

Stellating Joy - Self Denial Process

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(Revised: 17. March 2011 by Nicola Neumann-Mangoldt)

FORMAT:

Writing process

Duration: 15 – 20 minutes per person

PURPOSE:

To become aware of what you are denying yourself that hinders you in serving the bright principles? Detect, where you are still in survival.

SETUP:

People sit in big circle. Also possible as dyad process or in groups of 3.

INTRO / BACKGROUND:

A fear comes up if you were to cut your expenses? Then you are in survival. But you are already in survival, you can't cut expenses.

What have you been secretly denying yourself / not allowed yourself. So you have to keep your lifestyle of survival (not having what you have been denying yourself)

Whatever you are secretly withholding, you can't make a conscious choice about.

You can't serve bright principles until you have done these things. You can't change your lifestyle (decrease expenses), because you are already denying yourself important things. You are already in survival.

It is very practical stuff: Your heart dream, e. g.

- Pizza binge
- Film binge
- Travel to Indonesia
- Live in a tropical hut
- Own a BMW
- Motorcycle Kilimanjaro
- New skis
- Suit of fine clothes
- Travel to Patagonia – hiking around
- Be on T.V.
- Be rich, famous,
- Have a family,
- Own a house on a cliff, etc

INSTRUCTIONS / PROCEDURE:

Key: sadness for not allowing it, lack, loss of the possibility, "I'm not worthy, not honoring myself".

1. Write down, what you have been denying yourself. Make a complete list.
2. What is your real purpose? (e. g. living with nature, protecting the Earth)

DEBRIEF: