

**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 TWENTY- TWO**

**Topic: The Candy Dish**

**Read:** Chapter 22: Systems for Change

**Guided Visual Meditation:**  
Routines for Change

*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 with the extremes of routine. Many times in our lives we use routine to feel like we have control in situations where we do not have control. It is part of the survival self. To overcome and create a world where we can feel safe with change, we can use routines to our benefit, rather our detriment. Creating routines that allow, encourage, and support change makes it more of a normal part of everyday life, rather than something that sneaks up or surprises us.

As you read the chapter and do the meditation, think about the routine systems in your life that rule your world. What things control your days, control your schedule, and therefore control your world? What would happen if you changed just one routine in your world?

The domino effect caused by just one routine in your world that has grown stale changing can open up into new systems, routines, and possibility in your life!

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A Field Possibilities  
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**CHAPTER 22**  
**SYSTEMS FOR CHANGE**

Ever meet a person who was too routined, who has every aspect of their life pre-planned and set in stone? Who, if you moved even a candy dish on the coffee table one inch to the left they would literally have a hissy fit? This person could be called rigid, structured, or over-routined.

While routines are a natural course of life to help create a higher change of survival, when one takes it to the extreme and does not allow for any changes to the routine at all, it becomes a box, a cage, a prison. Some of the people who are over- routined actually lived in prison or the military, where routine was used as a system of safety and protection.

In the midst of these systems, their lives and their safety depend on adherence to routines. It is all they knew for survival. Change means danger. Sometimes any amount of change, even the candy dish an inch over can then trigger an intense reaction. It signals danger. It triggers a fight response.

It can be difficult to allow change when one has been in such a structured environment for a long time. It is fully engrained because of the extreme danger felt day in, day out. Routines become the way to feel safe. It was the way to feel they had order in that chaotic world and created a feeling they had some semblance of control over the most uncontrollable situations possible. Rigid routines are created consciously by the higher ups within those systems as a way to keep things, and people, in order.

Ironically, those who grew up in an abusive situations, war torn countries, or chaotic environments can also develop this panicky feeling at the thought of change. They can become OCD or compulsive about certain aspects of their lives. They may clean constantly, or go the opposite way and hoard everything, constantly adjusting and readjusting their belongings to help them feel safe.

It is not a light thing to deal with. The safety structure of the brain, mind, body, and soul is put in place to keep us alive. When it is compromised by extreme, consistent, or persistent danger, it almost shorts out and can get stuck like a broken record.

If we learn a behavior that makes us feel safe in crisis, it can becomes an extreme self-soother. We will repeat that behavior over and over again. We will fight to keep that behavior. We will even die to make sure that structure stays in place.

This is where the survival mechanism goes very wrong. It is at the heart of all addictions. It is seen most obviously in OCD behavior personalities.

So how can you avoid that? You may not be as extreme as OCD or hoarding, but everyone has those self-soothing behaviors. What do you do before going on a trip? Leaving your home? Facing something or someone who scares you?

From carrying a rabbit's foot to worry stones, counting to ten, over grooming, or checking to make sure the doors are locked twice every night, everyone has self-soothing routines that help us feel safe. However, we can use the same ideas of routine to create systems that not only soothe, but allow us to grow and change within the routine itself!

What if one of your routines was to do something once a year that scared you? What about sky diving? Public speaking? Visiting your mother-in-law?

What about doing one thing that excited you? Going snorkeling? Running a 5 k? Painting? What if doing something exciting or scary became part of the routine in your system? What if spring cleaning became a routine? How about changing careers or traveling?

Forcing oneself to break out of old routines and doing something new can be a routine in and of itself! It can be as simple as moving that candy dish clear across the room every other week or getting rid of it all together.

Sometimes we need things to shake up our lives. Routines can get old and dry. We can feel like we have been living the same day over and over again. We can keep doing the same old routine without knowing why. We can keep doing the same routines that we set in place when we were another person, in another time. We can even begin to attach ourselves and who we are to our routines. The same job. The same road to work. The same food. The same day to day can make us feel like we are safe, but it can also this rigidity that keeps us in our own prisons. The fear of different can overtake the safety of routine. It can close us off to possibility and cause extreme emotional and physical stress if the routine is ever broken.

Ever feel stuck, like the energy just wasn't moving? Like you weren't going or growing? That is when the routines we have created to help us feel safe in life are starting to kill us. They kill the possibility of us. They kill the growth of us. They kill the part of the human self that needs change, that needs variety, that needs new!

To shake it up create a routine that allows, that encourages, and that creates change!

By creating a new routine that puts in place new things in our lives we open up to new challenges and new possibilities. By choosing adventure we choose growth and begin to see new possibilities for a different future.

If we don't create systems for how to cope with, understand, and get used to change when life throws a curve ball at us it can be disastrous. The same routines that made us feel safe can be blown to bits in a moment. When this crisis happens our coping skills and our resilience is also blown to bits with it. If we cling to our routines to make us feel safe, what happens when they all change?

However, if our routines have taught us to allow change, when the inevitable crisis or giant life change happens, our survival mind won't see it as extreme danger. It will see it as a natural course of life, a natural part of our lives.

Routines for change can create a go with the flow life that has just enough stability to satisfy the stable part of us and just enough variety to allow for change. Creating a new possibility for life, a new routine that allows for change, and that welcomes change gives us all the tools we need to be able to say "I can handle this. This is familiar."

If you lived in the same house for twenty years, move, or at least move the furniture! Clean a closet! Shake it up. Create something new in your life today! Create the change now so that your body, mind, and soul get used to change. They don't see it as an attack on your survival. They see it as a way to thrive in life.

Life is continual change. Life is never stagnant, no matter how much we want or think it to be. The only constant in life is change. By creating routine for change we celebrate the milestones of life differently. Change becomes not something to be feared, but a celebration.

We are and will be changing continually each and every day for the rest of our lives. Fighting it only leads to massive emotional meltdowns when someone moves a candy dish. Accepting it and incorporating change with routine allows for the joy of variety to enter life.

See yourself adjusting to the changes, rolling with the punches, and allowing the changes to happen within the routines set in place. How would that feel differently in your life? How would you yourself change?

Our body, mind, and soul self need routines. They also need change. Creating both to live together harmoniously by proving one does not beat out another can create a sense of security in life no matter what chaos reigns around us.

So, change! Create a system that not only allows for change, but encourage it. As we create these new routines for change, it will become easier and easier to change and accept change. It will become easier and easier to set up new routines. It will become easier and easier to be fully conscious and aware of the world we are creating, the life we are living, and the rewards within it all.

Create the system for change and anything is possible! Effortlessly, smoothly and with a smile, change can become your friend.

So, start today a new routine: a routine of embracing change!

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**Chapter 22 : Systems for Change**

**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 22: Systems for Change

What is the core personality of you that appeared for you?

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What part of your self-soothing routine does this personality use when crisis happens?

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What appears for you as a new routine that can help create a new system of change for you?

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What would it feel like to let this new routine, this new part of you into your life?

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How would your life change?

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What would you have to let go of to let in this new change? Can you?

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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)*