

Facilitated Experience – The Integral Escape Room

- Theme or Intention of the Experience
 - Silence: Escape Room within the Escape Room
 - Silence as the gateway to greater complexity and creative possibility in the emergent process of Life expressing itself
 - Silence as the means to deeper knowing of self and other
 - Silence as the mirror of the interior I/We
- Intention of our pod's facilitated experience is to through silence allow emergence (enable a heightened presence) and collective leadership.
- **30 minute facilitated experience**
 - **15 min escape room exercise**
 - **15 min conversational reveal of what occurred or what was experienced from a 4 quadrant perspective**
 - **Concrete, Subtle, Causal**
 - **5 Sense perception**
 - **Energy/Sensation**
 - **Emotion**
 - **Thought**
 - **Intuition**
- **Object of the game**
 - **For both teams to escape the room, or**
 - **Both teams escape from the room**
- **Clues**
 - **UL**
 - **Question about Seen and unseen, only shows up with light, but in the light = Shadow self**
 - **Puppets shining shadow**
 - **Bunch of fake clues. The real clue is based on where the shadow hands**
 - **Hide flash light somewhere else.**
 - **Things we need: 2 Flash lights (Tara), Shoe Box with two holes, 2 Figurines (Aithan), Post its in the Spiral colors (Aithan)**
- **LL**
 - **How many people does it take to make the sound of ten hands clapping? Join your hands to find the right one.**

- Human pyramid or leg up exercise
- Solving something in the Limitation of time and space
- Supplies: Hand cut outs.
- **UR**
 - Find object in the room that produces a shared we experience from the inside out
 - Lemon exercise salivating as a We experience
 - Guitar, drum- Post its on back or bottom.
 - Supplies- Tamborine (Aithan)
- **LR**
 - Spiral Dynamics
 - Create a clue: The wrong structure will restrict you, the right structure will liberate you.
 - Question that elicits identification the 8 levels of the spiral
 - 8 blocks, each block has a post it. Have to stack them in the right order.
 - One letter on each lego. Anagram. That word will spell out a number.
 - Red Legos (Aithan)
- **Liberating Question**
 - What in the room when exchanged and combined will ultimately set you free?
 - White Design Your Own PuzzlePuzzle
 - Supplies: Lock Box (Tara)
- **Supplies**
 - 2 Flash lights (Tara), Shoe Box with two holes, 2 Figurines (Aithan), Post its in the Spiral colors (Aithan)
 - **Supplies: Lock Box (Tara)**

Supplies:

- Tara: Lock Box, 2 flash lights, shoe box, puzzles
- Aithan: Red Legos, Tamborine, post its in spiral colors, 2 figurines
- Usha: Hand Cut Outs