

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 14

Topic: Miss Perseverance

Read: Chapter 14: Tearing Down the Walls

Guided Visual Meditation Short Cut:
Your Perseverance Personality

*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 the first steps.
As we take those steps, those caution walls come up and stay “Stop!”
So how do we go? How do we move past it? We use every tool we can find.
We bust through, kick down, knock over, and push on. We persevere.
Miss Perseverance comes in. She doesn’t stop. She keeps on and pushes forward.
She has tools and she uses them. It is time to adopt her persona.

As you read the chapter and do the meditation,
think of the tools you use to push through when you reach a tough spot in your life.
Do you reach down deep and find those gem tools?
Do you have resources available to you? Do you know how to ask for help?
Your own Perseverance Personality can help!
What tools can you find today?

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CHAPTER 14
TEARING DOWN THE WALLS

So you have begun your journey. You have taken the first steps to allow a new possibility, a new reality, to take shape in your life. You let the new in to let the old off. You take the steps. It has begun.

And then the caution walls show up one by one. And the fears wait in the wings to pounce on you as you know they will.

How do you move past all this to truly allow, to live in the flow, and to keep your train of balance/ success/ life moving?

You tear down the walls.

Now for this, you will need a hard hat, a shovel, an ax, a sledgehammer or two, and even a chainsaw for the more difficult roots. It takes a certain type of personality to attack the blocks as they come. One by one by one, eventually they grow smaller and smaller or at least more fearful of you than you of them.

Let's call this personality Perseverance.

Perseverance is a mighty one. She will stop at nothing to do what it takes to get where she needs to go. She wears her tool belt with pride and always keeps her hard hat ready. She does not seek out the blocks. (That is for the foolhardy drama ones looking to fill their time.)

No, Perseverance has a mission and she won't let anything get in her way. If a fear from the past tells her "You can't do this!"

She replies "Watch me. I can." She faces the fear with mirror goggles on, pulls out a chisel tool, and goes to work sculpting her dreams.

When a block shows up saying, "Wrong way! All your effort was for naught." She thanks the path for teaching its lessons to her and turns around to go find another way.

She never quits. She never stops. She might nap under the shade of an oak tree for awhile, stop by the babbling brook to refresh her song, or have dinner parties under the stars with friends. She might dance, sing, and paint her way along her path, but her path is her destination and she will let nothing deter her from her aim.

Her blocks are merely stopping points, lessons, and tools to aid her in getting to where she is going and teaching her where she has been.

She does not see them as powerful preventions, but rather powerful tools.

As she busts each one down, tossing out the rubble of untruths to either side, she finds those nuggets of new truths, those sparkling gems of insight. She puts those gems into her pouch to carry with her on her quest.

When a formidable foe, a block in the shape of a person or crisis arises, she takes out one of these gems of insight, tosses them to send the giants fleeing in awe, shrinking in power.

She has, since her first tiny hammer was given to her by her first teacher back when she was a newly formed seeker, has built up an arsenal of these mighty gems.

She has earned each tool notch on her belt by the blocks she has busted, the shadow giants of fear she has slayed along the way. She knows her purpose. She knows her way.

She builds up confidence with each step, knowing she will not sway. No one and nothing can tell her she won't, can't, couldn't, or shouldn't.

She is Perseverance. She holds her head high, her hammer wide, and heaven help anyone who stands in her way.

“But,” you say. “This is not me.”

Oh, but it is you. You are here, reading this. And if you are here, reading this, this is you.

You have slayed the opinions of others trying to keep you down. You have persevered when those fears showed up telling you “Just tow the line.” You have rejected the majority and become one of the minority, ready to lead the way.

You are here because you are ready for the next step, the next phase along the journey. And whether your hammer is small, medium, or mighty matters not.

You are here because you are ready. You are ready to really discover the secret to life, the ways to gain access to that balanced, secure power of understanding all things, of knowing how indeed this world works and how you can work best within it. And though you might not know it, you have already busted many of your own blocks just to get to this point today.

Your tools are insight, knowledge, and the power to face that which challenges you. Your shield is energetic strength from within, to mirror others to release them from the chronic connection to drama, indecision, and fear. You have walked the road less traveled, sat in the power of now, and now it is time for you to find the possibilities on the path that were always meant just for you.

The blocks will always be there. The train will always have to stop to let the old off and let in the new, but if you are ready to live this new life of a new world than it is time to begin.

Find within yourself a new tool of vision, so that as you go you will begin to see the gems within the blocks.

You will begin to see all things as they are: teaching tools, tools that will get you to where you are going and give you wisdom as to where you have been.

It is time for Perseverance to become your middle name. It is time to take on that persona and see the blocks ahead and fear clouds behind for what they really are, an integral part of the journey. They were never here to stop you. They were always here to teach you, to give you the tools, and gems of insight you needed along your way.

No matter what path you take, they will be there. Hiding within them lie the jeweled rewards you seek. You may have to dig, prod, poke, hammer, or chainsaw to get them, but they are there and they will reveal themselves to you, if only you have a little perseverance.

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Chapter 14: Tearing Down the Walls

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 14: Tearing Down the Walls

How do you feel about persevering?

What persona revealed itself to you as Your Perseverance Personality?

What did this personality look like? Is it anything like you see yourself?

What situation is Your Perseverance Personality here to help with today?

What tool or gem of insight is Your Perseverance Personality have to help you?

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

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Because this is a personal development program, please understand the importance of keeping this material private within the group or your coaching time with Jeannine.

*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