

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 TWO

CREATION

5. Allowing.
Steps to creation.

6. Tearing Down Walls
Building resiliency, confidence and strength with Perseverance.

7. Letting Go. Letting In.
The Possibility Train
Natural ways of change

8. Believing
When everything changes. Building Hope
Starting from Scratch

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Step SEVEN

Read:

LETTING GO. LETTING IN.

Short Cut Topic on Parent, Child, and Family:
The Possibility Train

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:
The Possibility Express

This Possibility Step helps us understand why it is so difficult to let go and how we can understand the way in which change occurs, allowing us to move in time with the letting go and letting ins of life.

Change is difficult. But the only thing that is constant in life is change.

This is no more evident than when you become a parent. Change happens daily. Learning to think on one's toes and move with the flow can be difficult, for it is a constant stream of change.

Simply understanding the cycles that our bodies and minds go through as we work through each days newness can help quash the fears, angst, and frustration that arises with the waves of change and create an open dialogue with our children, spouse, friends, and family on the changes of life.

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Step 7

LETTING GO. LETTING IN.

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!

The Four Steps of Allowing allow us to use our Perseverance Personality to bust through life's challenges. Within this dance lies a secret at the heart of it all: Letting Go and Letting In.

Letting go is perhaps the most difficult task of any human being. It is as if the social need of connection is so thoroughly engrained within us it overrides any attempt at dis-connection. It can feel like the tearing off of a limb often times to let go, of a person, a place, a thing, or even an idea. There is realism to the feeling of loss that has many say "My heart goes with them."

We are born adding onto our reality. We are not set up to let go.

Letting go stands in the face of all that is taught by society, encouraged by the tribe, and is at the very heart of our feelings about survival. To survive we are to stay. We are to hold on, to food, shelter, and other humans (who we need for survival). As an infant we are fully dependant on people to provide our needs. We instinctively and literally hold on to those around us for safety and security in life.

So to say to someone, "Just let go!" is like telling someone to face the opposite of survival, which is death. That is how big the risk feels to the one letting go. Even if it is something small, that is how big it feels.

The key to letting go is to understand one of the fundamentals of our natural world: space. It is what many say about nature detesting a vacuum. Space must be filled. Even the empty spaces in outer space we are discovering are not really empty! Life is simply an exchange: an exchange of energy, an exchange of ideas, an exchange of one for another.

Letting go means letting in the new and letting out the old. Just like allowing, letting go is not one step. To let go one must let in. It is a two step dance, as circular as a figure eight.

To let go one must let in.

Imagine a train with every seat full. Every time the train stops at the train station to let someone on it lets someone off. It is an equal exchange. To let go of something, we must let something in. Like waves going back and forth, back and forth, the train goes. It stops. It lets off. It lets in. It stops. It lets off. It lets in.

So as we begin to have a new experience, we let out the previous one. We let out the old. We let in the new. Over and over the brain and body learn that the new is safe and it gets easier to let go of the old.

As children grow they experience this naturally. One day their pants are too short and their legs have grown long and their chubby cheeks of infancy are gone. It happens so gradually those of us present each day might not realize it has happened. It happens so fast. Each and every moment children are growing. They are letting go of one stage and letting in another. They are learning new and letting go of old. They are moving in time with the natural rhythms of nature.

Between the ages of birth and eight years old most of the speed of growing and changing occurs. At a certain point right around middle age we stop growing as fast. We seem to look the same, act the same, like the same things, even dress the same ways. We forget that there is a letting go as we move through that time in our lives.

And then we begin to see the signs of a different kind of letting go. We are losing our youth. We are losing our health. Aging begins slowly, but often we don't notice it at all. It is one letting in we don't want to accept. For it brings to mind the ultimate letting go: death.

We do not celebrate death in our cultures today. In western medicine the only acceptable result is life. Death is seen as a failure, a result of something gone bad or wrong, instead of the natural process of life that it is.

What if we didn't fear or fight death? What if we accepted it as simply another letting go? What if we celebrated the letting go in ALL the stages of our lives?

Life is a just a series of deaths. Each day we die to the old self and begin to live to the new.

We are good at adding to life. We are good at celebrating the letting ins. We love birthdays and graduations, pregnancies and births. We celebrate the milestones in the children as they take their first steps, say their first words, go to their first day of school. We are so into their firsts we even make baby books full of them! We take pictures. We bake cakes. We have parties! It's all about the firsts. It's all about letting in.

But what about letting go? When a child says their first word we are facing letting go of their baby stage where they cooed and giggled, screamed and cried, grunted and pointed. We are letting go of silence (as we let in the word No!). It is truly the end of the baby stage.

Do we allow ourselves a chance to celebrate what has been? Do we allow ourselves a moment of closure to what is past? Do we celebrate what was as we work on allowing in what is?

Closure is critical to the grieving process of life. As our children grow, as we grow, we let in the new and let out the old. When you became a parent you let go of your single, child-less self. Many grieve the loss of their independence, their bodies, their worth as a person. But we do not publically allow for that grief. It is all about the new. It is all about what is to come. It is all about the firsts.

Some are starting to hold Before Baby parties. It is like a Bachelor/Bachelorette party for parenting! These celebrations allow for the release of what was to allow in what is to come. Without that release or statement of the letting go, we can often move into the new without realizing the changes happening at all. They can catch up to us and overwhelm us with emotions at random times.

Celebrating what is past before we move into the new can create closure and allow one to move on into the new fully light and free, ready for what is to come.

These moments of celebration for what is past can be moved into all areas of our lives. Conscious closure with our children is one way we can learn to let go and teach our children that when one door closes, another door has to open. Letting go always lets in. It is up to use what we let in as we let go.

Celebrating the stages of life as they happen and when they are passing by can help honor the stages of life in our children and ourselves.

Have an end of baby stage party! Use it as an excuse to donate baby clothes and items your child has grown out of. Allow yourself to process the feelings of your child growing out of the baby stage with friends and family. Tell stories about the baby years. Hear stories about your baby years. Go through the feelings of your baby growing up as you take a conscious moment to celebrate what has been, moving into what is!

Do a letting go celebration yearly! The day before each birthday, hold a Good-Bye day. Celebrate the past year with your children. Make a moment jar that throughout the year they write in experiences, good and bad. On their birthday eve, have a special dinner and read the notes. It creates a celebration of feeling for what has been, while setting aside a special time - perhaps just with parents and siblings - to talk about what is going on in their lives. As children grow older into middle school and teen years this can be an invaluable tool to connect with your child and make those moments count. The birthday party on the birth day then is the celebration of what is to come, not both loss of past and welcoming new. This could save teens the embarrassment of sappy tears on their birthday from parents everywhere!

Time goes by so fast! To capture these moments, process the feelings, and celebrate each step gives each member of your family a set time to talk about the letting go as they let in the new. We may not then wake up in twenty years and wonder where the time has gone if we can stop along the way and pay attention to the cycles of growth. This is the definition of mindful living.

To be mindful means to appreciate each stage of life, to fully be in each stage as it is happening, to be witness to and a part of the waves of letting go of the previous stages of life to let in the new ones!

Life is just a series of letting go and letting in. Like waves coming and going, trains letting people on and letting people off, the stages of growth in our children and ourselves are constant. They are going to happen whether we are paying attention or not. Paying attention and honoring these waves of letting go, let in a new appreciation for life within ourselves.

In and out, in and out, we grow. If we can in between each breath stop and just give thanks, give appreciation for the taking in and letting go, we could open up to a world of joy in the moments of possibility within each stage!

How would your life be different if you celebrating the letting gos?

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SHORT CUT: THE POSSIBILITY TRAIN

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

How does it feel to be a “grown up?”

What are letting GO of in your life right now?

What are you letting IN right now?

How does it feel to send gratitude and honor to that which you are letting go of?
How does it feel to welcome the new in?
Is there something you would like to do to honor this moment?

ABOUT CHILDREN - FOCUS ON EACH CHILD SEPARATELY

1st CHILD'S NAME: _____

What does your child's train look like? What kind of train is this child?

What is it this child right now is letting GO of, off their train today?

What is this child right now letting IN onto their train today?

What does it feel like to see your child's train go off into the future?

Note space for discussion with your child:
What would they like to let in and let off their train? Why?

2nd CHILD'S NAME: _____

What does your child's train look like? What kind of train is this child?

What is it this child right now is letting GO of, off their train today?

What is this child right now letting IN onto their train today?

What does it feel like to see your child's train go off into the future?

Note space for discussion with your child:

What would they like to let in and let off their train? Why?

3rd CHILD'S NAME: _____

What does your child's train look like? What kind of train is this child?

What is it this child right now is letting GO of, off their train today?

What is this child right now letting IN onto their train today?

What does it feel like to see your child's train go off into the future?

Note space for discussion with your child:
What would they like to let in and let off their train? Why?

4th or more CHILD'S NAME: _____

What does your child's train look like? What kind of train is this child?

What is it this child right now is letting GO of, off their train today?

What is this child right now letting IN onto their train today?

What does it feel like to see your child's train go off into the future?

Note space for discussion with your child:
What would they like to let in and let off their train? Why?

ON FAMILY

What is your train of possibility, just for you right now, for family right now? What does it look like?

What is the name of your family train right now?

Is your train moving fast or slow, toward you or away? Is there an insight for you in this?

What is your family train letting GO of in the very near future?

What is your family train letting IN of in the very near future? What does it mean in your idea of family? What are you ready to let in right now?

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Family Fun Project:

The Possibility Express

1. Gather art materials and create Train Cars.
 - Choose how you want to make train cars.
 - Take empty boxes and paint, color, or wrap in paper to make your train cars.
 - Draw on paper, one car per piece of paper your train cars.
2. Connect the cars!
 - With paper, empty paper towel rolls, straws, or string connect the cars.
3. Make the letting gos
 - Write or draw on paper the things, people, and places you are letting go of in your life today.
(This is a great idea to do for big changes like a move, new baby, or new school grade.
Or use it everyday to discuss the days events!)
4. Put the letting gos in the train cars.
 - Place the pieces of paper in or on the train cars.
5. Let go and let in!
 - Take one piece of paper off the train.
 - What does it say? Discuss the person, place, or event.
What did it give you? What was good, bad about it?
 - Give it a blessing with gratitude and place it off to the side.
 - Even create a letting go box, scrapbook. or burn pit to let go of those!
6. Make the letting ins.
 - Write or draw the things you are letting in of right now.
Ask “What do you get when you let go of...”
 - Put the piece os letting in on the train cars in the empty letting go spaces!
7. Discuss.
 - Discuss how when we let go of something, we let in something new.
 - Talk about how they have choices in how to let go, and even how to let in.
Even teenage heart break, job changes, moves, and marriages can be helped through
the concept of letting go, letting in.

Everything and everyday is a series of letting go and letting in. Having open dialogue about the changes as they happen can empower the children, and yourselves, to handle change with the ability to feel it, grieve it, celebrate it, and move on into the new with a more balanced self!

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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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