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Water splashing at the Huka Falls, Taupo, New Zealand



GENERAL MEMETICS NEWSLETTER

February 2023

Dear Edgeworkers,

We have been researching the difference between anxiety / stress / worry and Conscious Adult Fear.

We are discovering that, contrary to popular belief, when you experience anxiety, stress and worry, you are right in the middle of the most comfortable and cozy part of your [Box](#): your 'Marshmallow Zone'.

It may be shocking news that most people's Marshmallow Zone is a self-designed self-torture hell-world, infested with [Voices](#), [Judgements](#), and inner wars between your [Parts](#). You might not 'feel' comfortable in your Marshmallow Zone, but your inner madness 'feels' familiar and normal.

recognize that anxiety, stress, and worry are unconscious Emotional Fears running at 20% to 40% intensity all of the time. If anxiety is your Marshmallow Zone, you are keeping your nervous system electrified with medium intensity voltage. This habit is exhausting. It wears unnecessarily on your adrenal glands, intestines, diaphragm, muscles, etc., and can make it difficult to sleep at night. You wake up in the morning and for no apparent reason your fear immediately shoots up to 40% intensity. Your unconscious fear never turns off. You cannot relax to 0% intense to give yourself space to simply be [Present](#) in the world or with other people. Who would you be without feeling your anxiety?

Your Marshmallow Zone might even convince you that 'this is how life is'. After all, your mother had anxiety. Your father was tight as a drum, trying to keep it under control but always ready to explode. Perhaps you decided that having anxiety is the best way to [Survive](#).

Perhaps you decided, "*Worrying makes me a good person.*" Or, "*Worrying is how I learn from my mistakes.*" Or, "*I have to worry to stay alert enough that bad things won't happen to me again.*" Or, "*Worrying keeps me from making others so angry that they punish me.*" Or, "*If I worry enough, I won't be abused again.*" Please check this out.

You might commit to doing too many things just to feel stressed out, as normal, even if you don't want to do those things, even if they are not your job to do. You might create anxiety by amplifying the importance of what other people think of you. You might stress yourself out trying to perfect, trying to please authority figures, trying to hurry up, or be strong, or trying to avoid criticism.

As an [Edgeworker](#), it becomes crucial to [Experientially Distinguish](#) between:

- Neurotic self-abusive unconscious habitual Emotional Worry, and
- Real-time relevant intelligent actual [small-NOW](#) low-intensity [Feelings](#) of Fear.

Emotional Fear and the Feeling of Fear can both be low intensity. The Feeling of Fear comes and goes in less than three minutes, whereas Emotional Fear emerges from unconscious sources and never quite goes away.

If you confuse your Marshmallow Zone's unconscious emotional fear with low-intensity Feelings of Fear of the Edge, then while you might think, "*I am Expanding my Box,*" you are simply floundering around in the swamp of your Marshmallow Zone. You are feeling uncomfortably 'good' and going nowhere. After a while, hopefully, being in the muck will become frustrating enough that you are ready to use your anger to change the game.

The question is: "How can I distinguish between my neurotic Emotional fears, and the Feelings of Fear that help me navigate being at the Edge?"

Here is what we are finding:

- Useful low-intensity [small-NOW](#) Fears have no [Story](#) attached. They are neutral, not good or bad.
- Neurotic Fears have a Story attached.
- The Stories attached to Neurotic Fears are inside of you, not in the world.

Neurotic Fears emerge from self-generated Stories, such as:

- No matter how many times you ask someone if they are okay with you, you stay neurotically afraid that, "*They don't like me.*" This Story is inside of you. Not in the world.
- No matter if you receive evidence that you did a good job, three seconds later, you are afraid that, "*I did a 'bad job.'*" This Story is inside of you. Not in the world.
- No matter how much evidence you are shown that you have changed, you are afraid that, "*It is never enough,*" and you keep kicking yourself to work harder. This Story is inside of you. Not in the world.
- No matter if you have successfully negotiated intimacy, you still worry that, "*I am not allowed to experience Free And Natural Adult Joy. Anyway, it will be taken away from me in the next moment, and then I must pay.*" This Story is inside of you. Not in the world.

Neurotic Emotional Fears are inside of you accompanied by a Story. Adult [Conscious Feelings of Fear](#) have no Story attached. Your Feelings of Fear at the Edge arise in relationship with reality and are therefore immediately useful.

For example, if you are afraid to make a [Boundary](#), and you do the Edgework Experiment of making and holding a Boundary, your Box expands. Your identity shifts to become, "*I am now a person who makes and holds intelligent useful Boundaries.*" Your Edgework Fear arises, you use it to navigate, then it subsides back to 0% intensity as your new shape evolves. However, if you let your old Stories call forth your Neurotic Emotional Fear, your Box will undermine the evolving shape of your [Being](#), and you will retreat back into your nasty weird sticky little Marshmallow Zone.

We are also finding that you may experience Emotional Fears with Stories attached, PLUS small-NOW Feelings of Fear arising, both at the same time.

If you do not moment-by-moment experientially distinguish between Neurotic Emotional Fear and Edgeworker Feelings of Fear as part of your [Space Navigation](#),

We challenge you to make your Neurotic Fear conscious by detecting the Story you attach to it inside of yourself. Then you gain the power to navigate around your Stories and stay in your immensely useful Edgework Fear.

The key, we found, is to also ask your Team to help you train yourself to detect your emotional fear-inducing Stories, and to shift into relying on your storyless low-intensity Feelings of Fear for navigating your Edgework Experiments.

Absentmindedly sucking on Story-enhanced Neurotic Emotional Fears becomes [addictive](#). Anxiety, stress, and worry cannot be healed through merely understanding what you are up to, because the Adrenalin-rush while you worry is [Gremlin](#) candy.

Shifting your [Point Of Origin](#) out of your Marshmallow Zone into scary [Free And Natural Edgeworking Adulthood](#) involves clarity of [Attention](#), a [Life Of Practice](#), and Emotional Healing [Processes](#) (EHP) to create new behavior groove- options to choose from in the immediate [Present](#).

For anyone interested, in a little over a week, Anne-Chloé holds space for [Fear Club: Basics](#), where this research will be applied through experiments, practices and healing processes. The event information is below.

Also, on March 9, Clinton and Anne-Chloé offer a WorkTalk titled: [Archetypal Lineage](#): This is the way... (which is a movie quote from the series titled: The Mandalorian, in case you did not know...). Find the event info below.

And, of course, the Radiant Joy Brilliant Love / Building Love That Lasts Study Group is still going, and going strong. You can join at any point.

Love from:

Anne-Chloé and Clinton, and the rest of the General Memetics Team who are working incessantly to provide the [Gaian Road Team](#) videos, weekly [SPARKs](#), ongoing creation of Experiments in the [StartOver.xyz](#) game, [podcasts](#) from Clinton's 'Old Talks', and keeping up to date the StartOver.xyz game backend.

Latest STARR:

Wars Run Your Life

For more starrs: <https://starrs.mystrikingly.com/>



Latest Gaian Road Team Video:

Gigi Coyle from the School of Lost Borders

More recordings: www.youtube.com/possibilitymanagementtv

More from the Gaian Road Team: <https://gaianroadteam.mystrikingly.com/>



Our Upcoming Events



Fear Club: Basics

23 Feb - 19 March (online)

with Anne-Chloé Destremau

Again and again, you might be secretly fighting against your own Fears. You have impulses from infinite resources. You live in a true vision. You want to play full out. You see what is possible, and still... your Fears stop you dead in your tracks. You can sometimes push yourself through your Fears... roll over them with raw Anger, determination, or fierce Practice. You were taught to ignore Fears, hoping to keep them suppressed long enough while staying in denial. But, of course, your Fears do not go away. They come out sideways. They exhaust your nervous system. They stop you anyway.

Fear Club is about discovering that something else is possible if you learn new ways of relating to your Fear.

Registration: <https://forms.gle/nm15RogjHuAHqip97>



Worktalk: Archetypal Lineage

8 March 7-9pm GMT+1 / 9 March 7-9am NZT (online)

with Anne-Chloé Destremau & Clinton Callahan

What is the purpose of wearing an Archetypal Lineage Talisman? How can the nonmaterial value of your Archetypal Lineage provide you with a good life?

What is the Earth Coincidence Control Office (E.C.C.O.) and how does it work together with your Archetypal Lineage? Where are the others of your tribe? Where is your village?

These and other questions will be addressed in this WorkTalk with Anne-Chloé Destremau (Archan Gameworld Builder) and Clinton Callahan (Transformational Circle Alchemist).

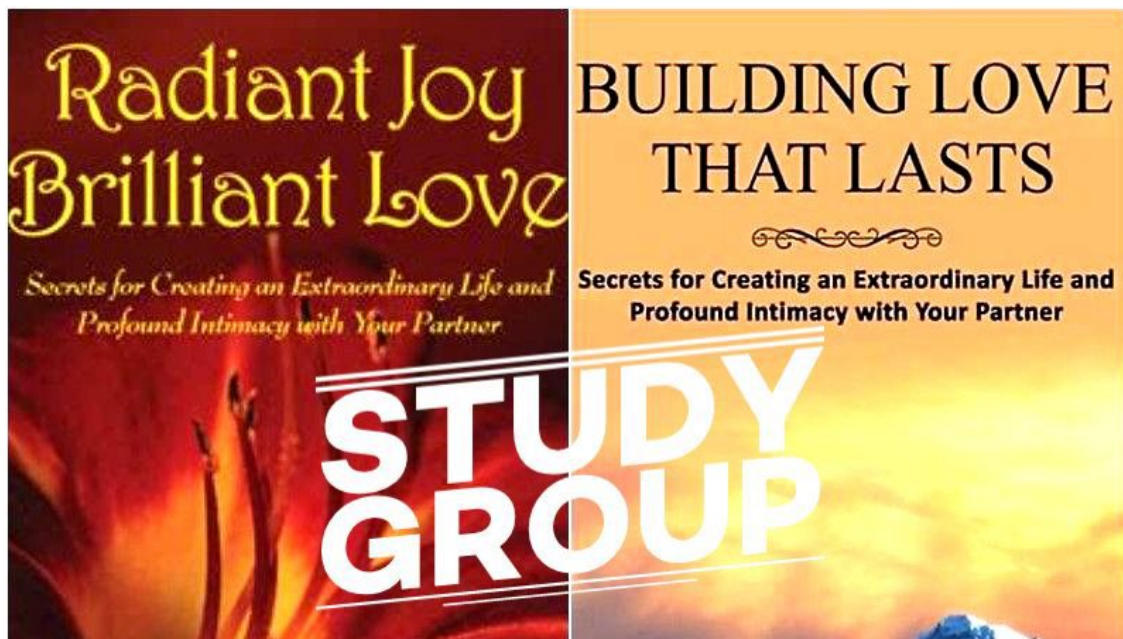
Registration with Sónia Gonçalves: soniamaigoncalves@gmail.com



Possibility Lab - New Zealand

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



Study Group - Building Love That Lasts (Part 2) *with Clinton and Anne-Chloé*

The Study Group meets on **Tuesdays** 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 monetary free.

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

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

Receive Possibility Management News

We invite you to also subscribe to the Possibility Management News, which comes out once a month also loaded with high quality energetic food through distinctions, stories and invitations to transformational events.

Possibility Management Calendars

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 Global Offers Calendar](#)

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

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Around the world!

Link:

<https://teamup.com/ksv2xq34sxiagcui1>



[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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