

**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 25**

**Topic: The Possibility of Now**

**Read:** Chapter 25: Now and the Hammer of Hope

**Guided Visual Meditation Short Cut:**  
Time Traveling

*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 myth of the Now that we have been taught that being fully present in this moment and only this moment is the way to enlightened bliss. In truth, we have been given the gift of humans to use The Hammer of Hope to time travel through to the past, present, and future to help us seamlessly connect to all at the same time. This is amazing to have this tool! It helps us live life. It helps us solve problems. It helps us have compassion for others, and for ourselves. The Hammer of Hope helps us chisel out our lives as we travel through time to experience it all, all at the same moment of Now!

As you read the chapter and do the meditation, feel into the times when you have used your Hammer of Hope to console a friend, see a vision for a better future, and resolve an issue that has come from your past. As you use your gift of vision and remembrance, all while being in the Now, think of how this affects your daily life as you go about being the amazing time traveler you are!

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A Field Possibilities  
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**CHAPTER 25**  
**THE NOW AND THE HAMMER OF HOPE**

So much of our existence is filled with being in a million places. We have the to do lists of yesterday filling our todays. We are able to remember the past, learn from the past, and do actions in the present that will change our status in the future.

That is not the way of instinct, of nature. Nature has certain set of patterns it repeats over and over again. The birds function by instinct. They go as their DNA tells them to. They eat, sleep, fly, crawl, and walk as the rhythms of the earth tell them to. They do not ponder why they are an Ostrich and not an Eagle. They just are.

So much of human rhetoric is about wanting to be like the trees, like the birds, and the sea. To be here now. To be one with all that is. That is the feat and the sales pitch of most, many, spiritual books, and seminars, right?

This has been the way to enlightenment, to happiness, to all that is, correct? This has been the answer. It seems so simple, so easy.

How often have you been able to achieve this idea of a perfect Now, of constantly being present in the nothingness of time?

“Oh, for a moment,” you say. “In deep meditation,” you say. “While staring at the waves or a sunset.” you say. “For a moment,” you say.

Yes, for a moment. Then what happens? You pop out? It stops? Life goes on?

Yes! Life goes on! And suddenly you have to decide what to eat for the day. To eat you must prepare, make a list, have money, go to the store, cook the food, clean the dishes, and then, eat! And then? Then we have to do it all over again, day after day after day.

In the meantime, we are feeling guilty, feeling bad, feeling like we should not be so caught up in the worries of the future or planning or lists. We should be in this Now always. And if we can't? Then what good are we?

It is a never ending quest. It is a never ending quest that is not a quest. It is a distraction. It is just another sales pitch.

Now, it is not to say slowing down from the craziness of life is bad. It's awesome! Appreciating the wonder and awe-ness of this world is amazing! But to think that the pinnacle, the be all to

end all, will be that perfect bliss of a forever Now is just another illusion brought to us and accepted by us as a human being looking for the answers.

The authors and the ones who talk of this are not wrong. They are just simply like us, looking for the answers. It is as simple as that.

So, you say, “There is no forever Now? So now what?” Now it’s time to accept.

Human beings are magnificent creatures who were given the gift of being able to remember the past, live in the present, and hope for the future.

This is a gift. This is not something to be fixed or run away from. There is not something wrong with you because you are not like the trees or the oceans or the birds.

We are human! We are here to learn from the past. We are here to plan for the future. You are here to be you! Yes, to be you... human, in the Now!!

And the you in the Now is thinking about what to make your family for dinner. And the you in the Now is wondering if those pants make you look fat. And the you in the Now is sending love to your children and families. And the you in the Now is remembering all those books and seminars you took in the past training you to be in the Now, all while you are reading these words, all at the same time. Yes! This is you!

This is an astonishing amazing incredible gift to have. It allows us to grow, to plan, to access dreams, to send and give love, to be creative, and allow the world around us to interact with us. It is a gift! And we are in it!!

Rejoice in your ability to transcend time, you space traveler you!

Can you imagine living in the immediate NOW all the time? We would not recognize our children! We would not be able to speak or walk or talk or function. All of that we learned in the past!

It is time to stop beating ourselves up for having this amazing insight, perspective, and reality that allows us to be in so many places at once, that allows us to learn from the past, to assimilate all that we have learned in the past, and in this present moment make better decisions in planning for the future.

It is a gift to have this Hammer of Hope. It enables us to take the bad and make it good. It allows us to console one another in times of crisis and say “It’ll get better. Others have survived, so will you.”

It allows us to connect seamlessly with our loved ones, to remember our ancestors, and dream of our children’s future. Without it we could not be conscious at all. We would live purely by instinct alone.

The Hammer of Hope, this tool of possibility, allows us to be in this lifetime as a continuum of the past, present, and future, traveling between the three to bring gifts from each into the Now so that we can make the most of each day.

It is time for us to let go of the guilt of self-actualization and become free in this moment, a moment field with memories, a moment filled with the physical reality of this time and this place, a moment filled with the possibility of what is to come.

And we, as human beings, have the ability to travel and appreciate, well, all of it!

So today, travel on into the past. Travel into the future. Stay in this present moment. Do all of it, all at the same time! Appreciate the ability to do so. It is a unique gift that is uniquely human and a critical part of conscious living.

Awaken to the possibility of Now!

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**Chapter 25: Now and the Hammer of Hope**

**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 25: Now and the Hammer of Hope

What does it feel to be in this moment of present Now?

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What does it feel like to think of the ability to move through time and use your Hammer of Hope?

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What age do you appear as a child?

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What information does your inner child have to share with you today?

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What age does your future self appear to you?

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What insight does your older self have to share with you today?

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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)*