

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 12

Topic: The Caution Walls and Integration

Read: Chapter 12: Allowing

Guided Visual Meditation Short Cut:

Allowing: The Process of Integration

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 changing perspective. It seems so simple. So why can't we just do it?

Why can't we just allow? Our body is not set up for change. It is not used to just drastically changing perspective. It turns out allowing is a process, one that is natural and able to be navigated if we understand the steps. It takes four steps to allow, not one! From believing and dreaming to taking the steps, meeting the caution walls and facing them head on, we can move into new possibilities for our lives.

As you read the chapter and do the meditation, think of the belief systems that lie within your subconscious mind. How did they get there? What do they have to teach you?

What were they protecting you from?

Sometimes fears are there to spur us forward in growth. Sometimes they are not ours at all and have been planted by others in our lives. Learning the process of integrating the new with the old beliefs is the first step in creating the possibility of a new life.

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CHAPTER 12
ALLOWING

The last chapter's bank robbery metaphor shows how we can change perspective. It allows one to see the possibilities for life. This new perspective is clear. It is refreshing. It is all possible!

This perspective change has created possibilities. We can do this. Yes! It feels good! We can choose wealth. We choose success. We choose solutions. It's as simple as a change in perspective. It all makes sense. It's so easy to choose all the good things in all good times. Life is good. Life is great! Everything is wonderful. It's so clear! The path lies out open and ready.

You take the first step. It feels good. It feels solid. Confidence arrives. The world is your oyster! You can live the life you imagine!

And then you take another step and another. It feels okay. And then you hit a snag. A problem occurs. It could even be as minuscule as an unreturned phone call or an unkind word and instantly it all falls apart. A giant roadblock occurs, a giant caution sign, an impassable wall stands in your way. The shadow fears that have been lurking see their chance and they pounce!

And suddenly it doesn't feel so possible. Somewhere there lurks the thought of insecurity. Somewhere there lives the land of doubt and it begins creeping in on you, in-cringing on your joyous hope of possibility.

Before you know it, you are paralyzed with the fear, drowning in the shadows. It all seems so ridiculous now to think that you could ever be the one to do this seemingly impossible task.

"Who do you think you are?" "How do you think you could accomplish this?" "That will never work." The voices come now. The inner critics arrive and there you are, back where you started.

"Great." You say. "Now, what?"

Now is the time to face the walls. Throughout your whole life there have been caution walls placed up in front of you, teaching you what was right and what was wrong. What was possible and what was improbable. They gave you definitions of who you were, what you were capable of, and what you could accomplish or be in your life.

You have learned every day since birth that this is the way the world works, each and every moment being told yes or no, go here or go there.

It came from parents, teachers, family, religion, community, brothers, sisters, friends, coworkers, bosses, and spouses. It came from the world. We grew up testing these limits, these boundaries, these walls, and in the process formed our own opinions on what was possible, for others, for the

world, and for ourselves. It became your perspective, your reality. It was and is your small town that has formed your world. It is comfortable. It is familiar.

Have you ever heard someone say they are “Unlucky in love?” or “Bad things just happen to me.” How about “I could, but” And give reasons upon reasons why it wouldn’t work?

To radically change perspective **is** as easy as choosing it. You choose. You see a new reality and a new possibility for your new life, and it is. But then your brain begins to try to fit this new experience, this new reality, into what it knows to be true from the rest of your life. And if whatever you are doing new does not fit what you learned previously, the mind stops you. It gives caution signs. It puts up walls.

“No!” It says.

“Danger!” It says.

“Are you sure?” It says.

“This can’t be true.” It says. “Nope. Haven’t seen this before. It can’t be possible.”

The walls come up. Roadblocks to success and happiness show up.

To create in reality 3D what you can see in possibility dream world takes a continual change in perspective and reworking of what you believe to be true about life, about others, about the world, and about yourself.

To do this one must go into your past beliefs, the boundaries that have been laid out to you as to how the world works, and accept or reject them. One by one by one by one you must see the new, match with the old, reject or accept, and move on. Step by step the caution walls show up to be disproved or proved at every step. The new beliefs then integrate with the old to create those new possibilities, new perspectives, and new realities.

That is why allowing is so difficult. It is work.

It is the simple, psychological work of rewriting the old beliefs with new possibilities.

If what road you are attempting to travel or perspective you are trying on does not match with your former life, your former self, your mind, and body get confused! Two plus two does not equal four. This future you are presenting does not match the past. It does not compute.

These caution signs or shadow selves (contrary to popular belief) are not there to hurt you. They are trying to protect you.

We learned what worked in life for us before and those patterns get set in the brain as the best way for us to live life. All the caution signs are trying to do is help us navigate the waters of life to get us safely across.

They mean no harm. The shadow selves, the road block caution walls have been protectors!

“Don’t run into the street or you will get hurt!” is a familiar one. Do not run into the street = the roadblock caution sign. Or you will get hurt = fear, the pain, the consequence.

It stops you from doing what someone (well intentioned usually) taught you or you learned, would hurt or harm you.

When you attempt to change the routine, to do something unfamiliar, to go where you have never gone before, to live the life you dream instead of the life you live, your body, your self naturally questions it. It goes into its data files of the past and questions and tests you along the whole way.

The integration process of creating a new life is about recognizing those blocks as they come up, finding their root cause, accepting or denying it as truth, and then integrating it into the new reality, your new life, your new self.

Everyone wants the instant gratification of the instant manifestation. It is wonderful! It really is! It is possible. But it isn’t easy. Choosing is easy, living it is difficult. It is a process.

The idea of allowing as if it is instant accomplishment is false.

“Just allow!” is said as if it is one step. But it is not one step. It is four.

It begins with #1. Choosing.

Choosing what we want to allow is being able to see the possible in each situation and each moment and knowing that yours is not the only reality that is real. We then must dream, see, feel and know a new possible reality, a new perception, is possible. You can’t live a reality you do not believe to be true. The first step is believing it is possible and choosing it as your reality.

#2. Taking the first steps.

Taking the first step to walk into that new reality is difficult. We instinctually know we are doing something different. Different feels weird. It can feel wrong. It goes against the Small Town philosophy that our brains and bodies have used to keep us safe. The first steps can be exciting! It is freedom. It is possibility. But then we..

#3. Meet the caution walls.

The shadow self caution walls will show up the moment we take the first few steps outside our comfort zone. It can be as simple as feeling butterflies or queasy with fear. It can be as debilitating as a panic attack or violent anger. Mostly it is just a feeling of unease mixed with excitement. It has to be met with courage and knowledge that it is temporary. But all too often,

this is the phase that stops most from moving forward and creating a new reality, a new perspective, or a new life for themselves. But once you have, you can prove and integrate this new reality as yours. That brings us to..

#4. Prove the new reality is safe.

To prove this new reality is safe, we must do it. Over and over again we must face the new, replace the old, and continue on. It takes energy. It takes focus. It takes courage. It takes work. We must have within us some motivation to want to continue. Like a toddler learning to walk, we must be willing to fall down, dig deep, and get the courage to stand back up and try again. Once we do, however, we can prove to ourselves that we can walk! We can live in this new reality. We can move into a new perception and it will be okay. When we meet the walls, we must be willing and able to change. We must be willing to do something different each time to find our place, our groove, and what is best for us in whatever time of life we are experiencing. Then we can move what was new and frightening into the old and familiar category, and do it all over again!

The journey of allowing is not linear. It is not quick. It is not easy. But it is possible. It is probable with perseverance. Understand it is not your fault! It is not something wrong with you to not be able to instantly change and instantly allow!

It is a natural process of steps that helps you navigate the world safely so you can be around to experience all the wonders it has to offer and create new worlds to explore on your journey.

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Chapter 12: Allowing

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 12: Allowing

Whose voice did you think of when you heard “She is the voice in his head?”

What did it feel like to allow? What do you feel allowing means? Where in your body?

Have you been hurt when you let down your guard? Does it scare you to let down your guard?

What one thing do you need help allowing right now?

What wisdom or insight did you receive to do today to allow that one thing today?

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