



Making It Bigger

Definition

Making It Bigger is a practice which can very playfully move us from being completely stuck to experiencing full-out flow. It involves giving theatrical expression to your experience, watching it organically shift as you participate with the expression and exaggerate it.

KEY:

Rather than going into the expression as a means-to-end, ie, intending to “create a shift”, instead, simply be **IN** the expression of it for its own sake, fully, allowing whatever happens to unfold of its own accord, rhythm and pace. No need to push the river in any way whatsoever. In fact, it works WAY better if you approach it this way.

Purpose

- To give expression to -- and thus honoring -- ‘what-is’ and where you are
- To shift quickly and playfully
- To melt your fear in a friendly way -- actually it’s more like making friends with fear!
- To loosen the grip of a persona
- To open up a feeling of flow and ease
- To have fun! Especially when you’re pretty sure you don’t wanna have fun

Try this!

- Make a face that matches how you feel
- Exaggerate it
- Allow your expression to match what is happening as it occurs. For example, you may start out feeling like a bull in a bull-ring facing a mean/annoying matador, and you spend a few moments snorting and pawing and charging (or however long feels right, however long it takes to morph). At first, you may feel lots of feelings, like anger, being trapped, being afraid. Then, you may actually start to have fun with it: ‘Whee! I’m a wild bull! Watch me!’ Then, before you know it, you may shimmer into a graceful bull dancing a ballet -- and then, who knows, you may shape-shift into a ballerina!
- Continue matching-as-you-shift, until you feel complete

When to practice **Making It Bigger**:

- When you feel stuck
- When faced with an obstacle
- When you’re feeling frazzled or overwhelmed
- In the middle of an interpersonal conflict
- With any “item”

BONUS! Make some notes of your experience, or share what you learned with a trusted friend or fellow participant. Or post whatever you like about your exploration on our [Discussion Forum](#).