

**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”*

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**WEEK NINETEEN**

**Topic: Collective Systems**

**Read:** Chapter 19: Systems Make the World Go Round

**Guided Visual Meditation Short Cut:**  
Your Patterns of Possibility

*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.*

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This chapter begins the idea of the collective consciousness of humanity.

We are a part of the collective, which has its own life, own thoughts, and own opinions.

It is not always our own.

Learning how systems work within our world helps us understand how the systems work within ourselves. It all starts with the basics of systems, how they form, why they form, and how we can use them in our lives to put in place the changes we want to see, in our lives and in the world.

These systems put in place create our own patterns of possibility in our lives.

As you read the chapter and do the meditation, take a look at the systems in your life and in our world. Where do you see systems that you agree with? That you disagree with? Why? Do you think it will be hard to change systems? What if you knew how?

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A Field Possibilities  
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**CHAPTER 19**  
**SYSTEMS MAKE WORLD GO ROUND**

All the human beings that live on this earth now and before are a collective consciousness. A collective is a group of individuals who agree to speak, do, or function as one: the many parts to the whole so to speak, the drop of water in the ocean. The definition of consciousness is being aware.

So humanity's collective consciousness is a group of individuals aware that they function as one. Not everyone feels, thinks, or acts like we are one, but if you are human, on this planet called Earth, then you are part of the Collective Consciousness of Humanity.

Some like to describe it as a cloud that hangs over all of humanity holding within it every piece of information, knowledge, or event that has ever taken place. It is the ethereal library of consciousness.

But in reality, the consciousness of the collective is very real and very palatable. It is in the car you drive, the house you live, the clothes you wear, and the food you eat. How you think, dream, sleep and even what you breathe is because and in part of the collective consciousness. Ever notice how homes all look the same from each era? Those are 80's windows, an architect might say, post modern, or vintage relics.

The clothes you wear, fashion itself, is a collective consciousness. People create, invent, and others sell. Before you know it, everyone you know is wearing it. There was no written agreement between you and the fashion designer who first put it on the runway that this would become part of your wardrobe or your life. No. You just liked it or you didn't. You bought it. You wove into the fabric of consciousness along with everyone else. You and millions of others collectively agreed that this would be the fashion of today.

Now, here's where the naysayers come in. "I didn't agree! They used subliminal advertising to suck me into buying it." Or "I don't like it at all, but I can't find anything else."

Or can you? We can make our own clothes in our own way. Perhaps paper bags pants and dresses made of curtains are going to be all the rage next season!

In truth, you did agree. We all agreed. Advertisers spend millions trying to figure out what is going through our minds, what we will, or won't like, what we will buy, and how much we will pay.

They study the consciousness of humanity to try to figure us out. And even then they only get it right about 50% of the time!

Hollywood can spend 25 million dollars to make a blockbuster movie only to have people in the theatres go “Eh. It wasn’t that good.” And the collective then agrees with them and follow.

Then what happens? The movie tanks! It bombs. You might love it, but the movie tanks. We have free will to like and dislike what we chose, but at the end of the day, we are part of a collective that also likes, and dislikes collectively. Whether you like it or not, we are part of a collective.

The biggest examples of this are in the collective systems of humanity. A system is a set of connected parts that work together to function or form a whole.

In order to create a society one must form systems. To form these systems, several basic things have to happen. People have to come together, form a group, have order, safety, structure, and some sort of predictability in their lives. That helps our survival self survive. Without these systems, anarchy ensues, causing constant flight or flee feelings.

The human body cannot survive with constant flight or flee. War torn countries or newly formed tribes have difficulty keeping predictable infrastructure, financial stability, leadership stability, and the safety that is crucial to people’s welfare and happiness in life.

And that is why voluntarily throughout every human country, city, tribe, business, area, or group, systems are formed. Systems create order. Systems create predictability. Systems make the world go round.

To form systems of a society, we start with the patterns of POSS- ibilities.

#### #1. People.

People must come together to form a group. Because humans are social animals and need each other for survival this one happens naturally and quickly. People naturally find each other, wherever they might be, and form groups, because humans are social animals. At a workplace, in a family, in random social gatherings, wherever there are three or more a group is formed.

#### #2. Order.

In order to have safely among the group, certain rules get set in place so that everyone can go about living without being killed constantly. ie: thus killing the group and the society. The rules are usually formed first by annoyances. Living, working, being with others is difficult. The things that are the most annoying to each person usually end up being the ones that get a rule made first. The squeaky wheel gets the grease!

#3. Structure. Order is the motivator, structure keeps it in place. Who is in charge of the rules? Once you have rules, there have to be consequences to breaking the rules, or they are useless. What are the consequences? Who enforces them? What are the consequences of the enforcement? What are the ways in which this ruler, person of power, gets chosen? All must be decided on in some way, shape, or form to form the structure of this new little society.

#4. Systems. The ruler is in place. The enforcers agreed upon. The way to choose who the ruler and enforcer are is agreed upon. Everyone is okay with how it is, or learns to be okay. People rule. Others agree and follow. It has begun.

The systems are in place and a society is born.

Now the people of this new society can then go about their business, raising food, children, living, and working as people like to do.

Every group across the world has gone through or is going through this to set up structure and create systems. There are courses taught on these systems in every college across the world. Religions were created this way. Government systems from Dictator to Democracy were created this way. Monetary systems all began this way from the early trading goods to the trading stock days.

Societies began simply. One group discussed and agreed. They set up systems to create the society. These systems are ruled upon by persons of power and enforced by other persons of power. Simple. It is a collective agreement that the consciousness of the individuals agreed upon at one time or another.

Now you might say, “But I didn’t agree upon it. My government system was formed hundreds of years ago.”

Ah.. but you did. We do. Each and every day we agree upon the system. Just like the Hollywood blockbuster that tanked. We still hold the power in our hands as part of the collective to agree or disagree each and every day. But we are not alone. We are part of a group. We are part of the collective.

The American system of government is a perfect example. A group of people got together and set forth a set of rules. They decided a way to choose the ruler of the rules and a means to enforce the rules. They agreed the power should mainly go to the people and decided to set up checks and balances to keep the rulers in check. They agreed to set this system up.

Everyone else then and since has agreed in one way shape or form to their agreements, otherwise there would be change.

Don’t believe it? Still feel powerless? Look to the governments across history all over the world who have been overthrown in a day. How did this happen?

The collective decided. The collective set in motion a series of events and at one turning point the minority became the majority. A turning point, a tipping point occurred. Collectively they consciously agreed to change. It only took a matter of hours, days for that change to happen. But it had to happen collectively.

But, of course, most people don't like change. So once a system is set in place, however long ago that might be, to change it becomes a difficult task. And the bigger the group of people, the more individuals that have to agree to the change in order to reach the tipping point of change. It takes the group itself to grow enough to make drastic changes to the systems.

It is a big deal indeed.

But it is possible for one person to change the world! Look at other major moments in history. It is possible.

But you must have the consciousness of the collective behind you. You must understand the system that has already been created in order to work within it to change it. That is why so many dreamers go into politics. They want to change the world. Problem is, once they get there the system of the collective is there to greet them. And without the collective's agreement, nothing changes.

In order to create the life we dream, want, and desire, we must create the systems to work with us. If the collective agrees with us, then it can follow suit.

So, go watch the movies you want to watch! Wear what you want to wear. Dance how you want to dance. Be aware and open up to the POSS-ibilities alive within the collectives we call home and let us delve into the ideas and possibilities for the systems in our lives.

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**Chapter 19: Systems Make the World Go Round**

**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 19: Systems Make the World Go Round

What do your patterns look like? What do your systems feel like?

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What does it feel like in your life when patterns or systems change? What does that look like?

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Your systems interact with the world. How does that feel? What does that look like to you?

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How does it feel to know you cannot control the way your ripples, your patterns, your systems, affect others and the world?

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How does it feel to let go of controlling where they go?

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## The Possibility Path Program

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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](mailto:jeannine_proulx@yahoo.com)*