

UNFREEZE YOUR FEAR

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FORMAT: A whole group process or 1-on-1 (EHP/Possibility Coaching) process.

PURPOSE: The purpose of this initiation is to unfreeze parts of our 5 bodies that we froze in a moment of intense fear, either in this life or in a past life.

SETUP: Participants sitting in chairs for the introduction then laying down on a mattress or couch, with tissues, towels, bucket and *Beep!* Book and pen.

BACKGROUND CONTEXT: A consequence of using the *Old Thoughtmap of Fear*, in moments of high intense fear often related to the sensation of death, a most instinctual reaction is to freeze in order to not feel Fear at that moment. After having shifted to the *New Thoughtmap of Fear* where Fear is a neutral sensation which provides information and energy for your life and Destiny, the door opens to unfreeze these frozen parts and regain access to their resources. The freeze can and usually does happen in more than one body.

INTRODUCTION:

Unfreezing your fear will have the effect of releasing feelings, and especially fear, that are entrapped in your bodies. This means that you will feel more Fear than you could feel before. You can only successfully go through this process if you have shifted from the *Old Thoughtmap of Fear* to the *New Thoughtmap of Fear* where Fear is a neutral sensation which provides information and energy for your life and Destiny.

In addition to releasing your trapped Fears, other resources that were being blocked by the freezing effect, will become available to you. For example, one woman in a past life was being chased by a group of men who clearly had the intention to kill her (as that is what they did with her entire village). She was running away from them in a meadow of high grass. She decided to hide in the grass by laying down. She has a sword in her right hand. When the men approached, she was so afraid that she decided to freeze her entire body so she would not move and give herself up. She did not. The decision saved her life. And was still operational today. Part of her was stuck many past-lives ago. Everytime she held her sword of clarity in this life, the decision 'I am frozen so they will not find me' was at work even if she forgot about the decision and was unconscious about its effect. When she started unfreezing her frozen fear in her physical body, her whole body started to move and to run with her sword by her side pointed at the neck of anyone who related to her.

When you decided to freeze it was a life or death situation, when you were physically abused, emotionally abused, verbally abused or sexually abused. For example, it could

have been when you made a mistake and wished the world would simply stop, freeze, so you would not have to face the consequences of that mistake.

You might have decided to freeze your whole body in a particular position or at a particular age; or freeze your connection with your imagination; the flow of giving or receiving Love; your voice; your mind; your guts (freezing your guts is often a cause for auto-immune disease) or your lungs; your impulse; your instinct; your connection with Gaia; the connection between your heart and your brain; one or more of your chakras; you might have frozen your trust, trust in your experience of the world or yourself, etc...

PROCEDURE: The procedure will be explained for the group process, the procedure goes along the same core principle for a single coaching/ Emotional Healing Process while, however, having more freedom of movement with the client.

The procedure has multiple parts. For a group process, this means you give the entire instruction for each part *before* they begin to feel bigger feelings, otherwise they will not be able to hear you. After you have given the instruction for a part, say 'Go!' and they go ahead and use their feelings as compass in their exploration. When it is time to move to the next part, ask them to come to a short pause while staying with themselves and their feelings.

0. Please lay down on a mattress or couch where you can comfortably feel any feelings without hurting yourself. When you are in place, please center yourself. Make your grounding cord and personal bubble of space.

1. PART 1: (For PART 1, participants can follow your instructions as the feelings will not be so loud.) Close your eyes. The parts that you decide to freeze back then are still frozen now. You have just learned to live with them as if it is normal that they are out of service. We are getting back in touch with these parts. To do this, let the sensation of frozenness get bigger. This sensation of not being able to move, or speak, or trust, or think, or act, or decide. These are dead, frozen. Do not try to figure out where it is or where it came from. Just let it get bigger. *When everyone is about 15-18% intense of that sensation then say:* Put your hand on the place in your body that is frozen. Trust your hand. Do not try to understand where the frozenness comes from.
2. PART 2: Then let the sensation from inside the frozenness get all the way big, as big as it was when you had to freeze. Step by step, do not force the sensation, let it come back as big as it was. There will be Fear, yes, and there might be other feelings too. Do not try to change or resolve the situation, just go into the sensation itself. Let the sounds out, and also the words and sentences if any. Go!
3. PART 3: Please come to a short pause. You are doing great. I will now ask you a series of questions, please answer them out loud:
 - a. Is it night time or day time?
 - b. Are you inside or outside?

- c. Is it a place you know or don't know?
- d. Describe the place.
- e. Are you standing, sitting or laying down?
- f. Are you alone or with somebody?
- g. If you are with somebody, is it one person or more than one person? How many?
- h. If with somebody, is it someone you know or someone you do not know?
- i. Are they male or female?
- j. What is happening that you feel this way?
- k. What happened in the past that you are where you are right now?
- l. What happens next? What happens next? Keep saying what happens next until you reach the point of when you made a decision.

Please come to a short pause, now its time to be clear about the decisions that you made

- m. Say out loud the decision you made. *"I have to freeze this part of my body so that ... or because..."*, *"I cannot move or speak or think this... because..."*

- 4. PART 4: Thank you. When you made these decisions, you were in a life or death situation. You made these decisions so you could survive. This means these were honorable decisions to make. And, you forgot that you made these decisions, you forgot that you froze this part of yourself. These decisions to freeze a part of you are still influencing your life today. Say out loud and with feelings how these decisions are still influencing your life today. How are you blocked from being on your quest? How are they preventing you from being in relationship, being authentic, or playing full out? Go!
- 5. PART 5: Now you have clarity about which part of you you decided to freeze, and why and how your decision to freeze a part of you influenced your life up until today. You were in a life or death situation and made a decision to survive. It was an honorable decision at the time. AND things have changed now, you have changed. You have learned new things to take care of yourself, to be more present, more vigilant. Say out loud what has changed since you have made this decision. Go!
(Note for the placeholder: this is not about your participants giving an intellectual list about what they have learned, this is about them getting that they are already different people, they have a more evolved shape that allows them to hold space for that up to now frozen part. It is an experiential experience of themselves.)
- 6. PART 6: Please wait until I give the instructions before starting. You will now use your hand as the heating, melting, liquifying device. Your hands have power. Place them on the part of you that has been frozen, and let the freeze heat up, melt and liquify until you get back all the feelings that have been entrapped into that space. You also get back the freedom of movement of that part. As you liquify the freeze, your body might start moving, new sounds might come out, new thoughts might appear. Let your body come back to life, warmth, movement, presence. Go! Place your hand on the part and let it melt.

7. PART 7: Please come to a pause. That was fantastic. Now ask the part that has come back to life to tell you with its energy information that it could not give you because it was frozen. Say what it tells you out loud: something that you have to tell someone ... an insight for you... for your quest... for your path... or something for which you do not need to worry anymore.

When you deliver the Unfreeze Your Fear as a group process, do this process two (or maybe three times) in a row for two (or three) different specific frozen parts. Each unfreezing takes about 30-35 minutes. Usually two layers is already a lot for the nervous system.

Optional: you can focus the attention of your participants on a particular aspect of the frozenness. For example, for the second layer, ask your participants to find the frozen part that they have completely forgotten about but their body has not. Ask them to go into this immense fear, this terror that they have buried for a long time.

COMPLETION AND WRAP UP: As a completion, ask participants to go into groups of 3 people. Each person has 3'30 to tell the group about one or both frozen parts, what resources were blocked that they recovered, and what did the resource have for them. If the two listeners have any insight for the Possibilitator who is sharing, they can provide it. However, their job is to create a safe listening space.