

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 17

Topic: Body Image, Myrid’s story

Read: Chapter 17: Me, Myself, and I

Guided Visual Meditation:

A New Vision of You

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 idea of change and moves into our body image. As we create the changes in our attitude, our belief systems, and our sense of self, often times we forget that our body is a part of the Me, Myself, and I that is us! This chapter uses the story of Myrid and her weight loss to demonstrate how the changes in our bodies create a wave of changes within the world around us and the people in it.

Do people react to you the same as when you were ten years old? Two years old?

Have you ever changed your hair color or clothes and noticed how people reacted differently to you? Our outside is a sign of our insides. It is a physical manifestation of our inner selves.

As we grow and change, so too does our bodies. Accepting that is part of conscious living within our world of possibility.

As you read the chapter and do the meditation, think about how you feel about your body today.

What areas do you accept? What parts do you reject? Your body is the machine that helps you experience life! As you experience it, learning to love and allow all the parts that make us can be difficult! Give thanks to all the parts of you today to fully enjoy all of life!

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CHAPTER 17
ME, MYSELF, AND I

Look at your hands, your legs, your body, your hair. What do you see? Is this you? Presumably you answered yes. Presumably if anyone who knew you was shown a picture of you today, they would say yes too. This is the boundary of you.

Now, think back to when you were seventeen, seven, three years old. Was that you?

“Ah, yeah.” you say. That was me, at seventeen, seven, and three years old.” Exactly.

As time moves on, the I the Observer, the self, still sees the world through the same viewpoint. It appears to remain constant. But the body and the sense of self is completely different. You are not the you that experienced being two years old. Yet, you are.

It is an odd phenomenon in the nature of nature. For the self sees itself as being constant while the body to which it is attached is in a constant, continual state of change.

Myrid was a chubby teenager. Her eating habits only grew worse through college. Throw in a few kids and a stressful job and she had gained more weight than she ever thought possible. It didn't happen all at once. It was a slow, continual change. She barely noticed. Then one day she saw a photo of herself from her teenage years and a photo of herself now, side by side. She barely recognized herself. She could not believe what she had become. She decided to change.

“Good for her!” One might say, thinking this is the end of the story. No. This is just the beginning.

Myrid is just seeing the possibilities for change. She has begun to choose change. Now she must start taking the steps to change. As she does the caution wall blocks will come up. She will have to slay the giants of fear with perseverance to ultimately meet her goal as she starts from scratch.

Let's say she does! She loses ten, twenty, thirty, one hundred and fifty pounds. She is a new woman, literally. Now what happens when she looks in the mirror?

She does not even recognize herself. She literally is a new woman. People around her act differently. Friends she hasn't seen in awhile don't recognize her. Her children hug her, touch her, and react to her differently.

It's all new. It's new that, although good, can take some getting used to.

She is trying on this new body, this new life. She is becoming a whole new self. It is the same for everyone, no matter what one attempts to do: a new job, a new love, a new place to live, a new city, country, state, even a new belief about ourselves or the world. We have to try it on.

We have to get used to the new person we have become. We have to attempt to integrate this new body, self, life into our conception, and our idea of ourselves.

We forget how much we are tied to our bodies, our identities, the personas we call ourselves to be. We hold onto our titles as though they are who we are. I am a doctor. I am a teacher. I am a salesperson. I am a Floridian, a Californian, an Alaskan, a New Yorker. I am blonde. I am brunette. I am French. I am Japanese. I am.. I am.. I am...

With each definition we give ourselves, we define who we are not only to the world, but to ourselves. We set the stage for the boundaries of self, of what we will allow, and what we think we can do and be in this world.

Don't believe it? Try changing your hair color. Try moving to another state. Try redefining who you are just by changing the names you give yourself. Begin again.

Myrid began again. She chose a different reality. She did the work to create that reality. She became a new self. She is now dealing with the fallout. She has new clothes, new movements to her body, new reactions from strangers, from her family. She has a new way of living. And while that drastic change may feel great at times, it is the acceptance of our self that never stops changing that is truly the way to freedom.

What do you think you will look like tomorrow? In ten years? In twenty? How will your body feel, react?

Like a war veteran coming home without his legs or a cancer patient losing all their hair, our bodies mean more to us than we give them credit for. They are the life blood vehicle that drives the machine, that allows our I the Observer to observe life! Without it we don't exist in this physical world. It is our presence here. It is an ever changing, ever moving, living breathing organism that is ours.

Take a minute to really get in touch with, in tune with, your body. It is the vehicle you ride in everyday. It is miraculous in its healing abilities, in its manufacturing of feeling, in its processing of information. As you change, so too does your body change. It is in tune with you. Are you in tune with it? Listen to your body. What is it saying today?

Discussing change and growth cannot happen in a vacuum. The body is a critical, integral part of who you are and why you see, smell, touch, taste, feel, and observe the world around you the way you do. Deny the body and you deny yourself.

The changes that take place within you, the personality, the self, the soul are reflected in the body. We are one! There is no denying it. And as we change, so too does our cellular memory. So too does our brain's ability to process, our nerve cells, our muscles, and our systems.

We are a living organism. Own it! Accept it! Be it! The world around us changes with us. Each one of us is the me, myself and I, the witness to it, and the driver behind it.

Where do you want to take your body vehicle today?

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Chapter 17: Me, Myself, and I

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 17: Me, Myself, and I

What does it feel like to just be with your body?

Can you feel how amazing the abilities of your body are, and maybe a little gratitude?

Can you feel what it was like to be a child and be in awe of your body?

What is it like to be in your body now?

What or who appears as your vision of your dream self that is ready to be?
That you are ready to be? That is coming next for you? How does it feel to think of becoming
this vision?

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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