

The Possibility Path Program
A Life Coaching Program based on
Book One: A Field of Possibilities through Jeannine Proulx
In tune with The WORLD Collective Consciousness

“Bringing Possibilities to Reality”

WEEK 10

Topic: The Tree Grows

Read: Chapter 10 : Change is Difficult & Better

Guided Visual Meditation:
Your Growth Patterns

For your Guided Visual Meditation, find a quiet space.

Play some quiet background music if you choose. And listen.

Have 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.

This chapter begins with a disclaimer to the limits within our own Field of Possibilities. Even if we can dream it up, see it, and envision it, change and the possibilities for change in our life are very difficult. Our bodies are set up to create a life for ourselves based on survival, not on dreams. Moving beyond the resistance within us takes courage, strength, and perseverance.

However, as much as we are set up to survive, we are also set up to adapt, to change! Within each of us lies the urge to be better, do better, to learn and grow more. It is innately human. We are seekers! We do love learning. We do have an instinctual need to change.

As you read the chapter and do the meditation, allow yourself to go to the places that trigger within you the feelings of change. Possibilities exist within all of reality that can feel strange or weird. But each and every day we are forced to make decisions and choices for our lives. Each waking hour is filled with decision. How we set up our lives and our attitude for change can cause us great joy or great pain. It is a process of opening up to the Sea of Possibility and carving out your own personal river that is just right for you.

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CHAPTER 10
Change is Difficult & Better

The potentials being formed right now as you read this book are beyond anything you have ever hoped or dreamt up. They really are the stuff of science-fiction novels. There are times when you glimpse these possible realities. You see movies, read some books, have these “Ah-ha” moments, but then go back to life as usual. There is laundry to do, and kids to take to school, and jobs to go to, and life goes on. And nothing appears to change.

But, these things are possible! There is nothing that is dreamt up that is not possible! It is just another potential. So, yes, in another potential Star Trek creatures are living breathing and interacting with you! It is something that you really have to suspend belief to see, to imagine, and to experience. It is not life as you know it. It is life as you choose it to be.

But this begs the question, then why aren't we living it? Why are we so limited in our lives? If we are choosing this potential and creating our own reality, why wouldn't we be living these amazing life dreams? Or are we creating all of it, even the limits?

Many say, “I did not choose to lose my job, my spouse, my house. She did not choose to die, to live, to be where she was raised.”

Or did she? Potentials. Every single moment of every single day equals potentials like pages in a book. You choose to turn left instead of right. By doing so, you create a whole new set of potentials, a whole new plot twist for your life. We set upon paths in life by simply choosing left or right. We choose what to wear, eat, walk, drive, be, who to talk to, live with, and love. We choose. But we are not the only people choosing!

There are so many potentials happening within existence, within your life, that to map out cause and effect for each one would be maddening! Walking into conscious living means letting go of the fear of controlling those potentials and needing to know and instead simply being wide awake to the fact that there are choices! There are so many that you cannot be connected to each and every outcome of those choices. Like cars on the freeway, you are not the only one with choices. Life is truly a dance. Being conscious means having the freedom to see the exits off the freeway. You are never stuck anywhere because you know you have choices.

Many people don't even know there are choices. They feel stuck. They feel tight and limited. They get anxious, angry, uptight, depressed, neurotic. They don't see that there are a million potentials existing right now within their one little corner of the world. They don't see that they could at anytime choose a different potential and create a different life for themselves.

They sit in small town and fear the world outside. They complain and strain but resist doing changes as small as a different hair cut, or eating new food, or taking a new way to work.

People are pretty predictable. They don't like change. You don't like change. As much as you say you want it, need it, and are ready for it, it invokes the flight or flee response, it raises stress hormones, and a resistant nature that is by all means a very natural process. It is why most stay in their small towns and never leave.

People are pretty routine. Each day they tend to do the same thing, wear the same things, see the same people, and think the same thoughts. Even if they have a minor awakening or insight, they tuck it away and continue on. Once we are on one path, job, family, marriage, etc. it is very difficult to change that path. It takes a lot of energy. It takes a lot of brain power. It takes courage to leave a job that pays you money to move to an imaginary job that may not. It is scary to move into the unfamiliar. It can trigger anxiety and panic feeling. It does not feel normal to change.

It usually takes a crisis, an excuse, for most people to make any major changes in their lives. Even the youngest have difficulty going against whatever path their parents, family, and lives have set them upon. Whether it is a spouse cheating on you, or a boss yelling at you, or a friend talking behind your back, everyone has their own last straws. It is different for everyone.

Sometimes there is no choice. A fire destroys your home. Your spouse dies. You get fired or laid off. Your parents divorce. Your life changes by no fault of your own. Either way, the consequence is the same. There comes a crossroads. And even then we have to choose to change!

Consciously choosing change is ground breakingly radical to humans! It goes against everything that our animalistic nature calls safe. Familiar is safe. If one has never chosen change, it can feel weird. It can feel wrong. Those that choose change more often are more comfortable with it. But even then there is usually a catalyst, a reason to change.

What makes a breaking point to choose to shake up one's life is different for everyone. You are reading this. You are here because you have reached breaking points in your life. You have gotten fed up with some part of the sameness of your existence. If you hadn't you would not be reading a book on potentials, on creating new choices in your life.

Life is all about growth. It is part of the natural process. But it is usually about slow, steady, miniscule growth. Can you imagine if a tree went from a seed to full grown in 3 seconds? No one would be able to handle that much changing scenery that quickly. And so it is with humans.

Radical drastic changes, like waking up to a world full of sci-fi creatures, is almost impossible for the five sensory brain, mind, and body to handle.

Your spirit can handle it. Your spirit longs for it. Your spirit can see it. Your spirit/ consciousness/ The I the Observer is why you are reading this book right now. It loves the magic! It loves talking about potentials. It is free from 3D reality. It can dream up whatever it likes! It does not have to deal with the physical consequences of change. It does not have to deal

with the pain of loss. It does not have to spend the mental energy to figure out what to eat, wear, live, work, do, to survive each day. That is the physical body's job.

Sudden changes, like losses of homes one has lived in for 20 years, or loved ones unexpectedly dying, or jobs loved dearly lost, can kill a person. It can be too much for a person to handle. The brain cannot process it. The body stays at a state of fight or flee, keeping the adrenaline stress hormone on constant overload. It causes nightmares and panic attacks, depression and grief. It is psychologically challenging to be able to handle processing that much different information, even if the new reality is a better one, if it is different it can feel wrong and dangerous for a long time to come.

Like a child without their blanket, losing the things or people in our lives who have been there for a long time is horrifyingly painful. The continued sameness of familiarity creates a feeling of safety simply because it is easier to keep the body fed, clothed, sheltered, loved, and seemingly safe in a place that is familiar. Losing what is familiar takes away that sense of safety that we thought was there. That is why most people live in small town and never leave.

Those that can handle it, that do, can come out a much richer person if they are willing to grow, to change, and to see the new potentials. Those that cannot press play and deal with the loss get stuck in longing on rewind. Those whose psyche cannot handle it often times never recover.

Do not be too hard on yourself if you are not ready for big change or cannot seem to move over the hump to gain the realities you seek. Do not beat up on yourself for not being able to suddenly be in a Sci-fi world or create the life you imagine instantly! Do not buy the hype. Do not think it is easy. It is very difficult to manifest change. It is a long process and one that you, by reading these words, have already begun.

So the question is then, why do we change? If it is so painful, if it is so hard to do, and we end up alone as our own tribe away from society and all we have known, why once we have set up a nice, steady tribe, a safe enough group, a good enough job, why do we want change at all?

There is an innate burning desire to grow within the human psyche. It is an equal motivation as the instinct of safety. It is the reason immigrants leave all things familiar and move to new countries so their children can have a better life. It is why we spend years getting degrees so we can have better jobs. It is why we put up with jobs we don't like so we can have a better house or a better looking spouse. It is why we ask questions in religion and in spirituality. It is why we create, innovate, and want change in the world.

It starts with a simple question each day: "How do I make my life better?"

Sometimes it is "How do I make other people's lives better?" But better is always the theme. How do I make what is now better than it was then? How do I make today better than yesterday?

Ironically this applies no matter where one is in life. The idea of retirement where one can just coast through the rest of your life was based years ago when people lived much shorter lives.

They had maybe five, ten years at most of retirement age. Even then they spent their retirement years doing what they had always wanted to do: enjoying their lives, making it better. It has been and will in one way shape or form be the theme for humanity. Why? Because you chose it. It is the carrot at the end of the stick, the reward to get you to run the race. Otherwise what would be the point? If today is as best as it will ever be, then why continue? Hope for better is the motivation to carry on.

Now, some will say letting go of desire is the way to happiness, contentment, and being satisfied with all that is, with what you have. And to a certain degree, that is true. Enjoying every moment of every day, does bring a richness to life. But then what? If you reached pure satisfaction in all areas of your life by simply not needing satisfaction, then what else there? Aren't you done with the game?

Many will say that's the point of the game, getting to that point, that moment of satisfaction where it is all good, and it is as best as it will ever be. Heaven is such a concept, Nirvana, total state of Bliss. It's all good, all the time. Press play, same channel, same station, 24/7. Great! But isn't that a little boring?

Life is full of variety. The world was born from a sea of possibles and continues to offer more possibilities. The challenge to be better, to make different choices, to dream different dreams, to have a choice to do it differently or more than your ancestors did, that is growth! Change is a wonderful opportunity for growth!

Look around at this world you have chosen to be in. What do you see?

Does the tree reach a good 4 feet tall, breathe a sigh of relief, and then stop growing and just sit there infinitum. No! It grows leaves, drops leaves, dies, and grows again. It changes in such a natural way that it is barely noticed by you. Does the cardinal lay a few eggs, watch the babies hatch and say "Ah, good work." sit back and do not much of anything the rest of their lives? No! They kick the babies out and go make more babies! There is a progression to life, a natural progression.

Oh, you would counter, but enlightenment is the culmination of years of progress by humans to not be like nature, to evolve beyond instinct and perpetual growth. Really? That's the point?

Try it. Try to be still. Try to not grow, not evolve, not change. Try to sit and just be.

How long did you last? Hours? Minutes? Days? Then what happens? You get hungry, get tired, have to go to the bathroom, get bored? The urge to action, to function, to live, is built within the human body. As the saying goes "Get busy living or get busy dying."

To sit and do nothing can help calm the soul in small doses, in moments of time. But do it forever? One will die. The body has to have movement, the brain stimulation, the soul exploration! It is life!

Those who are constantly on the move bombarded by the busy-ness of life are now saying “But I just want to sit still!” So? Sit still.

Life is a balance. Sleep is programmed to be needed as such for survival so one will sit still for hours in the day. But, at the end of it all, life is movement in all shapes and sizes. Slow, fast, medium paced movement. And changes and choices are simply a part of that movement, a part of that dance.

The reason you ask, wonder, seek, and probably even why you are reading this book is the question, “How do I make today better than yesterday?” Better is our motivational tool to keep us seeking, wandering, learning, growing, and changing.

Living in the awe of it all as we grow, as we change, as we live, is conscious living.

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Chapter 10: Change is Difficult & Better

Group Discussion or Personal Journaling Questions:

Go around the room and share one at a time your experiences as you wish to share them. Questions are just starting points. Just share what you experienced and the insights you are receiving about yourself on this subject. Make sure each person gets a turn. After each person gets a turn you can then open it up for a general discussion. Write here or in a journal.

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 about yourself that are not in the questions. Allow. It is your meditative time. It is your program. It is your inner wise self. Go where the journey takes you!

Chapter 10: Change is Difficult & Better

What did your tapestry river of your life look like?

How did it feel to see all those threads of your life woven into one beautiful moving garment?

What did your Sea of Possibility look like?

When your river got to the Sea of Possibility, how did it feel to be open to the wide spaces of the open water or possibilities?

What decision you are making right now appeared before you? Was there just a word or idea appear?

Where did this decision lead you in the Sea of Possibility? How did that feel?

Did you have other insights on this chapter's topic?

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The Possibility Path Program

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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