

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- THREE

Topic: The World Collective Systems

Read: Chapter 23: Systems in the World

Guided Visual Meditation Short Cut:

A Lighthouse to the World

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 our perception of the world. The world that we live in affects every aspect of our lives. We are a part of it and it is a part of us. When we reach a certain point of awakening in our own lives, we want the world to follow with us. We want others to see what we see. We want the world that we live in that affects us so to change with us.

The problem is, it doesn't. The world changes and grows at its own pace, and while we can be that lighthouse and shine our light, we cannot force change in the world anymore than we can in others. That can cause us to feel anger at the world. It can cause us to feel frustrated or feel hopeless. The answer is simple to say and hard to do. Acceptance is the key.

As you read the chapter and do the meditation, think about how you are a lighthouse to others, to the world and the people in the world. What would happen if you accepted them just as they are?

What would happen if you were able to be in the collective while not being of the collective?

Would you love better? Would you live differently?

How you interact with the world and allow the world to interact with you determines your reality and your perception of reality. What if everything is just as it is supposed to be?

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CHAPTER 23
SYSTEMS IN THE WORLD

Here we are at the created life system culmination point you have created. The possibilities have been revealed. You have done the work. You have taken the steps. It has all come together. You feel good in a blissful life bubble that you are owning as yours.

You may love where you live and whom you live with. You have a fulfilling job, work place, or calling. You are learning to bust the blocks and find the gems. You have persevered through it all and find yourself in the flow of life where the journey lives.

And then one day a major thing occurs in the world. It could be war, tragedy, violence, or even a political crisis.

It affects you directly. It up heaves your personal world. You work on chasing away the fear shadows, but a new emotion enters the picture: anger. Anger at the world shows up in unexpected and often intense ways.

“Why can’t they see? Why don’t they know? It’s so obvious.” You say. “I could fix it. I could help!”

You can see it so clearly. You know how to solve it! You have the tools! You have the knowledge. If only they... If only he... If only she... But they don’t see. They don’t know. They don’t listen. They don’t hear. And it is frustrating as hell.

Yes, it is. One of the things that does not get explained much when people discuss spirituality is the anger. Once you have reached that place of bliss, of being able to confidently handle all that life throws at you, you want it for everyone, don’t you? You want to take them along with you! If they could only see! If only they would know! If only they could be like you!

But they don’t. And they won’t.

The collective consciousness of humanity has created systems that are pretty much set in stone. They agreed a long time ago to create it this way and change is scary, so they just don’t do it. They won’t change for you or anybody. And it really isn’t fair to ask them. They are on their own journey doing their own thing.

To live within a collective that refuses change when you are now open and ready for it, can yes, be difficult. It can be very, very difficult. It can as irritating as nails on a chalkboard. It can grate you in ways you never knew it would. It is not blissful. It is annoying!

The answer? Acceptance. The systems of taxes, politics, insurance, laws, roads, business, schools, and homes, all of these have been set up in the collective that you live, that you are a part of! You can spend years, a lifetime, attempting to change them or you can save your energy and accept.

Accept them as they are, where they live, and how they live. When they as a collective are ready to change it will happen as fast and easy as one word said from one person to another. If they are not ready, it doesn't matter how long you talk, how much money you spend, or how many committees you form. Nothing will work.

The collective must be ready. You cannot control the collective, nor should it be controlled! You can only focus on yourself and be who you are. They will see or they won't. Accepting the world and allowing them to be who they are is the final step to freedom.

Once we disengage with the idea of saving the world we are then able to truly accept the world. Saving implies there is something wrong. What if there isn't? What if everything is just as it needs to be right now? What if there is nothing to change?

This idea of saving the world creates a belief that there is something wrong with the world, that there is something wrong with others, that they are just not knowledgeable or aware enough to do what should be done, therefore we must come to help, because we know better. Right?

Well, what if we don't know better? The collective is a living, breathing organism that is on its own path. It is right where it needs to be because that is right where it is ready to be. When it is ready to change, it will! Just like you.

Have you ever had someone tell you that you are wrong, that everything you do is wrong, and they know how to fix you? How did that make you feel? How did you respond to that? Not very well, eh?

It didn't empower you. It didn't make you want to change. It degraded you. It made you feel less than. It may have even led to depression, anger, sadness, or violence. Is that the response you want from the world, from others?

So, how do we "Change the world?"

As it has been said so many times before, we change ourselves. We are part of the collective. By changing ourselves, we offer up different possibilities for others and for the world. We can be the stranger in small town!

But we can't go in telling everyone they are wrong and expecting a positive response! We don't have to go in to control or force change. All we have to do is be ourselves and shine our lights. If others like the ideas, the attitude, or the delivery, they will make the choices for their own lives. If they don't, it is not your fault. When they are ready, they will hear. When they are ready, they

will see. When they are ready, they will change, all on their own. You can light the way, but you cannot row the boat for them.

You are not responsible for the world! The world is responsible for itself. It is where it is at any given moment in its growth cycle. So, focus on you! Create what you love. Do what you do along your journey to grow and change. Offer that opportunity to others as a light, with no strings! They can take what they like. They can choose how they want to live their lives, create the systems that best fit them, and find their own bliss that is right for them! That, after all, is true freedom.

Steve Jobs did this. Bill Gates did this. Every president, inventor, supporter of every right and every cause did this. Dr King and Rosa Parks did this. They felt what was in their heart along their own path to do, create, invent, and share with the world.

People had the choice to follow. People had to choice to choose. People had the choice to buy. People had the choice to do what they felt was best and what worked for them. Not because they were forced to, but because they were ready to. The collective was ready.

All we can do is offer our thoughts on the table in an open and loving detached manner. It is up to the world to accept. It is up to others to decline. It is okay either way.

Once we detach from fixing, we are able to stand back into our I the Observer and just observe! In this observer place, the world can and will look very differently. When we take us out of the equation, the world becomes a fascinating place to live.

Life becomes like a movie or a play where we get to see the development of the characters, the plot lines, the personalities, how they interact, how they solve their problems, what happens when an antagonist or a protagonist enters the storyline. We get to see how it all works! We get to be the audience!

Walking around day to day, we get to be the audience.

Detach. Let go and spend the time and energy you have changing yourself, accepting yourself, changing the way you experience this world. Let others be who they are, where they are on their paths! As you do, you will find more and more each day that the little things that used to bother you don't so much anymore. There lives a deeper understanding, a deeper compassion, and a deeper respect for the world, the people, the systems, and the place that we call home.

This world is not separate from you and you are not separate from it. But when we are able to stand back and not worry about the endings of every story we encounter, we are able to let others live their own stories, their own lives. In turn, we are able to live our own life. And in doing so we live in balance together.

The world changes every day because you are in it. With every breath and every step, you cause a ripple effect throughout the universe. Accepting the world as it is allows us to also accept us as a part of this world, in all its splendor, glory, and frustratingly irritating self.

Revel in it! Roll in the mess that is this planet we call home. Be with the world and let the world be the amusing place it is meant to be and freedom will come to you.

Changing the parameters of our own world does change the world. It does change perspective. But expecting the world systems to change just because we are ready to change? That is an exercise in futility.

Detach. Let go and spend the time and energy you have changing yourself, accepting yourself, changing the way you experience this world. Let others be who they are, where they are on their paths!

You would want them to do the same for you. Do it for them. Save your energy for your creations, your passions, and the collective, the world, may just choose to change with you.

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Chapter 23: Systems for the World

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 23: Systems for the World

How does the systems of the world feel or appear to you?

Is it a surprise to you that anger is a part of the journey to conscious living?

Can you relate to the feelings of frustration towards others that they cannot see?

What is one thing in your life today about the world that is frustrating and annoying you?

What does it feel to be a lighthouse to the world, but not a fixer or saver?

Who in your life frustrates you because they don't see your light, they don't do what you want?

When you pull back into your lighthouse, can you see how this system or person in the world is in a pattern of possibility on their own? How does it feel to be free, to let them be free?

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*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