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GENERAL MEMETICS NEWSLETTER

December 2022

Dear Friends,

It can trigger fear to think that 2023 is coming.

Let us do an Experiment that makes practical use of '2023 Fear'. Open your [Beep! Book](#) to a fresh page and have your pen ready. This will take 10 minutes or so.

Tell yourself that your fears about your life next year are not an ill omen. They are not a mistake. They are not some defect to be hidden, denied, or suppressed during New Years parties.

Instead, you are going to ask your fear to give you its full intelligence, its wise insights, its new possibilities, and its raw energy about 2023.

[Center](#). Take another slow deep breath, and admit that a new year is coming. Your 2023 fears emerge automatically with that thought.

Allow your other feelings to slide into the background, joy of celebrations coming, anger about not completing things this year, sadness about opportunities lost or the lack of great prospects for next year. Let these feelings or emotions drift past you. You can get to them later. Ask that your low intensity fears come to the foreground now. Let the tingling, electric, vibrating fears come through your nerves and grow bigger. Just fears.

Tell your fears, *“Welcome fear. I ask you to speak to me. I am listening. What do you have for me about next year, 2023?”*

While your nerves tingle and your hairs stand up on your arms and neck, partly open one eye and quickly – but in full detail – write down what your fears say. It does not have to make sense to you right now. Do not judge or suppress what you write. Only write and write.

If nothing seems to come to you, being frozen is actually your fear! Simply write, *“I am afraid that...”* and keep writing. Write, *“It scares me that...”* and keep writing.

After that, say, *“Fear, what else do you have for me?”* Let your fear get a little bigger... but not more than about 18% intense. Keep breathing, keep writing whatever comes. Do not analyze now. Only write.

When the flow seems to come to an end, say, *“Thank you fear.”* Then go one more time. Ask for your hidden fear, the fear under the fear. Say, *“Now I want to hear from my hidden fears...”* Take a breath and write those down.

At the end, congratulate yourself for being a [Possibilitator](#) who is consciously using your fear as a resource, as a friend. Tell the next person you see, *“I am an Experimenter.”*

It is appropriate to have fears about 2023. The world is going nuts out there. Shit of massive proportions is [hitting the fan](#). You are as small as [Frodo Baggins](#), except that now you can use your fears as a kind of ‘superpower’, a ‘Jack Sparrow’ [Compass Of Invention](#) for [Concocting](#) your 2023 [Gameplan](#). What is a Gameplan? Check out <http://yourgameplan.mystrikingly.com>.

To wrap up your Experiment, bring your *Beep! Book* to your [3Cell](#) or your [Possibility Team](#) and ask them to help you change your Conscious Fears into [Agency](#).

3 minutes? Have you felt this same fear before? Then it is an Emotion. Or is it a [Feeling](#), with energy and information to be used NOW, and then it disappears completely from your experience?

Ask your Team their opinions about the actualness of your fear. Listen to their considerations. But only you get to decide what you will do with your fear. Not them.

If you decide that your fear is an [Emotion](#) then you have discovered a [Doorway](#) to a powerful [Emotional Healing Process](#) (EHP). Do the EHP, either with someone in the [EHP Collaboration Group](#) on [Telegram](#), or with a paid [Possibility Coach](#).

If you decide that your fear a [Feeling](#), then ask your [Team](#) to help you design [Agency](#) that wisely makes use of your valuable feelings intelligence. Change your plans, be proactive, renegotiate deals, [stop something](#), go in a [totally new](#) direction, start something [NOW](#) instead of procrastinating, ask for [what you want](#), etc. No more [fantasy worlds](#) from New Years resolutions! You get to [start over!](#)

Ask other people about their 2023 Gameplan. Tell them about yours. If they want, you can help them do this same experiment to find theirs. If more people want to do this with you, then offer a paid one-day workshop they can attend. If more people want to participate in your 2023 Gameplan Workshop, you might get so busy that you don't have time to work anymore. Then you would have to quit [your corporate job](#)...

Oh, darn!

Love from your GM News Team!

German Language Possibility Management Newsletter!

Hear ye! Hear ye!

Starting in January 2023 the D-A-CH (German-Austrian-Swiss) Possibilitators will be sending out their own monthly German Language PM News! You can subscribe to it at [their new website](#). The High Level Fun is multiplying!

Subscribe to German PM News

SPARK 236: Collaborative Invention creates belonging.

Do you ever feel left out? You just can't figure out how to fit in? Do you ever long to belong? Wanting to be at the center of the action in a Team or group? Did you ever sit back in your chair, hold yourself down, agree with everything, be patient, be adaptive, hoping you would eventually be 'discovered' by those creating the cool stuff, thinking that by being nice they would include your hidden talents in their Team? How painful is that? How much life slips by while you pretend to be happy watching those who 'belong' play full out?

[Continue reading SPARK 236](#)

The Latest STARRS

starrs.mystrikingly.com



What Is 'Wrong'? - Vera Franco



The Identity of "Being A Good..." - Anne-Chloé Destremau



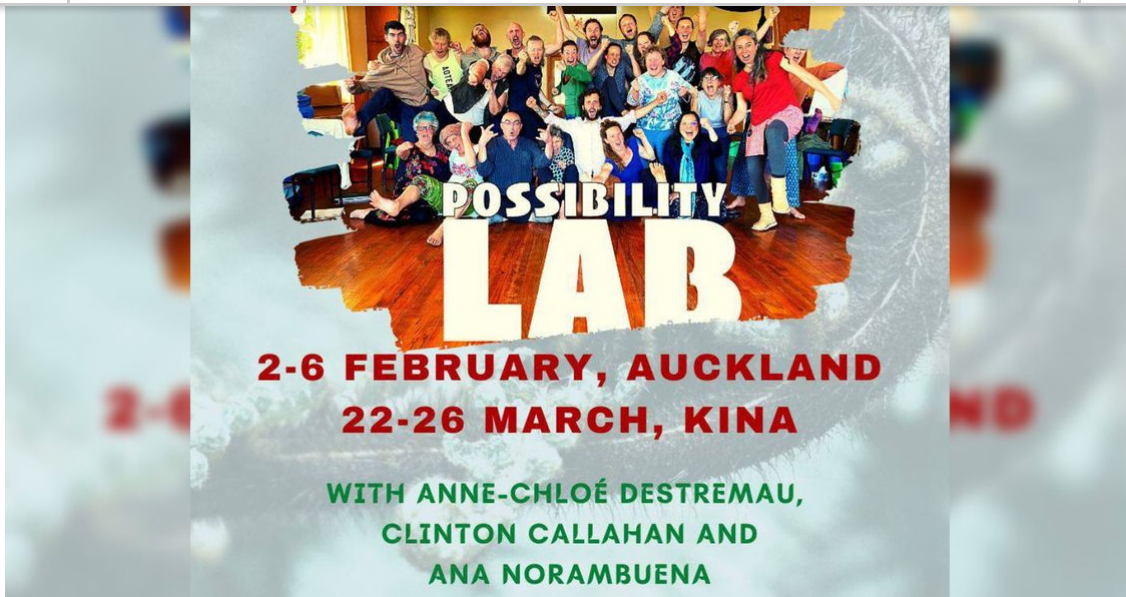
What is Gremlin Food? - Vera Franco



Conscious or Unconscious Purpose - Vera Franco

Watch More STARRS

Our Upcoming Events: New Zealand!



2 Possibility Labs - New Zealand

2-6 February, Auckland, North Island

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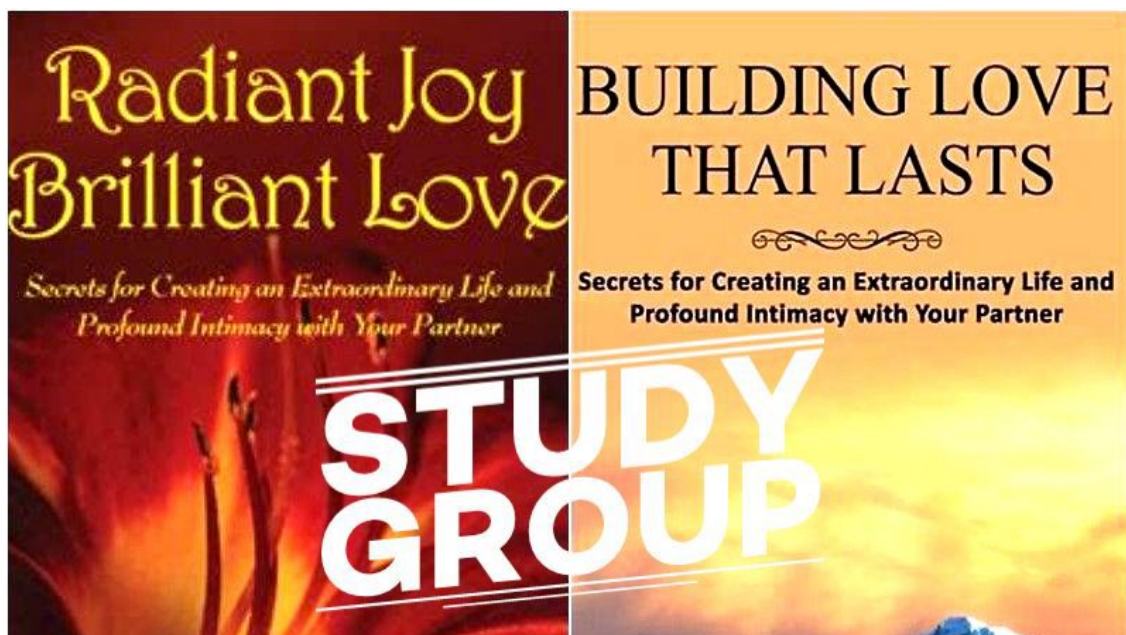
22-26 March, Motueka, South Island

with Ana Norambuena, Anne-Chloé Destremau & Clinton Callahan

The Creative Collaboration between Ana, Anne-Chloé and Clinton for their first Labs together is a door wide open to Archiarchy for a 5-day evolutionary journey to discover distinctions that heal emotional traumas, practice skills, and gather new tools to deliver your service to your village back home with more effectiveness, art and precision.

Registration for 2-6 Feb: <https://forms.gle/mLb4DRMniR1ZoraV8>

Registration for 22-26 March: <https://forms.gle/KrbgrJMosC6cFbZQ6>



with Clinton and Anne-Chloé

Clinton and Anne-Chloé are moving time zone from the beginning of 2023. Therefore, the Study Group will take place on **Saturday 24 & 31 December 2022** from **2-5pm GMT+1**. The next Study Group will be **Tuesdays** starting on **10 January 2023** from **7-9pm GMT+1**. [Eva Daubert](#) is the organizer, please contact her on Telegram at: +49 17663099915 to receive the Zoom link or click [here](#). The Study Group is free of monetary charge.

You can listen all the previously recorded sessions of the Study Group at:

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

Other Upcoming Events



Good Girl Busting - (online) *with Eva Daubert*

Pretending to be a Good Girl is neither good nor bad. AND, if she is the only option you have, it has consequences. It has costs. You are a slave to this driving force, that lets you limit yourself to the kind of behavior you assume will be accepted, loved and appreciated by the people around you. Maybe it is time to make that part conscious and try out some other options for you to choose from?

Join the Introduction on **10 January** to get to know the space. The Introduction is followed by a 6-week Series starting on the **17 January 2023**.

REGISTER with Eva Daubert: evadaubert@posteo.de.



Gremlin Transformation - Chapter 0 (online) *with Vera Franco*

This is a journey of deep disillusionment, where you have the opportunity to get real with how exactly your Gremlin has been running your life, and clear practices to shift the purpose of your Gremlin towards an enriched life.

Prerequisites: Rage Club or Expand the Box, AND have a list of 50+ Gremlin foods.

Register through [Google Form](#).

Stay tuned about online and offline PM upcoming events through this newsletter and the [PM Events Telegram](#) group.

If you are looking for Rage Club, Fear Club, Sadness Club, WorkTalks, workshops, EHP Dojos and other paid or free Events online, you will find them at on the [Possibility Management Online Offers Calendar TeamUp](#) calendar.

If you are looking for *Expand The Box* Trainings, or Possibility Labs, then please go to the www.possibilitymanagement.org/calendar website.

Possibility Management Online Offers Calendar



Online Global Offers Calendar

WorkTalks, Workshops, Rage Clubs,
Fear Clubs, Study Groups, Possibility
Teams, Online ETBs...

Get electrified!

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Around the world!

Link:

<https://teamup.com/ksv2xq34sxiagcuei1>



Possibility Management Calendar

Expand The Box, Possibility Lab,
Feelings Practitioners Lab, Intimacy
Journeyer Lab, ...

Find the Training you need in your area!

Link:

<https://possibilitymanagement.org/calendar/>





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