

PM Healing Village Newsletter

Nov/Dez 2024



Welcome! - Get started!

I am pleased to get started with the PM Healing Village newsletter and send you this first edition.

And I'm curious. I want to be in touch with all of you to know how you benefit from this village. How did you get there? What were your needs? Why are you staying there?

For me it started in late summer 2020, when Clinton, Anne-Chloé and Vera came to Schloss Glarisegg and I met Possibility Management for the first time. My eyes widened as Clinton told us about his first online study group that addressed emotional reactivity and felt the need for Emotional Healing Processes (EHPs). It resonated with me so much. I wanted it, too.

And then Clinton came with the incredible offer that every person in our community could become one of the first clients for the first generation of Spaceholders for EHPs.

I was in – immediately. I took it. And I wasn't the only one. The seed was sown and had roots in Schloss Glarisegg.

And then in January 2021 Devin & Eithne founded the EHP Collaborative Telegram Group.

So I started asking for EHPs – I started practicing my superpowers of asking, declaring, and choosing in this group.

I started as a client and progressed while the PM Healing Village evolved itself. And a year passed during which I went through over 50 healing processes and I learned to feel again, to distinguish between my thoughts and feelings, to distinguish between my emotions and feelings. And after I learned that, I started to hold space for EHPs myself. I became a Spaceholder and keep practicing to feel consciously.

And now after 4 years, the PM Healing Village shines like a wonderful wild garden with an incredible variety of flowers, shrubs, trees such as: the Heart Gym, a various number of different Dojos, Rage Clubs in all conceivable and unthinkable facets as well as Fear, Sadness and Joy Clubs, PM teams all over the world, EHP healing groups for all time zones, regions and languages, online and offline offers and all.

And soil is the ability to hold spaces. That is the basic. This is the breeding ground. And the EHPs are the fertilizer and humus at the same time, without which this creation would not be possible. That's why the PM Healing Village is aimed at becoming and training conscious Spaceholders.

Enjoy reading and taking the offers in this newsletter.

In this newsletter you can expect:

Welcome - Get started

What about BINS?

NEWS from Possibility Coaching Speciality

NEWS from SKILL UP your EHP Spaceholding

Upcoming Events in November, December

Legends about Transformational Healing Processes

Spaceholder for the global PM Healing Village

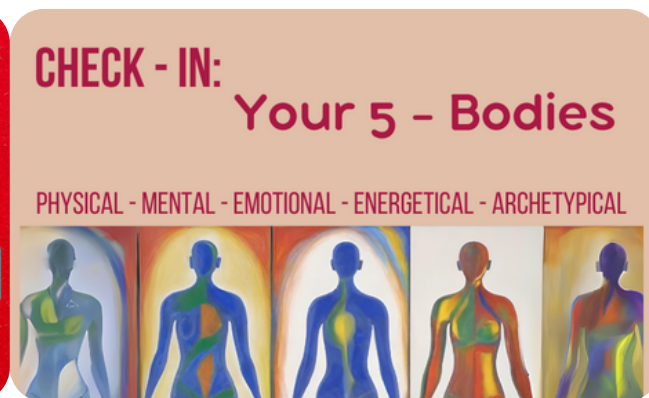
Nicole Nette



What about BINS?

The shift to the ecstasy of taking Responsibility requires many Upgraded Thoughtwares and practice in Basic Inner Navigation Skills, otherwise known as BINS.. Such as:

- * Where is your Center? Can you keep your Center around your partner? And around anybody else? If not, then it is time to practice!
- * Experiencing and expressing your 4 Feelings and 4 Emotions, meaning Letting Your Heart Speak to the degree that you can feeling and speaking at the same time, one not hindering the other.



- * Which of your 5 bodies might be starving and therefore you are imbalanced and create Low Drama in your Relating as a reaction?
- * Have you upgraded your nervous system to be able to experience Anger at Very Low Intensity Feeling so that you do not only experience your Feelings when they go above your Numbness Bar? This is what the 3-3-3 Initiation is for.

To be a client and/or a spaceholder for an EHP, it requires that you are skilled in BASIC INNER NAVIGATION SKILL - Because many Emotional Reactivity comes from the lack of BINS. And if you can not feel, the EHP will not guide you into a transformative Shift of your identity.



News from Possibility Coaching Speciality

Actually, it exists a 3-Cell of Possibility Coaching Trainers, namely Sabine Lange, Kathrin Jehle and Susanne Hutzler, who hold space for the Speciality of Possibility Coaching in the context of PM, to take care of the codex and provide offers for building and deepening matrix as well as offers for practicing specific coaching tools & expanding your circle.

The next Training for Possibility Coaches will start in spring. It will be a more advanced Training where some prerequisites are needed. Within this Training you will train to shift your identity into a Possibility Coach, an agent for transformation.

You find detailed information [here](#).

Or reach out to the Trainer 3-Cell, if you have any questions.

News from SKILL-UP your EHP Spaceholding

The next EHP Skill-Up 2-MONTH Journey will take place between:

December 7, 2024 - 1 February, 2025.

This journey is to create a bridge for yourself to leap into offering fulltime your Nonmaterial Value of Emotional Healing Processes and Basic Inner Navigation Skills. Registrations are NOT yet open. Please save the dates for now.

I will announce later when the registrations do open, and the requirements to enter the Team.

Love, Anne-Chloé



Upcoming Events



Skill Up: Build Inner Structure

Are you aware of your Inner Structure?
Do you know what your Inner Structure is made of?
And what did you build it for? To survive?

If you want to map your own Inner Structure, to explore and experiment to build an „empowered“ Inner Structure

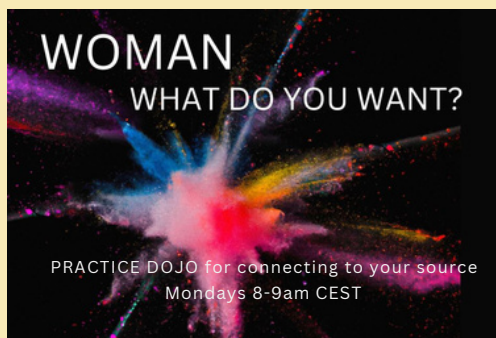
Then use this [link](#) to register.
And meet us On Saturday 09.11.2024, 7-9 pm CET at the next
SKILL UP CALL!

Complete Incomplete Emotions

The Complete incomplete emotions is one of the healing processes supporting you to get your authority back and let emotional baggage sink down the drain of your five bodies.

In this practice space, you go through this process in a team and discover the different realms and spaces where emotions can be incomplete - it's not only with people!

Join [here](#). This is an ongoing practice space.



WOMAN - WHAT DO YOU WANT? (Dojo)

WOMAN - WHAT DO YOU WANT?

If you were raised as woman in the patriarchy, it can be interestingly difficult to find words to express what your being wants.

Now, if you have had enough of that and want to empower yourself and other woman to speak up and say what you want – Join this [Zoom Link](#).

Spaceholder: Eva Daubert powered by Women of Earth.

RAW - Dojo

The RAW EHP dojo is a multi dimensional healing space that connects women all around planet earth. It is A brave place, a seed of another culture.

It is not just a place to do and hold space for EHPs, rather it is a place for healing from patriarchy, overcoming competition and creating collaboration, connection and sisterhood between women.

The dojo starts over with a new spaceholder & new time:
Annika Möller-Nilsson passes it on to Nicole Nette



Upcoming Events



Possibility Coaching EHPplus Training

This is an announcement for german speaking people – a training in english will follow.

EHPplus steht für die vielfältigen Bereiche des Possibility Choachings. Der Fokus liegt darauf, wie du als Raumhalter:in eine Ressource für die Nächste Kultur werden kannst, Methoden zu lernen & anzuwenden.

INVESTITION: 120-180 € für das 5wöchige Training

TERMINE: mittwochs 19:00-21:00 Uhr

WEITERE INFORMATIONEN UND ANMELDUNG [hier](#)

Feelings Practitioner Clinic

Bring your physical symptoms to work with. Bring your presence to the field of healing and let's discover what is possible.

There are 2 possibilities to join the clinic spaces every week.

Tuesdays 8am

Wednesdays 7pm

No previous experience, or registration is necessary.

Join us [here](#) & Feel to Heal

The Feelings Practitioner Clinic Team



Warm Up-Dojo



Before participating in your first EHP Dojo or EHP, it is required that you do the Warmup Dojo. This is a training space where you practice and develop your ability for BINS like:

being centered, grounded, bubbled *

vacuum listening *

lowering your numbness bar *

inner navigating low intensities of your feelings & emotions *

communicating clearly what you feel *

checking in with your 5 bodies *

Therefore you have a skilled Spaceholder for feedback and coaching on your side.

Skill Up: Gremlins? Navigate Elegantly Healing Spaces

What to do when you are faced with other gremlins as a Spaceholder?

JOIN US in the upcoming Skill Up Call and practice how to handle Gremlin-sabotage, -attacks or -blockages in the spaces elegantly and very clearly and beneficially.

Use the [link](#) to register.



Legends about transformational Healing Processes



NICOLE ABOUT ONE EHP

"I have created a fake authority for myself for a very long time. An Authority where I don't need anyone.

During an EHP it took me to some moments in my past where I gave up my authority to my parents, assuming that they knew better simply because they had lived longer than me. They would surely know what is right and what is not.

And all as a result of me giving up on showing them that something else could be possible. I had given up fighting against their narrow-mindedness, blockages and limitations and instead adopted them.

This in turn led me to my existential fear. Because how can I continue to exist if others are right and I'm not. When I can't trust my own truth.

And ultimately reached the origin of my decision. The moment my parents decided that my mother should abort me.

At that moment I felt my anger that my parents had completely ignored my decision. My decision to incarnate, my YES to this life, in this family, with everything that goes with it.... all the decisions that I consciously made on the one hand

And on the other hand, my sadness that my parents didn't even notice me. Were unable to understand my signals because I didn't actually exist for them yet. I was just a fetus.

And also my fear - of being betrayed, of others making decisions about me without including me.

Energetically it seemed to me like a play of powerful forces. Me on the one hand and the whole universe against me on the other. And ever since then I believed the whole world was against me without noticing that I survived. Without realizing that my mother changed her mind at the last moment. Trapped in survival mode.

And it was a shock to realize that it isn't true what I believed so far. And at the same time a huge WOW experience that something different is possible.

And in the weeks that followed, various situations occurred where I was triggered in the same way and I felt my fear and anger and did a reality check to realize that sometimes defense mechanism meets defense mechanism. The other are sometimes just clumsy. That my brain sometimes plays tricks on me and I read and hear things that aren't even there. To end up laughing heartily with the person I was talking to about the fact that the incident had nothing to do with me.

I am so glad that this village exists with all that amazing spaceholders."



JAQUELINE ABOUT THE POSSIBILITY COACHING PRACTICE SPACE

"I love this practice. I found a space inside of me with so much joy. It ends my story that I need to have something outside, a house or so, to feel joy. I'm happy, something changed. To be with my joy is a decision. I can choose it."



PATRIZIA ABOUT COMPLETING INCOMPLETE EMOTIONS

Some weeks ago I completed an incomplete emotion with my eyes - a lot of sadness appeared for the stories that got stuck in them because "I didn't want to see, I couldn't see". As the process went, I started to feel joy for being able to talk to my eyes, see them, and to declare that I was ready to connect to the world, to see, to be seen, to let light come through and heal. It was a really powerful process to me and I now feel my eyes softer, more open, and glad.

Thank you for reading!

PM HEALING VILLAGE

<https://pmhealingvillage.mystrikingly.com/>
