

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 13

Topic: Toddler Steps and the Train of Life.

Read: Chapter 13: Letting Go, Letting In.

Guided Visual Meditation:

The Train of Life

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 crisis. We all face crisis in life.

This chapter discusses how those crises can open us up to allowing and letting go. But just as with allowing, letting go is not one step! It is a two step process of letting in to let go, like a full train, we cannot have an empty seat. We let in new as we let go of old, and vice versa.

As we open up to the new, it also opens us up to vulnerability.

That can be very scary. Knowing where our fears come from, that there is a process to allowing and letting go, and that we can come out of it when we replace the fears with new experiences can help us move into a new world, reinvent our new selves, and create new worlds.

As you read the chapter and do the meditation, think of the times in your life when you have faced your fears and overcome great obstacles. What did it prove to you?

Like a toddler we must stumble and fall, go back to our comfort spaces, and then back into the wide unknown to try again, until we are walking all on our own, strong and capable into our world of possibility.

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The Possibility Path Program

CHAPTER 13
LETTING GO, LETTING IN.

After having a heart attack it is common for many men to suddenly have moments of crying that they have never had before. They begin to be touched deeply by sentimental moments or something as simple as a hug. These are men for whom crying was not seen as a strength, but weakness. Men for whom their walls were so thick nothing could break them down. And here they are, full on out, tears flowing while sitting in the audience at their grandson's piano recital.

It is an astonishing thing to witness, to the people around them, but mostly to themselves. They often do not know what is happening or what to do with the emotions. They often cannot comprehend the value of the feelings. For the first time in their lives they have begun to allow.

This happens to everyone, not just to men with heart issues.

A crisis, a death, a certain age number is reached, a milestone, an accomplishment, a promotion, the birth of a baby, all these can invoke similar response. So, too, can the realization that you are now living the path of your dreams!

Tears flow at awkward moments. Feelings of intense gratitude or intense emotions arise. You can see the purpose of life. You can feel the meaning of life! It all seems so real. It all seems so possible. It all feels so intense.

It can be very scary. It can feel like the emotions, the tears, the love is too much to handle. It can feel like vulnerability. It can feel like the emotions are in control. It can feel like being out of control.

That is when the inner critics caution walls show up, the voices of protection of old, the mantras that have guided your life up to this point.

They begin calling "What the hell is going on? This isn't possible. This isn't real! You're going to get hurt! Retreat! Retreat! Run away!!"

At this moment, you have a choice. Everyone has a choice. Do you retreat, stop the progress, and go back into the cave of old energy? Or do you move forward and learn to let go.

Letting go is perhaps the most difficult task of any human being. It is not programmed into our DNA. It does not feel safe to let go. Just as we cling to our mothers and/or fathers as an infant for survival, so now too do we cling to our old beliefs as if they were a matter of life or death.

Letting go stands in the face of all that is taught by society, encouraged by the tribe, and is at the very heart of the root of feelings about survival.

Even the most loving people have walls built up around their hearts. From the day of birth these walls began to form and get larger and larger with every mis-step moment, love unrequited, and mis-guided task. It is the natural process of survival.

So to say, “Just let go!” is like telling someone to face the ultimate fear: 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.

That is why most often it takes facing one’s own death (ie: heart attack, death of loved one, health crisis, accident, etc.) to make the radical change to move forward and let go of the patterns of old.

Have compassion for those who cannot go there. It pulls at the very fiber of our being. It stretches every nerve, every muscle to the point of exhaustion just to take that step toward opening up the hand to let go of the rope you have held onto your whole entire life that tells you this is the way the world works, this is who you are, this is what is appropriate, this is what is dangerous, this is what is safe.

In order to fully change perspective and move forward into a new life, you must be able to let go of everything before and start fresh like a baby, easing out into the new world you have created.

Sometimes that means taking two steps forward and one step back. Like a toddler reaching for something new and then running back to make sure mom is still there and then running out again.

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. We cannot just let go into the ethers of empty space! The world does not work that way.

To let go, one must let in.

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

Breathing is the same. Breathe in good air, breathe out bad air. Never is there an absence of air. Simple. Fluid.

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

Facing one's fears to move into the new is a process. To do the new experience, to let go of the fear, one must face the fears. The caution walls come up and we must face them. We must replace them with a new something that may counteract every other experience we've had in life.

Have you ever jumped off a cliff into deep water? Skydived off an airplane? Gone scuba diving or parasailing? Ever done something that really scared you, that everyone (even the laws of nature) said were really dangerous?

If you have, you know the feeling of truly facing your fears. You are familiar with the butterflies and the shaking of the nerves, the upset stomach, the breathing. You know the before. You know the during: that rush of all things possible, the feeling of amazement at the sight, sound, smell, touch, taste.

You did it! You are soaring in the skies! You are swimming with the sharks of the deep. You are free! It feels so good, doesn't it?

And then you land. Then you come up for air. Then you resurface. And suddenly you are faced with all that was left before. But now it seems different. It now seems easier. The second time a little easier and the third, fourth, and the fifth, and before you know it, you are an expert. It's old hat. Whether it's going to kindergarten or swimming with sharks, it's the same process.

What you have done is train your body, mind, and soul to let go of the old fear and let in the new experience. Like the train, we let go of the old fear by replacing it with a new joy, a new rush, and a new confidence!

You have taught yourself that it is okay to do that new scary thing by doing it, over and over and over again. It is like a toddler who becomes a first grader know-it-all. You now know from personal experience, not just from what you have been told.

It is the same with air travel, public speaking, boats, driving in traffic, snakes, sharks, bears, or anything that scares you!

You can be transformed through facing it, letting the new experience in to let go of the fears of old.

You must face the fear and experience the new to train the brain, body, mind, and soul that it is safe, that it is possible, and that you can be the one to do it!

If we could all live vicariously through one another that would be fabulous! But we cannot. So to break a habit, to bust through and out of those old blocks, we must face the fear of the ultimate death, and create new experiences of our own to defy that which has been programmed into us.

You know the saying "Try, try, try again?"

It's like that. Be the toddler. Explore, learn, and then go back to old comforts if you must, but continue to go back out to seek the new, let go of the old, and let the newness, the richness and the wonders of the world in.

The train speeds on with or without our permission. It is the train of life. To let go, we must let in. Over and over. We have been doing it since birth. Replace the old with the new. Prove and move on.

It is your time to prove it. You are ready! You prove it to yourself by doing it.

Take one step, whatever that is, face the fear block, and bust it by doing it! And then do it again and again and again.

And on and on it goes, creating a new path, a new life, and a new experience, paving the way for a new reality in your new world.

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The Possibility Path Program

Chapter 13 : Letting Go. Letting In.

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 13: Letting Go. Letting In.

What were your ideas about letting go before you read this chapter?

What does it normally feel like to let go?

What area of your life, situation, or person appeared for you to let go of?

What are you to let in to let go?

How does it feel to let in to let go of this situation?

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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