

The Possibility Path for Parents

A Life Coaching Program based on
Book One: A Field of Possibilities through Jeannine Proulx

“Bringing Possibilities to Reality”

SECTION FIVE

THE NOW

The NOW
Understanding how children and time correlate.

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Step ELEVEN

Read:
THE NOW

Short Cut Topic on Parent, Child, and Family:
Time Travel

For the Short Cuts, find a quiet space and listen to each.

Have a pen and paper or discussion questions handy to write down your insights as they are fresh in your mind. You may receive more insights as your mind continues to process the information, so keep an eye on your dreams, the changes in your life, and how you are feeling.

** Do them in a row or on separate days or times.*

The first Short Cut focuses on you, the parent. The second and third are for YOU to do to get insight into your children and your family as a whole.

Family Fun Project or Experience:
Time Line

This Possibility Step enters into the idea of time and how it relates to our lives and parenting the children of today. We are forever embroiled in time. We are wrapped up in it like a cozy blanket.

It gives us a set space in the moments that define our lives. We live in it. We work in it. We parent in it. We let go into it and relax with it. It passes fast and it passes slow.

But do we understand it?

This step offers a the ideas of the Possibility Now and the Focused Now that might help to understand this concept that we base so much of or lives around. If we understand these concepts, we can use them to find more balance, strength, and even the possibility of more time in our busy lives!

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Step 11

THE NOW

Each step has discussion questions for you to do alone while reading the section and then additional insight opportunity with the Short Cut for you to do on your role as Parent, insight about your Children, and thoughts on your Family.

Let the thoughts that come to you, come to you.

This Possibility Step and these topics are about planting the seed of thought to help bring awareness. This is the starting foundation of who we are in the world! Let what is important for now come and let the rest go. The insights and ideas will flow naturally as you go about your life, grow, and change as an individual, as a parent, and as a family!

Time is an interesting concept. It is ingrained in our daily lives as constant as breathing. As parents, time becomes all important. The clock begins to rule our lives. Between 3am feedings to 2:35pm school let out times, the clock is king. But that tick, tick, tick that rules our lives is not time. It is the system we created to gage time, to make a society and a world that operates like clock work.

Infants don't understand this time. They live in a perpetual state of now. "Now I am hungry! Now I am tired! Now I need comfort! NOW!" is the baby cry. They live in the state of blissful ignorance of this system of time we have created.

As children grow up they begin to learn the concept of space/time. There is a moment when a three year old says "Before that we went to grandma's house." And there the transformation is complete. A time traveler is born.

They are able to understand that tomorrow is different than today. Yesterday is different than today. In five minutes means I will have to wait. Before I was born people, things, and this world existed. When grandma gets older, she will die and no longer exist in her current physical form. When I get older my body will look more like my older cousins and not what it looks like now. Once I was a baby and I looked just like my little brother.

All of these concepts have to be learned and have to be processed into form within the growing brain of the child. We learn to defer our needs to future. We learn to remember lessons from past so we do not repeat them. We learn patience. We learn to be sentimental for what was. We learn.

We all learned what time is based on these experiences and people's translation of these experiences to us. It is not an automatic reaction within an infant. It is learned behavior.

There is a big movement in society right now to "Be in the Now." This now they speak of seems to be a blissful state of present-ness. It is said to get rid of worry of the past and fear of the future. If we only could just stay in this one place in this one time of now, we could let go of all of it.

If this were the case we would remain infants forever. Just as with allowing, this is a very simplified version of time. Time is not linear. It is a system created by man for man. The concept of now is just the same.

There are many forms of how we experience this Now we have created.

There is the Possibility Now where we open up and slow down from moving so fast, we let go of worry of the past, and simply are where we are with what we are, who we are, here. That is the state babies live. It is the state of simply is.

We can take day trips into this Possibility Now. It is the state we are in when we play, when we are creative or in the 'zone' running. We go there in meditation. We access it when we feel that unconditional relaxed form of love. It is a state where we are open to all possibilities and are able to access all times. It is not a Now present condensed moment. It is an expansive wide open let it all go moment. It is open to the possibilities available within each now. We are floating, flying, and unfocusedly open in the Possibility Now state.

It is this state that the authors talk about the Now. It is seen as the ultimate accomplishment to be able to pull back from time traveling to do lists and into this state. It is seen as the goal.

But if we were in this state all the time, would the baby be fed? Would you remember or even know that you had a baby? Would you be able to anticipate the babies needs two hours from now, or your own? Would you be able to feed, clothe, shelter or take care of yourself or others? No.

The gift of time traveling, of being able to remember the past and foresee the future, is a gift! It is a Hammer of Hope to be able to look ahead and say "It will get better. We can do this because we've done it before." Without it, everything we have learned in the past disappears and every hope we have for the future withers. We lose all the skills we need to survive in the Possibility Now.

In the Possibility Now, however, does lie possibility!

It is the place we can find some peace from the future and the past. It is the place we can be free from to do lists. It is the place we can feel free, creative, and find short cuts to answers we seek.

It is a much needed state of being. But it is not the end all of being. It is not the only way. It is simply one state of Now.

To be in the Possibility Now moment means letting go of the ability to focus in one reality. To focus in on one reality, what most people would refer to as the present now, here and only here, takes effort. It can be called the deliberate Focused Now.

The Focused Now is when we are able to time travel, look at the fridge and make a grocery list as to what we will need for the weeks ahead, and then go to store to get those things, and prepare that meal. It is how we write, read, learn, talk, connect, and process life. It is focused in one area of all the possibilities that are out there. We are choosing right now to focus on the fridge and what is in it.

It takes energy to be in this state. It takes energy to focus on one Now!

Children are forced to be in the Focused Now at school, dinner, etc. when their bodies are in motion and their minds are trying to process past and future. To control their behavior that is seen as appropriate they must be in the Focused Now, aware of everything that is happening just in that one moment in time, to remember all that they were told previously, and to do what needs to be done for tomorrow. They must hold it together to be in this focused state. It takes energy, strength, and a lot of effort on their part.

Most children can only stay in this state for short periods of time. That is why when your child who has had perfect behavior at school all day long comes home and completely falls apart! Their limit for holding it together in the Focused Now is gone. It is time to fall into Possibility Now and just let it all go!!

We need both the Possibility Now and the Focused Now. We need to go back and forth to truly have balance in our lives. That is why recess and short breaks are needed for children, along with playtime after school! That is why parents need a weekend away or trips to the spa or a walk in the woods, and all people need some me time to do what they love to do, to go into that Possibility Now and feel free from the Focused Now.

Where we can get stuck is when we start chasing the Possibility Now feeling we experienced once in the past.

In that moment when our two year old looks at us and screams “NO!” in this now moment, we want them to go back to being a baby with that sweet smelling baby head and simple smiles! When our teenagers slam the door shut in our face, we want them to be five again eager and anxious to hold our hands. We want to recreate the past Possibility sweet moments that gave us so much joy.

Whether it is a sunset or a hug, we want to recreate that moment. We chase it. We have another baby. We cook that special recipe for dinner. We go to that romantic place we once felt loved.

We try to recreate those special moments where we felt the doorway into possible was wide open.

But the secret that the Now authors were trying to tell is simple. It's ALL NEW. Every single moment of every single day is NEW now. The Now's are all new!

Time has tricked us into feeling that there is a continuum to this state of being we created and find ourselves living in each and every day. Realizing that each moment is new is the true definition of mindfulness, of being in the now. It's nothing more than realizing it, coming to the awareness that each moment is new!!

And with this knowledge, we can move into a state of Present Parenting: a place where we are with our children wherever they are, whether it be in the infant stage of awe, the grade school stage of future worry, or teenage stage of always and never.

In Present Parenting we can be with ourselves wherever we are, whether grieving the loss of the baby stage we once loved, or the joy of the independence to come.

Meeting your kids where they are, not where you wish they should be or could be or would be if only, equals utter and total unconditional acceptance of them, of you, and this life we are all living!

Our survival minds like to keep things familiar. It wants us to chase the Now to keep today looking very familiar to yesterday. It wants us to keep a continuum of similarity to our days. It fights to keep things the same. So when we open up to the idea of the New Now, our survival self might fight it! It fights to keep things the same.

But things are never the same. The changes may be so small that we barely notice them, but they are there. Every breath is different than the last breath. Every second is different than the last one. We may feel our I the Observer is the same, but it, too changes. We are constantly changing and with that all things are new! So are our kids. So is life.

Being aware of the Possibility Now, the Focused Now, and the New Now we can use all to our advantage as we choose to grow with the changes of life and truly open up to a stage of possibility where we can be in all times, and none, at once!

What does the Now mean to you? Before you read this step? And now?

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SHORT CUT: Time Travel

A Short Cut is a Guided Visual Exercise that helps allow access to our own inner wisdom, our unconscious information Possibility Doorway, and our own inner intuition.

Listen to each Short Cut and then process your insights.

*** The short cuts are for you to listen to and get insight into your perspective on your self, your children, and your family as a whole. You can, if you wish, use these concepts and the questions below with your children or your family after you do them yourself to get your family's insight - if your children are at the age they could understand and relate to the Possibility Step topic.

These questions might help.

Group Discussion or Personal Journaling Questions:

Questions are just suggestions to get the ball rolling. You might get new insights you never thought of that have nothing to do with the topic at hand or realize things that are not in the questions. Allow. It is your time. It is your program. It is your inner wise self. Go where the journey takes you!

FOR PARENTS

What am I dealing with today I might need a little insight in?

What or who appears to you from the past to give you insight or answer?

What insight you do get from this person, place, experience, or thing from the past?

What would your future look like if you were to get insight into this area of your life today?

ABOUT CHILDREN - FOCUS ON EACH CHILD SEPARATELY

1st CHILD'S NAME: _____

What is your child going through right now that they could use a little help with?

What experience could you provide for them to open them up to the time traveling concept?

How are you going to honor the stages of your child's life?

2nd CHILD'S NAME: _____

What is your child going through right now that they could use a little help with?

What experience could you provide for them to open them up to the time traveling concept?

How are you going to honor the stages of your child's life?

3rd CHILD'S NAME: _____

What is your child going through right now that they could use a little help with?

What experience could you provide for them to open them up to the time traveling concept?

How are you going to honor the stages of your child's life?

4th or more CHILD'S NAME: _____

What is your child going through right now that they could use a little help with?

What experience could you provide for them to open them up to the time traveling concept?

How are you going to honor the stages of your child's life?

ON FAMILY

Where is it in your family life that you need more Possibility time?

How can we have more of that Possibility time?

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Family Fun Project:

Time Line

*Life passes fast. Often we don't know or remember the moments that make up our children and our lives. Use this project to help understand what events are important to your children, to remember the ones you have yet forgotten, and dream of the times to come! *Also a great conversation starter on the topic of death at an age appropriate time.*

1. Pick Your Materials

- Each person gets their own, or do in horizontal layers to match up the family members!
- Use paper, wood, paper mache, or even do it on computer as the back drop for your timeline.
 - Gather crayons, paints, decorations, and paper for the events.
 - *Take photos of artwork and paste if doing electronically.

2. Draw Your Timeline

- Draw a straight line - horizontal or vertical. You decide.
- Write birth date at left or bottom of line of family member. Do for each.
- Leave end open. If you have a family member who passed, make one for them too.

3. Draw Your Events

- Take individual piece of paper and write out/ draw events that have happened in each person's life.
- Talk to kids about events that happened at their birth and first years of their lives.
 - At first it will be big events like moves, births, deaths.
 - Then it will move into more subtle memories.

4. Put Events on Timeline

- As you create the events, glue or paste the event papers on the timeline.
 - When done with timeline, take photo for backup!

5. Tell Stories

- Talk about the events as you do them. What do you remember? What do the kids?
 - Listen and pay attention to the things that are important to your child and what they do remember. It might surprise you!

6. Add to the timeline each year.

- Make it a tradition.
 - Do one with grandparents, uncles, aunts, elders as a legacy memory gift!
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*Feel free to share the insights, ideas, and growth you have experienced with people you trust and who care about you, including family, friends, coworkers, therapists, doctors, etc. and of course the group that you are working with on the **Possibility Path**.*

Please direct any professional questions to Jeannine at jeannine_proulx@yahoo.com

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