

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 ONE

FOUNDATION

1. What Makes You You
Identity and self formation.

2. Personality
The opinionated *I the Observer* and our view of life.

3.. The Story
The stories we tell ourselves, our family, the world,
and the stories they give us.

4.. Stranger in Small Town.
The possibility of people.

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Step Two

Read:
PERSONALITY

Short Cut Topic on Parent, Child, and Family:
I the Observer

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 as well, to get insight into your children and your family as a whole.

Family Fun Project or Experience:
YOUR THEME SONG

This Possibility Step delves into the last portion of What Makes You You: Personality.

Some call this concept soul, spirit, viewpoint, or consciousness.

On The Possibility Path™ it is called the “I the Observer.”

The *I the Observer* is that part of ourselves that just is. It is the Zen within the traits of being human. It is the core of us that shines out as early as infancy. It is felt within the hearts of all who know us and in many ways is our own unique imprint on and in the world.

It is also what makes up opinions and voice in our children and ourselves. It causes much joy and much difficulty as we attempt to work together as families, communities, countries, and human beings in this world. Becoming aware of our own *I the Observer* and learning to respect other’s rights to their own viewpoints can create a more peaceful world full of possibility.

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Step Two PERSONALITY

Each step has discussion questions for you to do alone while reading the section and then additional insight opportunity with the Short Cuts 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!

At the core of you remains you. Behind the traits of body, gender, DNA make-up, physical attributes, hair color, eye color, or any other color, we are us. Who is this us? Who is this viewpoint that sees through these eyes, feels through this body, and walks in this world experiencing all it has to offer?

This ultimate frontier is commonly called consciousness, self, soul, or spirit. On The Possibility Path™ it is called the *I the Observer™*. It is the portion of us that lives beyond and through the body that we have been given.

This *I the Observer* is perspective. It is your perspective. It is your personality. It is how and what you interact with, interpret, and see the world.

No one else sees, feels, and knows the world the way you do. In all of the world there is only one you!

And this you has existed since you took your first breath. Before anyone reacted to you, you acted first. You cried at birth. You sighed, stretched your arms. You breathed! You slept. That was the beginning of “You.” Before the world reacted, you existed. We exist.

This is the part of us that dances when no one’s watching. This is the part of us that we are totally immersed in when we lose track of time engrossed in a project or idea. It is that feeling when we are driving down the road singing to music with no traffic around, totally care free and alive. When we are alone we tend to be more, just us! The *I the Observer* is just us, stripped free from judgment, from analysis, from interaction, thought, or process. It is the being in human being.

Children are closer to this portion of themselves. The younger they are, the more they just are. But then they enter the world and the world interacts. The world reacts. Life happens and the cycle begins.

1. It starts with Being. - We are just us, existing. We are happy, sad, energetic, comfy cozy, sleepy, walking, being. We just are.

Before about the age of two, children don't realize they are separate from the world. They are fully engaged in their own *I the Observer*. The independent terrible two stage begins to help them begin to separate what is someone else's *I the Observer* and what is "Mine." (Sound familiar?) But before that independent age happens, they just are.

2. Then life happens. Something happens. An Event happens. - Your kindergartener punches another kid. They run in the road. They scream, cry, or do something potentially dangerous or just something we don't like.

3. And we React. - We react to them just being themselves. We say "No. We don't touch hot stoves." We talk sternly about the proper etiquette of not slapping other kids across the face just because they walked in front of the toy at hand. We correct the behavior. We grab the hand of the child about to eat some random thing they found on the playground. We react.

4. Then the child Reacts. - The child yells in surprise, anger, or disagreement. The child cries. The child looks at us with those big eyes, not understanding the cause and effect of the simple physics that a water hose on a dog = a wet dog smell for days. The interaction has begun.

5. And then? - Then we Process. We internalize. Both parent and child process the events and the interaction. The moment is over, but the lesson, the feelings, and images still exist. Any parent who has felt their heart pounding the moment their two year old runs into the street in front of traffic or their teenager drives away for the first time on their own, knows. They know the feeling. They know that moment.

So, too, does the child. They remember the feeling of seeing mom screaming in fear. They remember the bad feeling inside. They remember the sights, the sounds. Without even knowing it, they remember.

That moment lives. That moment exists, and with it the words, the actions, and the reactions that followed. They live. They live in our memory, our cellular memory. Our brains remember the images. Our bodies remember the feeling.

6. And then? - Then we tell ourselves a story about what happened. Both parent and child internalize this event. "When I get near the hot stove to touch it, Mommy gets very upset and yells at me. I don't like it when Mommy gets upset. It makes my stomach hurt. I don't want Mommy upset. Therefore, I won't touch the stove." For toddlers it is simple. Theirs is pure cause and effect.

As we age and have more and more causes and effects. We have more memories, more processing, more internalizing, and more story. We become less and less a human being, and more and more a human action and reaction machine. We tell ourselves we are a bad person for touching the hot stove and making mommy mad. We tell ourselves we are unloved because we can't be perfect. We begin to form who we are based on what we see others react to the events that have happened in our lives. We begin to enter the society of humanity.

Between the ages of 6-16 children become more aware of this interaction with the world and how important it is to survival: physical, social, and emotional. It becomes all about what other people think of us - how we look, feel, and act. The natural act of being becomes rarer as the world reacts more and more to us.

This cycle of BERRPS: 1. Being. 2. Event. 3. (One side's) Reaction. 4. (Other side's) Reaction. 5. Process. and 6. Story. - might show itself in what some like to call panic thinking, but what is normal processing of the human psyche.

As a parent, internalizing the events that happen a million times a day, processing the events, our reaction, others reaction to it, and the story to tell to interpret it all can be exhausting! Our minds can run in circles all over the place attempting to figure out what happened, how we are to react, how we would like to react, all while attempting to keep this little human being alive.

Taylor was a mom of a two year old child. She was going about her day getting ready to go run errands, pulling out a load of laundry, and cooking up some lunch for her son. She walks from the kitchen to the living room and 30 seconds later hears a crash. She runs to the kitchen to see the soup that was on the stove splattered all over the floor. The pot it was in is upside down on the linoleum. Her son is staring straight at her with wide eyes from behind the counter. She runs over to check on him. He doesn't have a scratch or a drop of soup on him, but the panic in her is real. In that moment she enters BERRPS mode. Her mind starts reeling.

"He could have been severely burnt. What would I have done? How did this happen? Would our health insurance cover that? Do we have the right health insurance? Where is the nearest hospital anyway? Why don't I know this? Oh my gosh, what would my mother-in-law think of me if he got hurt this way? What would my mother think? I am such a bad parent. Do I know what I'm doing? What doesn't anyone make stoves that have knobs on the back of the stove instead of the front, or at least a child proof cover for the front? I wonder if they have those. I should check online. I don't have time to shop online right now. Where is my laptop anyway? Why is he (the toddler) heading toward the bathroom now? Oh, man, I can't keep up with this kid, when did I get so old? Why do they waste energy on youth? Maybe if I put the baby gate on the kitchen door." (Places baby gate in doorway.) "Good enough."

She cleans up the mess and begins to fold the laundry. Her son playing with blocks on the living room carpet next to her looks up, smiles, and says "Mommy." with a sparkle in his eyes. Yes. She is. Yes, he was. And before the event, they both just were.

Everything we have been taught about ourselves, the world, our place in the world, as a parent, as a person, as an individual, comes into play when the events happen, when we react, others react, and we process. But before all that? Underneath all that? We just are.

We just are us. The child is just doing what children do: exploring the world. We were just doing what we felt we needed to do: ie: the laundry.

There was no judgment. There was no reaction. There was nothing but us. For a brief moment we just were.

That is the *I the Observer*.

It is who we are without all the rest. This aspect of ourselves is easy to access when we are quiet, still, or in a meditative space. When we are running frantically toward the kitchen to stop the two year child from grabbing a hot stove? It's much harder to feel it. It's much harder to know it. It's much harder to acknowledge it. But it is still there!

Yup. It is still there. It never leaves. It never sleeps. The *I the Observer* is always watching and observing. It is us.

Being a present parent, mindful of the amazing human beings that we are, can be accessed at any moment. We can be in tears, utterly confounded and completely confused, and in that exact same moment be aware that we are in tears, utterly confounded and completely confused! Just being aware is the act of being in the *I the Observer*. It is watching without the judgment, without the rambling thoughts, without the processing. It is the portion watching us process, internalize, react, run, walk, cuddle, love, cry, be.

It is why at 50, 60, 89 years old you still feel like you should be 22! It is why a two year old can have the wisdom of an ancient one and why we can learn as much or more from our children then we feel we will ever teach.

Each one of us has a unique perspective of the world, of others, and ourselves and these personalities that we are so attached to. They are the way that we put our own unique stamp on the world. Each child has their own. We have our own. Interacting and reacting in the world and to each other is the physical aspect of living. It is the experience of being in the world. We have BERRPS happen all day long in a million different ways. Becoming aware of the cycle is part of mindful living and present parenting.

If we can see this *I the Observer* in others, if we can see it in our children, if we can see it in ourselves, and become aware of this personality perspective then we can detach from the intense emotions, storylines, and reactions to others in the world and open up to the possibility of compassion for the human beings we all are!

What does it mean to you to be aware of the *I the Observer* portion of the self?

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SHORT CUT: I THE OBSERVER

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. 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

How does it feel to focus in on your heart space?

What words, ideas, reactions that have been put upon you by others come to mind?

Can you feel yourself move into your *I the Observer*? How does it feel or what's stopping you?

What one word comes to mind to describe you from the *I the Observer* in answer to the question: "Who am I?"

ABOUT CHILD

What labels have been put onto your children, onto themselves, their roles, traits in this world?

Can you pull back away from the connection to the child's labels into your *I the Observer*?

What new word comes to you from Your *I the Observer* about your children: Who are they?

ON FAMILY

What are the traits that are labeled by others or the members of your family?

What new word comes to you from *Your I the Observer* on your family: Who are they?

Do you have any other insights on this chapter?

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Family Fun Project:

YOUR THEME SONG

1. Research songs.

- Find a bunch of songs. (Age approximate)
- Ask family, friends, or listen to Pandora and takes notes

2. Listen to the songs.

- Do this together as a family!
- Set a fun night or daytime to do it.
- Listen to them in the car when you are all together.
(Great for road trip.)

3. Choose Your Songs.

- What song/s do each family member like?
 - What kind of music is it?
- Is there enough of a variety of music? (Does someone not like any?)
 - What's everyone's favorite song?

4. Reaction.

- What is each person's reaction to the songs?
 - Do they think the ones others' choose are like that person?
- Do any members of the family try to change someone else's choice?
 - Notice. Become aware.
- Have discussion on each person's right to choose their own song, have their own voice, and their own personality and viewpoint within the family and the world.

5. Own Your Choice!

- Knowing that the "theme song" is for this specific moment in time and that life changes, and as it does your preferences and songs do and will change!!
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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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