

Mass-Swamp-Initiation

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(Revised: 08th of October 2015 by Nicola Neumann-Mangoldt)

FORMAT:

Group initiation process in 4 steps

Step 1: Experience the swamp

Step 2: Journey to a plant drying out the swamp (sallow)

Step 3: Process of planting

Step 4: Exchange about gifts rendered to the plant drying out the swamp (sallow)

Duration: 90 minutes.

PURPOSE:

The purpose of this initiation is to experience your swamp clearly and consciously, express it in full loudness and wildness and to then consciously leave it again.

In addition the purpose is that the participants learn to have more clarity about their swamp in everyday life.

SETUP:

The participants sit in a circle on the floor.

Each participant has a towel, bucket, tissue box and paper and pen in front of them.

INTRODUCTION / BACKGROUND:

Background of this initiation is that Tassilo showed Thomas a place at Lenzwald, which – thanks to a willow - turned from a wet swamp place into a cozy, dry place where you can sit easily and relaxed.

Thus the idea was born that the participants of the men's lab in August 2015 could be led back into their spiritual, emotional, mental and physical swamp, encouraging them to experience and express all typical voices and gestures and finally get to the deepest spot of their personal swamp, dive into it and experience it.

After that the participants go into (real or) imagined nature, imagine a willow tree, connect with the deity of the tree, ask for a willow offspring and listen to what the deity of the tree would like to have in exchange.

Then the participants are asked to plant the offspring into the deepest spot of the swamp and then take care of it so that the swamp can dry out more and more over the years of practice.

The care works by providing over and over again what the deity of the tree wants to have as gift for the willow offspring.

INSTRUCTIONS / PROCEDURE:

The participants spread on the floor and get their equipment.
Then the trainers ask them to close their eyes.

The trainers encourage the participants to go into their swamp step by step, further and further, louder, deeper without hurting themselves or anybody else.
This loud and intense body experience should happen in all four bodies and cannot be experienced in the mind only.

After approx. 20 minutes it is time to go to or imagine the deepest spot of the swamp and express everything connected to it – tones, stories, sounds, voices, smells...
From this spot, the participants then journey back out of the swamp.

When the participants are okay after this approx. 30 minute journey, they journey to a place in nature where they are asked to find a plant that dries out the swamp, e. g. a willow.

As soon as they can imagine such a tree, e. g. a willow, they make contact with the deity of the tree and ask for an offspring.

In addition they ask the deity of the tree what they can gift in exchange.

With the offspring the participants go back to the swamp and plant it into the deepest spot of their swamp, then come back and slowly open their eyes. Then they get back together in a circle of chairs.

DEBRIEF:

Ask the participants to share their experiences in the circle.

Then the trainers ask the participants what the tree deities wanted in exchange for the offspring.

After that the trainers distill with each participant step by step their gifts for the deity of the tree so that each participant gets a task for regular practice at home. Through practicing this task the swamp can dry out more and more. Examples for tasks that the participants got from the deity of the tree:

- Connect with a tree for 5 minutes every day.
- Take more care of yourself by wearing noise protection and gloves when working manually.