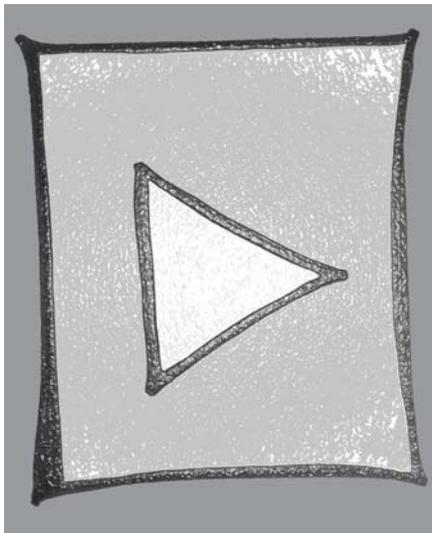


STEP SEVEN



PERSONAL POSSIBILITY

THE DVR

** This book was written when TVs were still a thing. Replace the idea of a TV show with streaming, or scrolling or whatever way you get your content in your current reality! ;)*

7

PERSONAL POSSIBILITY

Now that you understand that you have choices and you are beginning to see the potentials in those choices, the first step out of the Tiny Town awareness that you live in is to make a decision.

Life is a series of infinite potentials. There will always be more to do, see, and be that we can ever do, see, or be. The vastness of life is so varied and complex that you will never run out of options! The more you learn the more there is to know! It's a never ending journey of discovery. Being okay with the choices you make along the way leads to great personal satisfaction, no matter what happens in the life you are currently living. There is great reward in personal responsibility possibilities and it is as easy as watching TV, and not so easy too.

There are infinite possibilities for you to choose from in this world with more and more created each day! You choose which reality to pick as quick and easy as you flip through TV shows. Moving into your own Personal Possibility means accepting that you have choices and you are making decisions for your life each and every moment of each and every day out of all these choices. Seems so simple, doesn't it?

Ever have DVR guilt? Same goes with choices and potential realities. Each and every day you choose what TV show of your life to live, what story to play out, and what to do with your day. Sometimes the decisions are harder as there are more than two, three, or tons programs you would love to live simultaneously!

WE DVR OUR DREAMS

So what do you do? You DVR them. You put one or two choices on the back burner for later and choose a show or a station to watch. This one chosen “show” then becomes your reality. If you leave too many options in the DVR, they sit there waiting, draining your energy and focus. Don’t think so? What about that dream you had as a kid to be a Peace Corp volunteer or that invention you made when you were nine years old that never came to fruition? What about traveling the world or taking that trip you wanted to take before you had kids? What about the college degree that you wanted to get or the job you always dreamed of?

We dream to create our world. We don’t always get to live out those dreams. Life gets in the way of the realities we’d like to live. Sometimes we have wonderful things happen in our lives. We have children, get jobs, relationships, unexpected windfalls, and suddenly we are living a great life we did not expect! It is wonderful, except for one thing. We still have those shows, dreams, potentials, and ideas living in our DVR, waiting for us.

Those nagging options, possibilities all live there on our DVR back burner. They take up space, energy, and focus as we live out our current chosen life. It can weigh one down to carry around all those *if only...*, *when I...*, *maybe ifs...* Sometimes it’s best to just clean it all up and start fresh!

To do this is not as easy as deleting everything on our DVR. We are people who love to dream. And it turns out, we are not the only ones who have dreams for our lives! Remember all those H.O.S.Ys and blocks in your Tiny Little House? Well, they are invested in your dreams and what happens to you too. So are you. You are also your very own H.O.S.Y.

Your 8 year old self is very invested in the dream of exploring the world and helping people and is very insistent that the Peace Corp is the way to do it. You may even feel guilty that you had this dream, talked about this dream to others, even took steps to live out this dream, and it never happened. Bucket list anyone?

It’s so overwhelming, you may throw up your hands and say “I’m done. I will just live with where I am in this Tiny Town and never choose again.” That is different from saying, “I could, but I choose differently.”

CLEAN UP YOUR DVR.

Choosing differently is how we Clean Up Our DVRs. We own the fact that we have a choice to live the life we are living. We may be limited in many, many ways, but if we really want something and feel it is best for our survival, we will do anything to make it happen. Human beings are masters of getting what they want or feel they need. You are no exception. Sometimes it’s just your own H.O.S.Y blocks that are stopping you from even wanting to go for it in the first place or allowing yourself to receive it.

Look at the dreams that have been sitting in your DVR. Are they are still right for you? Are they worth the effort? Do you care if you live them out? Do you want to make room for new?

Cleaning Up Your DVR can help you gain clarity and set priorities on what you really want for your life. It can even give you space and time for what you want now! What shows you keep are the ones you now show up for. Your 8 year old self may even thank you for freeing them from your need to fulfill their dreams!

Life happens. We grow. We change. Dreams change. But the ones that are really close to our heart we will have a hard time deleting. Those are the ones to pay attention to and maybe put at the top of your to do list to live out now!

But let's say you are living the life you dream. You have busted those blocks and chose consciously for your life. You sit with the choices and dreams and know you are choosing this one right now just right for you. You are doing it! You found the "one." You have the dream job. You have the house. It is so magical! It is amazing! All is well. And then? Poof! Something bad happens. A tragedy occurs as it inevitably does. Something bad happens.

BAD THINGS HAPPEN.

What is your reaction? Do you freak out, get mad, and wonder why this happened? Do you change the channel? Do you move to another reality? Do you try to forget this one happened at all? Do you stay in the show, stick it out, and hope for a happy ending? Or do you forget that you chose this station, this reality, and get mad at everyone in the show, even the characters who were only there because you chose them to be? Do you yell, scream, or freak out? Do you sink into sadness or depression? Do you wonder why this has all happened to you? Why? Why? Why?

Well let's get more specific. Let's say the bad thing is a loss. It is a loss of job, a loss of friendship, a loss of life, the loss of a dream. It is a great and sudden loss. Something you loved, needed, appreciated, and enjoyed has been taken away from you. Instant emotion occurs. Emotion based on childhood, on social status, on programming from cultures and H.O.S.Y blocks, come to the surface. It all rises up at once. Grief ensues. All of this is perfectly normal. Even if you know it's a show, a reality that you chose, you still grieve. Grief is natural. But then what?

Then what you choose next is critically important as to how you live your life, how your life develops, and how your potentials develop. If you choose to change the channel, to live in denial or detachment, or even run away, the show remains unfinished.

DENIAL

Our survival self wants to avoid pain. We make choices to avoid the pain. We try to make choices to make less pain. It is a crucial part of helping us enjoy life. But bad does happen. So what happens to you when something bad happens? Facing the loss means feeling the pain. Sometimes we don't want to feel the pain so we live in denial. The show dream life still lives in our DVR, but we are not watching it. It is too painful. It is too much. We go watch another show. We go live another life, but that show is still there. That life is still there on our DVR, living within us taking up space and energy. The storyline is in limbo. The characters continue but you are not there to witness and to be a part of it. Somehow that show lies there in your DVR, on pause, in limbo. And part of you remains with it. You stay on that station. You stay in that moment. You cannot move forward. You do not move on.

CLOSURE ENDS THE SHOW.

People can get lost in their pain. They can lose their dreams, their futures, and even their lives, to open-ended stories. Their lives are forever stuck in the past. They repeat the

same thing over and over. Their patterns are repetitious. They cannot move forward fully until they have dealt with the ending of that loss, until they have come to the end of that storyline.

This is why people need to have funerals. This is why there is a need to see the body. That is called closure. Facing the loss, facing the tragedy, facing the sadness, feeling it, and then accepting it allows for closure. With closure then the storyline can end. Then you can choose to begin a new one.

This is true for any story, for any movie script or TV show like reality choice. Ever notice how even if you think an actual TV show or movie is bad you must watch it to find out the ending? It is incomplete without an ending. It still sits there, just like the other potentials, waiting to be finished.

Having an unfinished story takes an enormous amount of energy. It takes time during the day of your thoughts. It takes time during your dreamtime to relive it. It can drain you to the point of exhaustion and illness. Avoiding it, repressing it, or pushing it away takes more energy than most people have available. It can lead to illness, even death. We must feel what we lost in order to let it go, even if we chose it. We must live our stories out. We must grieve to let go and move onto the next choice, the next story.

BLAME

But let's say you don't repress it. Let's say you blame. You blame the characters in the movie that caused this thing to happen. You blame the movie itself for existing, therefore causing this to happen. You blame the world! You blame yourself. You get caught in a cycle of blame. It's everyone's fault but no one is doing, or can do, anything fix it. You deny moving forward by avoiding the ending. By blaming you can stay in the story. By blaming you don't feel the loss. You don't feel the pain. You don't accept it. You don't allow it to be reality. But it is reality. Loss happens in every story, on every station, in every life.

Blaming gets you stuck. You get stuck in the story. You get stuck in the storyline. You get stuck in the movie, in that Tiny Town reality, and that reality can become and overtake your whole life.

Ever meet people who are 30 years away from a crime, a death, a loss, even a presidential race, and are still obsessed with it? Still talking about it? Still blaming the issues and problems of the world on it? They are stuck in that one storyline. People might say they are stuck in the past, because they are!

If we don't face reality, work through it, grieve it, and let it go, it can become our only story. We never let the story end. We never switch the channel. We never allow ourselves to see other potentials, other programming, or other stories. We choose to hang onto that blame, that storyline, for whatever reason, and remain there today.

GRIEVING ON REPEAT

Now, let's say you are one of those people who sees reality, who knows that you have chosen this channel, who knows there are many more channels and many more options. You know this is a show, a storyline. And then loss occurs. Someone dies. Someone lives. Someone, maybe you, loses a house, a job, a dear friend. The grieving begins.

You grieve. You are aware that you are grieving. You yell. You cry. You scream. You make it to acceptance. And then you begin to question. *What if I had not picked this storyline?*

What if I had turned left instead of right? What if I had been a better person, paid more attention, loved more, argued less? What if? What if? What if?

And suddenly you stop. You push pause. You push rewind. And you begin to live it over and over and over and over again. And you get stuck!! You forget there are more storylines. You forget that this person had choices, has other storylines. You forget about all the potentials and possibilities and you begin to If Only. *If only I had... If only he had... If only... If only... If only. If only what?*

You forgot this is a movie! You forgot this is a play! You forgot you are simply a living character in a book of choices. You forgot. And instead of making more choices, instead of finding more possibilities, instead of changing the channel after finding closure, you sit, pause, rewind, play, pause, rewind, play.

Those in the grieving stages (especially after a giant loss,) even those most enlightened, can get caught in this trap. Pause, rewind, play, what if, if only. Over and over and over you play the tape. Years can go by and they are stuck in the one mode, in the one place, on the one show, never to move forward.

If this is you or has been you, think. What do you do? What do you do to get unstuck?

You Press Play. That's right! Say good-bye. Deal with the feelings and say good-bye. Press play! See what comes next! Put one foot in front of the other and keep walking. Choose another channel. Choose another mode. Choose another day different than the dream you lost. Face the fear of change and choose. And on you will go.

YOU PRESS PLAY!

Soon you will remember how many other potentials, shows, and storylines simultaneously exist with the one you are in now. Suddenly the loss is bearable because the choices are endless. The storylines are epic. Their lives live on forever, infinitum. You are simply a character in that play. And as you move through the stages of your life it will become easier to face it, deal with it, grieve it, and press play.

For a parent who has lost a child or a long loved spouse or friend or close loved one, this can be unbearable to Press Play. It can feel like we are moving past them. It can feel like we are letting them down. It can feel like we are letting them go. The secret is, we don't have to let them go! We can take their character, their story, their life, with us into every single show reality choice we make for the rest of our lives! They can live alongside us as the hero of our next journey, our reason for keeping on, our freedom to be who we want to be. Legacy is a very powerful play. We can grieve and grow. It is possible.

Some losses are greater than others, but tragedy is the main story of human existence. We love deeply. We connected truly. We care for others. We dream big. That is what makes us great and can make life wonderful! But with love there is loss. With choice there is a chance it will be everything you dreamed of, but also everything you have to lose. We don't get to choose what Events happen to us in life, but we do get to choose our reaction. We get to choose what we do with the choices we have been given. And those choices do create our lives.

Life is just a story, as is any movie or TV show. It is a story. There are plots and characters as in any good play. Love stories and tragedies, losses and gains, milestones and memories. All of these are the story of your life.

But they are just a story. Becoming a Possibility Person means understanding that this reality is just one show and we are living in it! Everyone has their own type of story to tell, to

experience, and to live. Being personally responsible for your life means owning it. Own your story!!! Own your show! It's your DVR! It's your life! It's your choice.

What character are you going to be? What story are you going to tell? How are you going to change from one to the next?

Life is a mess of ups and downs and twists and turns. How we deal with them, interact with them, and face those losses and gains, defines us as people and defines our lives. You now know you get to choose. What is your choice?

Press Play and find out.

