing anger in. That's normal, because we want to protect ourselves from whatever is making us afraid. But here nothing is happening. There is no danger. So this is a rare opportunity to experience pure fear and to be totally safe. It is like a rollercoaster trip, like Christmas. For Christmas you get a present which is nicely packed and the content is a potential surprise. It is just the same with this journey into archetypal fear. It is a really enjoyable experience to go consciously into fear. We go continuously into the territory of fear. It is about inner navigating. It is a calibrated journey. We will be hanging out in low percentage of fear for a while.

Sometimes people put their center into the future and feel afraid of what might happen. But then you have no power in the present, because your center is in the future. Bringing your center into the future is the reason for stage fright. Use your free attention to bring your center back into the present so that you have power in the present.

All right, take a deep breath and close your eyes. Make sure you have your center, your bubble, your grounding cord and your space. When you find tears rolling down your cheeks, you mix sadness in. This is pure fear, so try to not mix any other feeling in.

Journey into archetypal fear

- We navigate to the door of the territory of archetypal fear.
- It is like the entry to a dark cave.
- You are now standing at the mouth of the cave. In front of you there is only darkness. You cannot see what is in there.

- Now turn around so that your back is turned towards the dark cave.
- We start going into the cave backwards.
- Take a first step in backwards and only go into 5% fear. It is like a little tension in your body, in your toes and arms. But it has no sound yet. It is just tickling a little bit in your body.
- Don't go any further right now. Just experience 5% fear. *(for approx. 30 seconds)*
- Now take another step backwards into the cave and go to 10% fear.
- Now take another step backwards into the cave and go to 15% fear.
- Now go again to 15% fear.
- Stay there at 15% fear. It is just a journey. It is like going to Mexico. That's how it goes.
- Okay, now go back to 10% fear. See, how easy that is? That is inner navigating.
- Were you okay with 15% fear? *(Yes)*
- Okay now take again a step backwards and go again to 15% fear.
- Now take to further steps backwards into the cave and go to 25% fear *(for approx. 30 seconds)*
- Raise your hand if you are okay at 25% fear. *(Participants raise hands)*
- Now turn around so that you look into the cave. You cannot see anything. You don't know what is in front of you, what is in the dark.
- Now take two further steps and go to 50% fear. *(for approx. 30 seconds)*
- Now come back to 25% fear... Just raise your hand, if you were okay at 50% fear. *(Participants raise hands)*
- Okay, in the next step, we will stay at 50% fear for one minute. Go to 50% fear NOW *(for 1 minute)*
- Come back to 25%.
- Notice that you were okay at 50% fear, because you are designed to feel 100% fear. For the next part go to 75 or 100% fear. You don't have to go there if you don't want to, but still follow the instructions. You will not hear me. You know now how long 1 minute is. If you want you can go for one minute to 75% or 100% archetypal fear.

- Get your center, make your bubble, your grounding cord and your space.

- Now for 1 to 2 minutes if you want to you will go to 75 or 100% fear. Don't hurt yourself and don't kick your neighbor or hurt anybody else. If you agree, put your hand up. (*Participants raise hands*) Don't jump immediately from 0% to 100%, but go there slowly. Take about 20 seconds to fully go there. GO!
- You are at 25% fear now. You have your center, your grounding cord, your bubble and your space. And at a count of 3 you go to 75 or 100% and then come back after a minute to 25%.
1 – 2 – 3 (*participants go into 75 to 100% fear for 1 minute and come back to 25%*)
- It feels like a sunny day on the beach at 25% doesn't it? Stay there at 25%, not more, not less.
- Now turn around so that you see the entrance of the cave.
- Take one step forward to the mouth of the cave and go back to 20%. (*for approx. 30 seconds*)
- Now take another step forward and go back to 15%. Don't go too fast (*for approx. 30 seconds*)
- Now take another step forward and go back to 10%.
- Stay at 10%. Don't go out yet. Stay at 10% and reflect what you just did. You went backwards into the cave, the entry to archetypal fear. You went to 5%, 10%, 15%, 20% and 25% fear. Then you turned around and went to 50% fear for one minute. You checked yourself out and found you were okay.

Then you made a choice. You decided if you wanted to take the next step to go between 75 and 100% fear for one minute and you did it. Most of you went to 100% for one whole minute for no reason at all. You went there consciously to the territory of archetypal fear. There is nothing more scary than that. It doesn't get bigger. Now let me ask you a question: what's bigger, you or the fear, it's a personal thing? (*I am bigger*) Thank you.

Notice that it is not a theory. There is nothing that can talk you out of this experience. Still stay at 10% and check yourself out. Looking back, were you okay at 100% fear? (*Yes*) For the rest of your life there is nothing more frightening than that.

While you were doing this journey I made black holes that were about 2 meters in diameter. There was so much fear in the room that I had to push the fear into the black holes, because they wouldn't suck the energy away quick enough.

I also had to do a maximum grounding cord to the middle of the Earth, because you felt so much fear. This information that you can be okay at 100% fear goes out to the global information grid. You did a service to people. You are walking proof that this is possible.

- Now take a deep breath.
- Take one step towards the mouth of the cave and go back to 5% fear. Behind you is the entire territory of archetypal fear. In front of you is the mouth of the cave.

- Take one more step and go out of the cave. You are standing right in front of the entrance of the cave.
- And for one more minute we let your nervous system integrate this in silence (*1 minute integration time*)
- Now reach out for the hand of the other person next to you without saying anything.

All of your 4 bodies are designed for that. They are designed to hold this much energy. In modern culture we are not taught to do this. But it is so natural. It is your original power in every cell and the entire nervous system. What you did was you ignited the archetypal character of the magician.

- Now let go of the hand. We will have a short break, where you can get a sip of water and go pee. After the break we will do the main part of the exercise.

Trainer Note:

Especially at the beginning make people come back to the zero point. If somebody says they are not able to get back to zero, you can do the following:

Go to the person and make her put her hand on the chest. Then put your hand on her hand and transfer the vibration of basic okayness, of being held by the universe at any time. Then they usually get back to the zero point.

After people went to 100% for the first time, let their nervous system reorder. Then ask each participant how big the fear was.

You don't necessarily have to tell the story about the cave.

DEBRIEF:

