

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- FOUR

Topic: Embodied Enlightenment

Read: Chapter 24: Systems for a Balanced Self

Guided Visual Meditation:
Walking the Tightrope

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 frustration of being trapped in the existence of being human and living with humanity. Using the “I the Observer” we can come to a place of detached love and understanding for the world around us, but we cannot live in this total state of detachment. If we are too much out of body, we cannot be in body. If we are too much in body, we cannot experience the freedom of the observer. To walk in this world completely in balance, we need both! It is the definition of being in this world, but not of this world. It is the place of walking back and forth between the worlds. It is the place of embodied enlightenment and truly the definition of conscious living, ie: Being conscious while we are living! It is where joy, satisfaction, and bliss lie and where we can live if you choose this possibility for our lives.

As you read the chapter and do the meditation, think about areas of your life where you are in balance and you are out of balance. Where could you use a little more I the Observer? Where could you use a little more of the physical world? Walking the tightrope of a conscious life means going between both and at times co-existing in all the realms of possibility.

It really is an adventurous life full of freedom from all worlds.

A Field Possibilities
The Possibility Path Program

CHAPTER 24
SYSTEMS FOR A BALANCED SELF

We live in a world collective. We ourselves are a collective, a tribe of one. We live in a world where all is possible, to the extent that our collective self and the world agree that they are. It can almost feel a bit trapped, like one day we are wise and well and the next day we are crashing into the ground of the physical world's limitations. Jumping back and forth like a yo-yo string, it can be exhausting. It can cause us to bounce to the extremes. So, now, what?

Now it is time to set up a system for a balanced self.

The world outside of us will always be changing. People, embattled within their own struggles and fears will always attempt interference with ignorance. The systems of the world will exist as they have for eons, stuck in what was as they attempt to deal with what is. The world will keep on turning.

Our physical self will continue to change. We will feel pain. We will feel loss. Those around us will continue to grow and change. Life will continue on with all its joys and sorrows.

To live in a balanced state while the world rages around us can be difficult. It can be easy to react to the changes by going to extremes, by wanting to fight or flee, by wanting to give up or leave all together. It is a journey that has many ups and downs and is very much like walking a tightrope.

On the one side, to escape means to fly into the I the Observer, of just being in this world but not of it. In the I the observer that sees all, that is witness to it all, that is aware of it all, there is the wisdom of letting go, of allowing, of being.

By detaching from the self that is the physical body for a moment, the eyes that see to the "I" that sees, we are able to detach from the survival instincts that dictate all of our normal movements.

By switching perspectives to the "I" that sees, we then become able to see it all without the fear, worry, past or present excuse for most of our behavior. We gain clarity. We gain wisdom. We gain balance. We gain freedom.

This moment of "I" is as simple as changing perspective, but it is an illusion. It is what all the books attempt to teach. What all the teachers attempt to show. It is what most seek in this world. It is that feeling, that freedom of the eternal self, the eternal self from the I the Observer perspective.

But to walk in this world, one must walk in this world! And to do that we must live in a body in this 3D reality. We must conform to the needs and the wants of this body. To do that, we must exist in this world that the world collectively set up. To do that we must learn how this world works. To do that we must have a body to experience it. And on and on the circular argument goes.

To be a fully aware, fully conscious human being is to be both the I the Observer and in the body at the same time. A balanced self is the tightrope of connection to the earth while being aware in the I the Observer above. To walk the fine line of both, to live in both worlds, together, simultaneously is balanced living and leads to a balanced self.

Where we get trapped is by living in one or the other extremes.

A spiritual person who has taken the vows of chastity, poverty, and selflessness lives in a state of I. The connection to the world collective is felt, seen, and experienced from a detached free point of view. The needs of the body are dismissed to the point of almost complete detachment. One could say they are floating almost above or outside of their body. They exist, but merely as a shell. They are beyond. They are “gone” some might say.

Ever try to have a conversation with someone like that. Does it make much sense? Do you feel connected at all to that person? Not really. There is not much to connect to. They are really and truly gone! They are the I the Observer. They are not participants. They are observing, detached to the point of almost non-existent.

People can become addicted to the feeling of “I”, the detachment found in a meditative, relaxed, and open to all things state. It can become a drug, a high. They check out so as not to feel the pain of being human, of dealing with the struggles of existing in this physical world. They are not living life. They are “rising above” it.

In reality, when we do this, we are running away to a place where the human side cannot touch us. It is a state that cannot exist forever, so it will usually end badly.

One the flip side, there are the ones who are so connected to the earth they cannot see the possibility of an I the Observer. They are said to be egotistical, megalomaniacs, power hungry narcissists. Their only connection is to the earth in this 3D world and nothing else exists for them. Ever meet someone like this? They tend to be greedy pushy bullies who are obsessed with sex, money, possessions, and how they look or appear to others they can't see past the nose on their own face and will do whatever it takes to fulfill the survival needs of their bodies. They are obsessed with power.

It's almost a feeling continual, constant urgency with the physical ones. Because the needs of the body are constantly changing and therefore never truly met, they become intensely manipulative to get their needs met. They can be con-artists, incredible liars, and people of popular persuasion.

To the 3D world, they are gods. They have the charisma and the lack of fear so many long to follow. They lead the pack, driven by their own needs and whims, which change at any given moment. They are the ones spiritual teachers often refer to when cautioning against the ego self.

Their imbalance has created a whole industry of people to rally against it. The part of ourselves that is even remotely like this is said to be evil and unholy. These extreme physical people are why being self-full is seen as self-ish, wrong, and ungodly. They are given leadership in the world because of their confidence, but feared and hated forever because if left unchecked, they want to and would try to take over the world. Power is their drug. They only exist here on earth so their legacy is everything. Their possessions are all they have and become a part of who they are. "To be seen is to exist." Should be the motto of these one sided souls.

They have no connection to the eternal I, so therefore the person they are now becomes all consuming. Behind the confidence lies the fear of non-existence and with that fear as their motivator they are lead to conquer, overtake, and win by any means necessary. They have given the idea of being a worldly person a bad name. They have given the ego a bad reputation. They are the one sided coin most fear to become, yet many are drawn to their confidence and power.

They, too, seem to have it all figured out, but in such an imbalanced way it most always and certainly leads to pain on the part of the person following them. They are the other side of the floating coin, so entrenched in one reality they cannot see how any other possible realities could ever exist. Their linear viewpoint can lead to great success and great failure. They, though, seemingly confident, are truly the definition of confusion and chaos. They are missing the other half of the equation.

To be a truly balanced fully functioning part of this world we must become a little of both the physical and the I the Observer.

Have you ever meet someone who seemed to have it all together? They are able to go within when needed, to access the I for observation, for answers, for clarity, but they are also able then to come out of it and live what they had learned? They try and experiment with the principles they gain on the other side of the self and through trial and error learn what they need to learn to gain solid wisdom and clarity about the existence of man and of themselves.

They tend to be happy, passionate, deep feeling people. They don't take any crap, but they don't give any either. They stand in the silence, but are the ones laughing the loudest in a crowd. They have a twinkle in their eye that just can't be explained. You feel better, confident, and more secure just being around them. You can almost feel their connection to the self as solid as the earth below you and yet they seem to be connected as equally to the heavens.

They are balanced in the face of chaos and optimistic in the face of all odds. They make you believe in the possible while feeling if you just knew what they knew, you too could have that freedom that shines from their eyes.

The Dalai Lama is like this, as are many others not so famous. They are able to see without being engulfed by the seen. They are filled with compassion, but intolerant of aggression. They are the embodiment of the tree that reaches to the heavens with its roots fully solid in the earth. They live in a state of pure balance between the I the Observer and the physical world. They walk the balance of a tightrope, solid and sure, yet appearing to fly.

Life is a balance. Who you define yourself to be and how you put systems in place is how to stand in the balance of those worlds.

From quiet time to access the “I” to fully connecting to the physical body, while setting up routines that require risk and experience, we can create the systems of a self that can walk in the world as well as any tightrope walker.

To be fully conscious and aware while experiencing the joys, fears, loves, hates, happy, and sad moments of life in this realm, in this body, in this world? That is to be fully conscious. That is to be fully free. That is to be fully one with all that life has to offer.

And if you can do that on a continual basis, it becomes not just a part of who you are, it becomes you. You become it.

The world doesn't change, but how we see the world does. And that changes everything.

The time is now. The place is here. Are you ready? Let's dive into the possibilities of a conscious reality together. We started with then. We end with the Now.

A Field Possibilities
The Possibility Path Program

Chapter 24: Systems for a Balanced Self

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 24: Systems for a Balanced Self

What does it feel to be in your body in this world at this time of your life?

What does it feel when you go into your I the Observer?

What does it feel like to be on the tightrope between both the above in the I the Observer and the Physical solid of your feet?

Where in your life do you need right now to learn to walk in balance?

How are you to walk the balanced tightrope in this area of your life? What are you to do, be, see?

The Possibility Path Program

*By entering this program you understand that this is a **one time personal use** of this copyright material and should not be shared with anyone who is not in this program.*

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