

PM Healing Village Newsletter

Jan/Feb 2025



Enter the gap between lives

One more New Year.
One cycle ends and a new one
beginns.

What does that mean for you? What
do you connect with it? How do you
handle the transition?

Last year, shortly before Christmas,
a hugh change in my living
conditions was announced for me
and my beautiful, rainbow-
shimmering soap bubble of
harmonious being in
community/family on Christmas
and New Year's Eve burst with a
deafening bang.

Thrown back and forth between
fantasyworld and swamp, between
being centered, grounded, bubbled
and collapsing, between
responsibility and low drama
gremlin feeding, between emotions
and feelings, I practice welcoming
chaos instead of putting myself
together as before.

I am practicing to be with what is.
And what is happening is that this
part of my life is ending. And more
than that: this life (that I have lived
for the last few years) is over. I did
what I did. I learned what I learned.
And that was it. It's over.

So, I grieve my dreams and
shattered fantasies of what is
possible and encounter reality.
I feel the fear of not knowing what's
next. Not knowing how to face this
reality. Not knowing how to enter
this unknown.

And I am using my anger to take a
deep breath and let that entire life
slide into its grave.

I am glad to finally see clearly. To
no longer sense this burden on my
shoulders and my back.

AND I enter the gap between lives.
The in-between state. The
nothingness.

So far, being lost in the emptiness
has been the most terrible thing
ever for me. Now after going
through this EHP and practicing
staying in a SMALL NOW, I feel the
silence with in me.

And the possibillity to stay there in
the desolate nothingness as long
as it needs until my next life starts.
I will stay there present and
attentively.

Even though it's not comfortable to
be there and to face what I've
created unconsciously and allow
myself to feel the pain of my own
incompetences of not yet being
able to do it a different way. To let
go of what needs to be let go so
that it no longer sucks my energy
as before. To clarify and clear out
relational spaces. To express what
is left to feel, say and do that I
have suppressed and held back in
my previous life.

And at the same time to honor
what I gave my life for. What I
learned. How I have changed,
expand and evolve myself.
Appreciating that I am a new ME.

In this newsletter you can expect:

Enter the gap between
lives

BINS: Become Centered

THE CURRENT
EHP SKILL UP
SPACEHOLDER - TEAM

Upcoming Events in
January, February

Legends about
Transformational
Healing Processes

There is nothing to hold onto in this
gap between lives. That way I stay
there to create enough new empty
space in which my new life can be
born. I celebrate that I got a whole
new life.

And I invite you to try this
experiment: Imagine that your life is
already over. That was it. It
suddenly ends now. You did what
you did. You learned what you
learned. Give yourself a moment to
let the whole thing wrap itself into
one package. Take a deep breath
and let that entire life slide into its
grave. Enter the gap between lives.
And cavitate space for your new
you.

BINS: Become centered

Here is a simplified guide to practicing "Being & Staying Centered" :

1. Use your **attention** to find where your energetic center is. Once you find it, move on to the next step.

2. Use your **intention** to move your energetic center toward your physical center, which is 3 fingers below your belly button.

Hint 1: It is not necessary to know with your mental body how to do this - your intention to do it is the key.

Hint 2: If you find your energetic center slipping away and going somewhere else, start over and use your intention again.

When your energetic center aligns with your physical center, move on to the next step.

3. Use your conscious anger and your natural superpower of **declaration** to create your grounding cord. Your ground cord connects your energetic center to the energetic center of Gaia.

Hint: You can use your clicker (an energetic tool that you have) to land a distinction in the space and manifestate your declaration.

Once you have your ground cord, go to the next step.



4. Use your ability of declaration again and create your personal bubble. This bubble is your personal space that no one can enter without your permission.

Hint 1: Check that your bubble is closed all around you and has no holes or gaps. To do this, you can sense it with your fingers.

Hint 2: Check the size of your bubble. Allow yourself to take up exactly as much space as you need. Keep your space small enough that you can stay in contact with it.

Hint 3: Check that your bubble only contains your own energy. Cleanse it of others energy if needed.

Enjoy practicing. Invite a buddy to practice together.



EHP SKILL UP TEAM

One more time Anne-Chloé Demestreau offered the possibility to join the EHP SKILL-UP Placeholder Team for 2 month to hone your skills in holding space for BASIC INNER NAVIGATION SKILL PRACTICE (BINS) and EMOTIONAL HEALING PROCESSES (EHP).

19 Placeholder committed to this journey. You find their names here alongside.

This is an invitation for you to directly reach out to them in the EHP Apprentice Group and ask for a BINS or an EHP.

AND You are also invited to give them feedback and coaching. If you write them a written review, they can add it to their websites.

The Team is:

@IsabelAmarilisEsterl
@Marina_F_Mello
@AnaMariaDiazTirado
@Jeremy
@PhippoAlive Phillipe Comunetti
@Naomi_Sara_Rhomberg
@Leslie Greenwood
@marianastock
@reneemadeleine Renée Fisher
@Patricia
@Marc
@MelissaDenuzzo
@Andrea Kallab
@Andrea Handcock
@Tammy Godsall
@Maya
@Miroslava Pichova
@Shai Lihi Bar Av
@JuliGlori Julia Mandel

In exchange for their spaceholding the session will be recorded and shared in their private Telegram group, so that the placeholder can receive feedback and coaching from the EHP SKILL UP TEAM.

Upcoming Events



Skill Up: Minimize your NOW

How big is your NOW?

As a Placeholder – whether for yourself or others – you need a **SMALL NOW.**

Only with a small now is it possible to enter experiential reality.

Only in a small now is it possible to change things.

Only in a small now is it possible to feel and navigate.

Use this link NOW to register:

<https://forms.gle/XDtLsBmxNtvEfakE7>

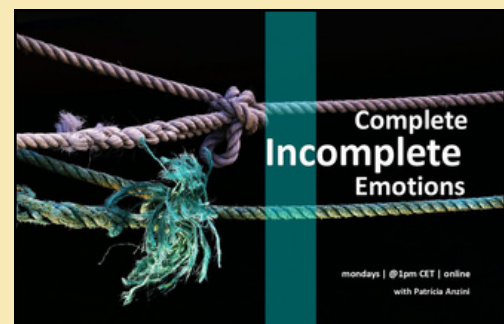
Complete Incomplete Emotions

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: <https://videoconf-colibri.zoom.us/j/7061669128>.

This is an ongoing practice space.



GOOD BOY BUSTERS - Dojo



The "Good Boy Buster Dojo," an Experimental Research Space has been created to let the little boy speak - the part of you that never had the chance, or took the chance, to express and communicate what was needed to be expressed.

But NOW this "treehouse" exists and it is **open every Thursday from 18:00 to 19:30 CET**. It is a space for every man who wants to let his little boy speak and express himself in a circle of other men who are also letting their little boys speak and express themselves.

You can join them here: <https://t.me/+sxp3La29LUQ1MzUy>

Radically Alive Womens - Dojo

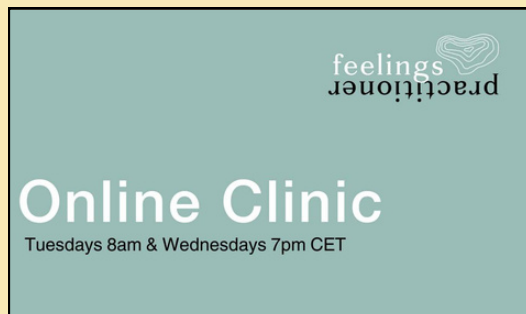
The RAW EHP dojo is a multi dimensional healing space that connects women all around planet earth. It is A brave place, a seed of another culture.

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.

Join here: <https://us06web.zoom.us/j/89203954562?pwd=kUb8Kp6E1OW00ram7PhP00x2ZU21KC.1>



Upcoming Events



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 CET

No previous experience, or registration is necessary.

Join us here:

<https://us02web.zoom.us/j/5801380350>

& Feel to Heal

BINS-Training: Emotional Reactivity

"The value of emotional reactivity is that it clearly signals your need for emotional healing processes and authentic adulthood initiations." - Clinton Callahan

In this BASIC INNER NAVIGATION SKILLS - Training you experience and practice the map of "6 kinds of emotional reactivity" and how to detect them to become able to take back your energy from them.

Reach out to us for more informations and registration:
@NetteNicole on Telegram



BINS-TRAINING: 6 Kinds of Listening

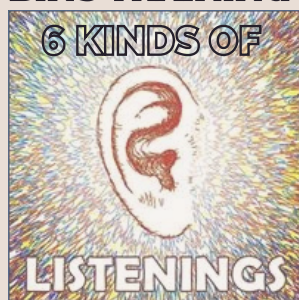
Listening – a underestimated Skill

It is not such an insignificant-naturally-given skill as it seems.
Authentic & Responsible Listening is a transformational skill which enables and empowers:

- Experience of Being Heard
- Experience of Being Valueable
- Connection & Heart Speaking

If you want to join this training to expand and evolve your ability to listen then reach out to
@amalopes or @NetteNicole on Telegram

BINS TRAINING - 6 WEEKS



Wednesdays
6:30-9:00 pm CET
Start: 05.03.2025
INTRODUCTION
26.02.2025



Skill Up: Create 5 Body Intimacy

We have five bodies that are longing to be intimate with someone else's five bodies. Each of our five bodies ~ intellectual, physical, emotional, energetic and archetypal ~ have their own kind of pain, ecstasy and their own kind of intimacy.

If you want to know more about **Creating 5 Body Intimacy and Nurishing your own 5 Bodies** then use this link to register:
<https://forms.gle/XDtLsBmxNtvEfakE7>

Registration opens on the 15. January



Legends about transformational Healing Processes



JOSEPH GOLDIN

This is a legend of holding space for my sister to experience her first EHP. My sister Reba has always had big feelings but when she was in school she was told whenever she was feeling something big she had to get a drink of water before speaking again. She learned that if she was feeling she would be alone and that she had to not feel in order to communicate. This is still effecting Rebas life and it got triggered today with a situation with her roommate.

I said I wanted to hold space for Reba and she agreed. I gave a few possibilities and we chose to do completing incomplete communication. Reba was able to go through and express from her fear, her anger and her sadness about her roommate. She was able to let the feelings really flow and jack in her heart and feelings to her mouth. I was glad to witness this and hold space for her!

After the process Reba expressed interest in doing an EHP. I felt some fear. I felt some fear that I would not be good enough. I was scared because I wanted it to go well for her first EHP and my gremlin wanted to give my power away to Gabriela to ask her to hold space for Reba. I noticed this and I said yes to hold space for Reba.

We prepared the room with two chairs facing each other. Reba had water, tissues and a bucket next to her. I lead us into first position. Reba then jumped right in. She immediately was able to go back to the time of when she was in the hallway at school. She was expressing a lot of shame on high levels. After getting the sense of the location and what was happening I asked if she wanted to unmix this shame. She agreed and we went into an unmoving process.

I was amazed how Reba had no hesitation of sensing where the mix was in her body, and then how she was able to jump into unmixing using her anger without blocking the process with her mental body. She just went for it! Then when I asked what feeling was in her left hand with no hesitation she knew it was sadness, in the right was fear. We unmixed again and then one more time. She had another pile of anger. When there was nothing more to unmix, she knew without having to think or analyze.

Then she put her sadness, fear and anger one at a time into her fluids, her nervous system and her bones. I was struck once again at how she was able to jump in and intuitively know how to feel and express the information in her feelings at such high intensity of feelings!

After putting back her sadness, fear and anger Reba was sitting there and I could sense something going on, something awesome. I asked what was happening and Reba said how she felt powerful. I could sense this and was touched by the energetic sense of power and dignity she was giving off. It was amazing to witness the power and clarity that emerged in Reba when she had unmixed her emotions and took back her feelings for her life!

I said you may be feeling some joy about this power and Reba let the joy flow in all her cells. It was amazing to see the joy in her bodies and on her face. I felt so glad. Reba expressed how she felt so much joy at being with me and our connection.

Thank you for reading!

Spaceholder for the global
PM Healing Village

Nicole Nette

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