

VCA Coach Gym

15 mins each witness times:

3 people in fluid conversation looking for common ground: exchange info methodically to discover 1 common physical behavior, 1 shared emotional habit, and 1 intellectual similarity

You're looking for 1 thing in each category (phy/emot/ intell) that's shared common with all 3 individuals...

Afterwards, I'll be asking which group has the most surprising/ odd/ weird/ unexpected commonalities amongst all 3 people?

(avoid simple obvious similarities, ie, "we all have 5 fingers, we're all afraid of snakes, we all believe in god." Try for instead... "we all have an aversion to mushrooms, we all have an ocd around germs, we all believe there's 'life' on other planets.")

Note: Tune into your grounded, centered self - which is your fastest access into the wider group entity/ field consciousness: go inside self, lean back internally, center, ground, attune to USHOOD of group, connect into the field, the 3-person group mind, speak from there...easier to find shared realities