

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 TWENTY

Topic: A Conscious Personal System

Read: Chapter 20: Systems for Self-Awareness

Guided Visual Meditation Short Cut:
The Collective 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 a world collective set in place with systems, and then asks about the systems in our own lives. We all create systems to exist in this world.

Some work well for us. Some do not. Some did work well before, but do no longer.

As we grow and change our systems should and could grow with us.

Systems include with a ruler, rules, enforcers, and consequences. So, too are the ones that govern our lives. Beginning to become self-aware of these facets of our lives, our subconscious reactions to the world around us, and the events around us, can create a more flexible, resilient, and confident self.

As you read the chapter and do the meditation, think of the parts of yourself that annoy you.

What parts of you do you wish were different? Why aren't they? Asking and becoming aware of what parts of our personality we have created to rule and enforce our behavior in our systematic world brings to light the possibilities and limitations we have placed upon ourselves.

Opening up to form new rulers and new rules makes for more success for all!

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**CHAPTER 20
SYSTEMS FOR SELF- AWARENESS**

We are living in a world that has its own collective systems set in place. It has its own monetary systems, its own government systems, its own governing systems, and its own rules and regulations. It is the collective group that we are a part of that created and agrees to these systems. This is the world of systems that we live in.

But what about our own world? We are within ourselves complete creatures, so it would stand to reason that we have also set in place a set of systems to govern, rule, decide, and enforce our own world.

From how we dress, to what we eat, to how we eat, sleep, talk, walk, live, we have a set of systems that we have set in place across the horizons of our lives.

As we change, these systems change. Our brains and bodies go through age appropriate times where one system might be in charge more than another.

When we are infants our bodies are completely in charge. When we get hurt, we cry. When we are tired, we cry. When we are hungry, we cry. When we get tickled, we laugh! It is an involuntary set of responses that change as we age when our parents, the world, and others react to us.

We are told not to cry in public. We form a coping mechanism, like biting our lip or holding our breath or telling ourselves silently we can cry later, to stop crying in public. We are told to eat politely, no throwing food. We develop an orderly sense of eating with utensils, or whatever is culturally appropriate.

In a thousand different ways for a thousand different behaviors we are told, we learn, and create coping systems that dictate how we live our lives. These systems can be very good. They can also become very neurotic, limiting, and very bad for the lives we live today.

Ever meet someone who seems to have it all together? They have a routine for self-care. They work out. They eat right. They have a support group of friends to turn to when in crisis. They work at a job they enjoy. They allow love in their life. They seem to have it all together. No matter what life brings they handle it with grace and dignity. What is it they have that others don't? They have self-awareness and healthy systems.

No matter what happens in this person's life they are able to roll with the punches and deal with it positively. They work what appears to be almost effortlessly through whatever comes their

way. They laugh and cry with life and have a sense of security that most long for, even when the world rages around them. How do they do this? They have systems.

As life appears for them they stop, they gather themselves, and work out a system to deal with whatever came their way. Some learned the systems from their healthy parents. Some learned them from the hard knocks of life. Some were forced to adjust to big changes in life and learned how to early on. Some are just very curious, attentive, growth loving people, such as yourself.

As each issue in life arises, this personality type creates new systems, learns new and better ways of coping, adjusts his/her sails on the journey to match the wind speed, and lets on and off those on their train as needed.

They preserve no matter what and always look for the option that will fit them the best. They look guilt, shame, blame, and crisis in the face and bust through those blocks to find their gems.

They are flexible, yet solid in their knowledge that a new system can and will replace the old as the situation arises. They are confident all will be okay and as their confidence in life grows, others confidence in them grows. They have the *It* factor: that indefinable presence that most cannot define but most hope to be. They are who you are becoming.

They are you. You are them.

You may say you are not! But you are here, now. You are on this path and continuing to seek, search, and find answers in your life. As you change, you do create those new systems. You are becoming more and more conscious of yourself and how you react to the world around you. And whereas a subconscious person might feel as though those systems are outside of them, things happening to them, a conscious person understands, knows, and uses their systems to their own advantage.

It is time now to begin to set in place your own systems for success, so that no matter what life throws at you, you are able to roll with the punches, and find another way to freedom.

Life will happen. Your body, brain, and mind will react the way you have learned to react in the past. You then can be self-aware enough to notice this reaction, ask where it came from, and find a new way to deal with it if you so wish.

Are you ready for self- AWAREness?

It starts with Awareness. Then we must decide what part of ourselves is **Ruling** at that moment and what part is **Enforcing** these rules. If you don't like the enforcement or the ruler, perhaps it's time to vote in a new ruler, change the punishments and rewards, or change the rules!

A is for Awareness

Become aware of the areas of your life where you have learned behavior. What parts of your life are you confidently aware you can handle no matter what? Emotional? Physical? Mental? Job?

Love life? Monetary? What parts are you unsure about, or suspect some part of your past is ruling this area of your life?

The first step in any process is awareness. Noticing how we react instantly to events, crisis, people, places, things in our lives is a window into the rulers and enforcers of the past. Changing it is as simple as becoming aware.

W is for Wake up! Become conscious of the systems governing your life, starting with who rules your life.

R is for Ruler

Who rules you in each of these categories? The fear part of you? The confident well seasoned traveler you? The young naïve you? The brainy smart you? The emotional dysfunctional you? Perfectionists have a perfectionist tyrant ruler system. Victim personalities have a hopeless, poor me as their ruler. Whatever part of our personality we let rule decides how we see the world around us. Changing our ruler helps to change our world view point and thus completely changes our reality!

E is for Enforcer

Who is in charge of enforcing these rules? The condescending judgmental you? The loving supportive you? The confident you? The punisher? The sympathetic you? The enforcer is the greatest catalyst for growth or stagnation in our lives. We can punish ourselves for what we were told was bad behavior long after the person who told us that is gone. In many ways each day we punish and reward ourselves for behavior. Becoming conscious of how we use enforcement and then using it to our benefit can quickly and powerfully change our reactions to life!

And To Change We Choose

And lastly, how do **you choose** what part of you is in charge of creating your systems, of choosing who rules what areas of your life? Simply by becoming aware you can change who is in charge of your life, your systems, and the reactions you have to the world.

Most of our lives are lived unconsciously, ruled, enforced and governed by what we have learned through life as coping skills to get through life alive. But in order to succeed, to thrive in life, in relationships, jobs, home life, and all our systems, it is time to become conscious.

It is time to become conscious of who is really the captain of the ship and what part of us is really making the rules that we blindly follow.

As the world is a collective, so are we! We are physical, mental, emotional, spirit with many facets to each.

Getting to know the parts of ourselves, who is calling the shots, and why we let that part of ourselves be in charge is the most valuable exercise in human development there can be.

For you are captain of your own ship. You are the conductor of your train, the pilot to your plane. Each day you have a chance to become aware of your reactions, question them, and choose a new system. It starts with awareness. It ends with consciousness.

Life's journey offers a lifetime of opportunities to create these new systems. We are not stagnant, no matter how much we wish to be. Ever changing and learning how to manage our internal systems will help us become confident that we can handle any change as it arises, no matter what it might be.

It's time to begin the process of creating a viable confidence that we can handle all life will throw at us because we have the systems in place to do so.

It's time, and it starts with routines.

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Chapter 20: Systems for Self-Awareness

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 20: Systems for Self-Awareness

What do you think of the concept of internal systems?

What system appeared for you to address today?

What personality, ruler, captain of your ship appears to help you in this area?

What can this personality, this new captain of your ship do to help you if they are in charge?

How would that feel to have them in charge?

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

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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