

# Edgenews -

News from the edge of my comfortzone

[#Deutsch...](#)



"I AM ANGRY BECAUSE...BECAUSE.....AAARRGHHH!"

Standing in my bedroom in front of the screen, yelling at my laptop, I am participating in Rage Club online for the first time. I feel angry and afraid because I can sense there is so much more inside of me, but something is stuck. I cannot say the words! "I don't know what I am angry about!" I confess to my Team. Brianne Vaillancourt, who is holding space for the Rage Club, looks at me with merciless persistence and alert intensity of connection in her eyes. Her expression is sincere and completely lacking any trace of a smile. "I don't believe you do not know, what you are angry about." This is the feedback she leaves me with and the session ends.

It sticks with me like chewing gum to the sole of a sneaker. I carry it around the whole week and it does its work on me. Something slowly starts releasing. The massive protection wall made out of hopelessness, the story of being powerless and the decision to numb down my sensing of the world around me, 'because I can't change anything anyway', has started to move.

This was the beginning and it took many more occasions and spaces for the expression of my conscious Anger before I cut loose and let the once hidden words flow out of me:

"I hate asphalt, it is sick to cover up the earth's skin, preventing her from breathing, preventing her from opening up to the rain to receive it and swell, I will STOP this! I hate that we create cities, designed for the needs of cars, instead of living orchards that breathe, that feed us, that are cool and fresh in the summer. I will depave Freiburg!"

Having said this, my perception of the world changed. I cannot cycle through the city without feeling the outrage and agony of 40°C summers in the town when the tar relentlessly stores the heat. I also cannot help seeing Possibilities. Backyards, in which dandelions are starting to do the work. Monotonous lawn areas around houses that sing of the potential to become shared vegetable gardens for the people living nearby.

Have I started depaving Freiburg yet? No.

Was yelling around, risking to lose my voice a waste of time? NO!  
How come?

Before I started connecting to my conscious anger, the rage I had available was more like a fluffy puppy, slopping around, breaking down easily. I was not able to take a stand. With practice, my Rage has matured. I feel angry and I can use my anger to contain the tension (anger, sadness, fear and joy) between what is and what I can perceive as Possibility. By feeling and expressing my rage consciously I now know what I want and what I do not want. My Rage is the power that lets me navigate to my next step towards creating, what I want. I feel it between my shoulder

blades sometimes now. The tonus of my Rage has changed. I am alert like a lurking cat ready to pounce at the appearance of a new option.

Becoming aware of what I am angry about has changed the shape of my being, making it more likely to meet Edgeworkers and start interesting conversations. I started speaking about my tar-disgust with friends and one of them said: There is this woman in Zurich. She calls herself 'Asphaltknackerin' (the one who cracks tarmac). You might want to speak with her...

So I did.

Not without doing various EHPs (Emotional Healing Processes) before, about my emotional fear of interviewing someone, going public, being seen, fear of not knowing what to say, etc...

Here is the conversation with Isabella Sedivy. We speak about perseverance, the importance of communication, what trees need and the use of conscious Anger. Isabella also proposes an interesting Experiment at the end.



*Video-Interview*

## **Die Asphaltknackerin**

**A conversation with  
Isabella Sedivy**

We speak about perseverance, the importance of communication, what trees need and the use of conscious Rage for changing things.

Please let youtube generate English subtitles for you automatically.

**Watch now**

If you live in Freiburg and see an option, your backyard for example, for me and a Team of angry Edgeworkers to depave a piece of Gaia for real and start letting her breathe again, please let me know. If you also feel angry about asphalt and want to be on this depaving-team, please reach out to me!

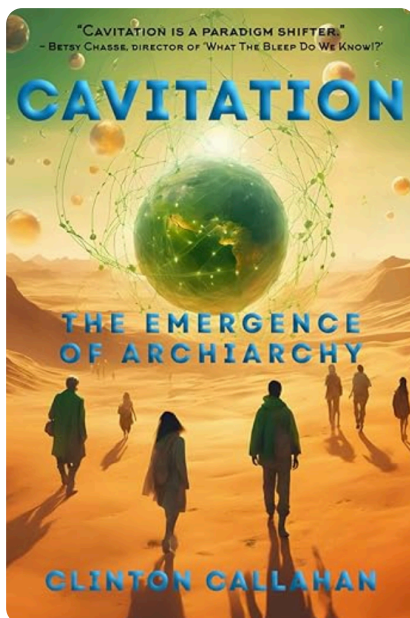
Here are some more Possibilities for you to be consciously angry, born by furious Teams, Writers and Colleagues.

With Love,

*P.S.: I decided to send two separate newsletters, one in German and one with the same content in English. If you did not receive this newsletter in the language you prefer, please let me know. Thank you!*

*P.S.: Ich habe mich entschieden, zwei separate Newsletter zu schicken, einen auf deutsch und einen mit demselben Inhalt auf englisch. Falls du nicht den Newsletter in der Sprache, die du bevorzugst erhalten hast, lass es mich bitte wissen. Danke!*

## Doors, Teams and Trainings...



Book

### Cavitation

Clinton Callahans new book

I cannot lay this book down. The stories of these people, from all over the world, who mysteriously find access to a Handbook with radically transformative knowledge are just too enthralling.

Luckily, Cavitation a very fat book!

[Read now](#)

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Welche Kultur würdest du erschaffen, wenn du dir erlauben würdest, wütend zu sein?

Was ist **RAGE CLUB**  
**EXTENDED** ?

Mittwoch, 18. September, 18:30 - 20 Uhr

Worktalk mit Eva Daubert, Sophia Wegele und Oliver Arnold



Worktalk

### WHAT IS RAGE CLUB EXTENDED?

Get to know the team, ask questions and practice together

Online

Spaceholders: Oliver Arnold, Sophia Wegele und Eva Daubert.

We will organize English translation if needed. Please reach out to us.

[More info](#)

[Sign up now](#)



*Training*

## RAGE CLUB EXTENDED

4 days of exploring and  
developing your culture

In Leiselheim am Kaiserstuhl

Spaceholders: Oliver Arnold, Sophia  
Wegele and Eva Daubert.

We will organize English translation if  
needed. Please reach out to us.

[More info](#)

[Sign up now](#)



*6 wöchige Serie*

## Kraft des bewussten Fühlens

6 Abende zur Vertiefung deiner  
inneren Navigationsfähigkeit

Life in Freiburg

Raumhalter\*innen: Oliver Arnold,  
Benno Enderlein, Sarah von Helden,  
Judith Latta und Eva Daubert.

[Mehr Infos](#)

[Jetzt anmelden](#)





*Training*

## Possibility Coaching Training

**10-week online Series**

During this 10-week journey you will train your perception, your listening, your speaking and your space navigation skills to provide non-linear and unreasonable opportunities for Healing and Transformation.

Spaceholders:

Sabine Lange and Kathrin Jehle

[More information](#)

**Register now**



*Training*

## RAGE CLUB EXTRA

**Rage & Shadow**

Life in Freiburg

Spaceholders: Oliver Arnold, Lisa Ommert und Eva Daubert.

We will organize English translation if needed. Please reach out to us.

[More info](#)

**Register now**



Training

## FEAR CLUB

**Entdecke die Kraft deiner bewussten Angst**

Life in Freiburg

Raumhalter\*innen:

Oliver Arnold und Eva Daubert.

[Mehr Infos](#)

[Jetzt anmelden](#)

## Links und Possibilities...



### What do you want?

Practice Dojo  
every Monday  
8:00-9:00 am CET  
for Women

[More info](#)

This is an international Dojo. We organize the breakout rooms so that it works language wise.



### Telegramgruppe

PM Kollektiv Freiburg.  
Für Vernetzung und für  
Infos über Angebote im  
Kontext von Possibility  
Management in der  
Region Freiburg.

[Beitreten](#)



### Telegramgruppe

D-A-CH  
Vernetzung mit dem  
deutschsprachigen  
Possibility Management  
"Dorf".

[Beitreten](#)

**Eva Daubert**  
**Praxis für den Wandel**

Lise-Meitner Str.12  
79100 Freiburg im Breisgau

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