

Trust Replacement Surgery

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(Revised: 11. January 2012 by Nicola Neumann-Mangoldt)

FORMAT:

Whole group process in a circle.

Duration: 15 to 30 minutes

PURPOSE:

Reconnect to your intuition.

SETUP:

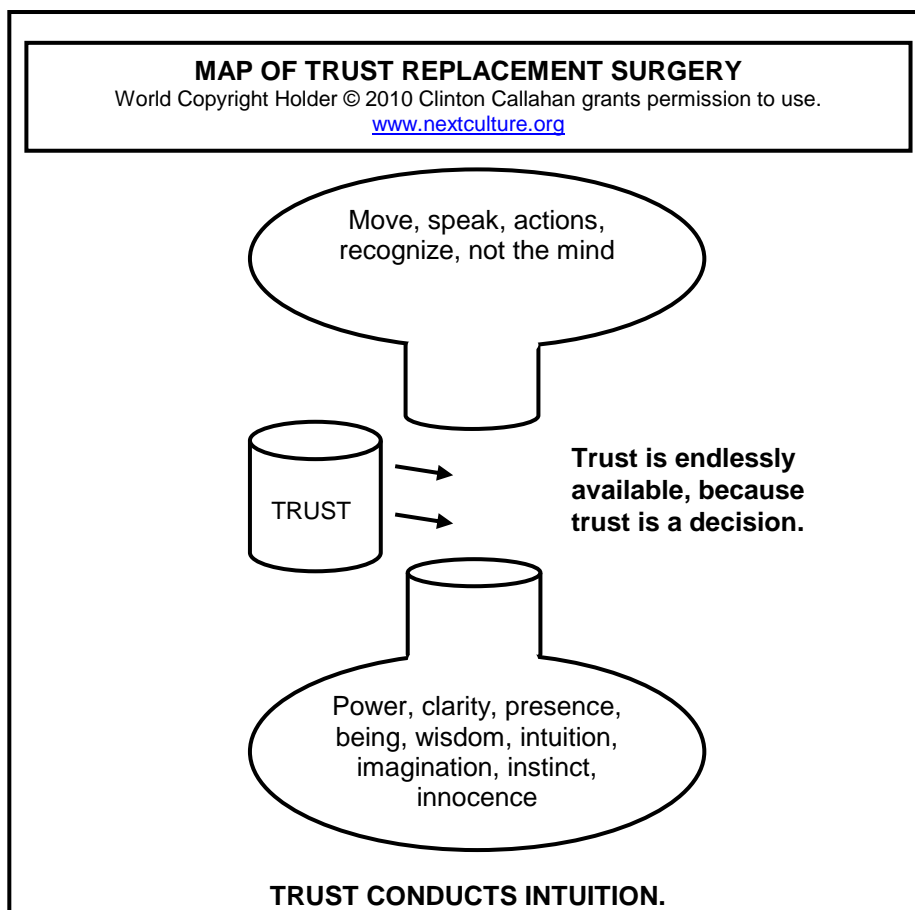
Whole group process in a circle.

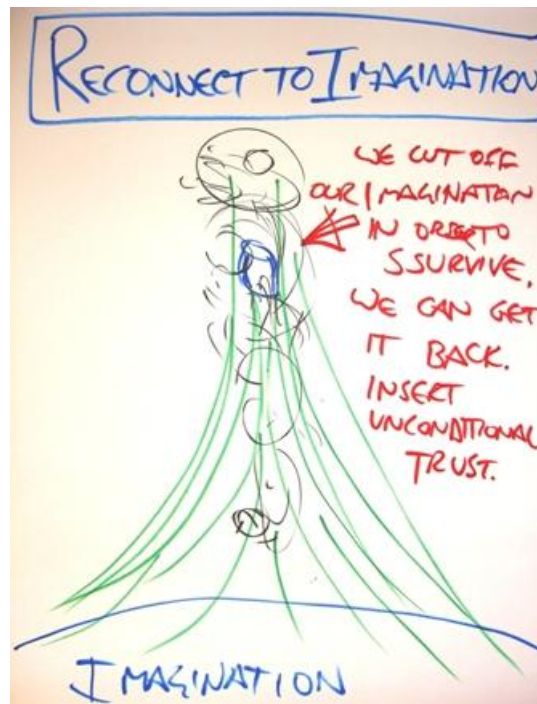
INTRO / BACKGROUND:

There is a normal natural connection between our intuition and action. The connection is solid until trust is removed. Who removed the trust?

1. They did.
2. I did (we choose "I did")

Due to school in modern culture, we were cut off our imagination. But the roots are still there. We only have to reconnect to them again. We remove the trust ourselves. We perform auto trustectomy so as to disempower ourselves. Without the trust in place we then have a gap between intuition and action. We also may experience a pain of having an intuition, but not acting on it. Knowing and not going.





INSTRUCTIONS / PROCEDURE:

- We will now do a self-surgery. Take 3 deep breaths.
- You have an action hand and a feeling hand, put feeling hand on the intuition.
- When intuition says move, hold out action hand palm down.
- We do this surgery without anesthesia, so you will probably feel things.
- We now start surgery.
- Take a deep breath. Go to the level to scrape away and remove scar and scab from intuition connection.
- Take a deep breath. Go to level to scrape away and remove scar and scab from action connection.
- Slime juices may flow from openings. Wipe away and throw all slime into big black hole in center of the room. Throw cloth in, too.
- Trust is not a feeling sensation of comfort or relaxation.
- Trust is not a mental sensation like certainty or readiness or resolution.
- Trust is a decision. We can choose to trust. Then it is so. And when there is not trust we have chosen not to trust with people who are not trustworthy. We can trust ourselves to take care of ourselves around them.
- Trust sits like a conductive putty about 50 cm in front of us. Like metal conducts electricity and glass conducts light, trust conducts intuition.
- Reach out with both hands. Grab a chunk of trust and shape it into the right size cylinder to fill the gap.
- Put your feeling hand back on your intuition.
- Slowly bring trust towards the gap and fit it in. As you do this, you may remember the moment when you took the trust out and you may feel things. Say what happened and feel the feelings.
- Keep your action hand there and smooth out the connecting joints with your fingers. Wipe away any slime.
- Now we do the test. One at a time go around the room and each person lets their intuition say something about themselves. Examples:

- I am light.
 - I am love
 - Love connects me to everything.
 - I am a kind.
 - I am magical.
 - I am powerful.
- **Precautions:** sometimes intuition is wired to go to the brain instead of the mouth, hands and feet. Then we think about it instead of acting. Do the minor surgery to correct this.
 - If in the future we ever notice the gap again between intuition and action, just grab another handful of trust and shove it in.
 - When we first reconnect with intuition, it may have the same level of immaturity that it did when we shut it down. Through use and practice it will quickly mature.

ALTERNATIVE PROCEDURE:

Self surgery

- Find yourself a partner
- Sit facing each other.
- Close your eyes.
- Wash your hands and disinfect them
- Open the zipper on your chest.
- Reach in with your LEFT hand (for right handed people) and find the place where the gap is.
- Look which shape the gap has.
- Now scratch of the crust on both ends.
- Reach out with your left hand right in front of you. There is a pot with blue compound. It is a compound of unconditional trust.
- Now with both hands form the compound so that it has the shape that fits into the gap.
- Take a little extra compound.
- Now put in this formed part with the LEFT hand.
- Smooth it in so that it fits exactly the gap.
- Close the zipper on your chest again.
- Wash your hands.

Tell a non linear story

- Keep your eyes closed.
- Nacktschnecke, tell a non-linear possibility story.
- Tintenfische, you just listen.
- (go for 1 minute)
- Please come to stop.
- Tintenfische, you can say "Thank you for sharing your imagination with me."
- Then change roles.

- Then next round with same partner.
- In this round, you start with your eyes closed. Then try to open your eyes and at the same time stay connected to your imagination.
- Nacktschnecken starts again telling a non linear story
- Trainer interrupts continuously with “stop, new story.”
- Go for 1 minute
- Please come to stop.
- Tintenfische, you can say “Thank you for sharing your imagination with me.”
- Then change roles.

Other exercises:

- Name some objects
 - Say whatever occurs to you.
 - It does not have to be original.
 - Have you any idea why you’ve blocked?
- Say a word
 - That’s not the word you first thought of.
- What is the opposite of starfish?
 - Answer it!
 - Say it!
- Imagine taking something off a shelf. What is it?
 - What did you first want to take?
- Invent a name for a stone.
 - What is the name you first thought of?
 - Accept the first idea.
- Take something out of your pocket. What is it?
 - If you are worried, you have to think first.
 - If you play, your hand makes its own decision.
- Put your hand into an imaginary box. What do you take out?
 - Put both hands in.
 - Put your hands into the far corners.
 - Feel about in it.
- Reach for something behind you.
 - People who say yes are rewarded by adventure.
 - People who say no are rewarded by safety.
 - There are far more no sayers.
 - We can learn to behave like the other type.

DEBRIEF: