

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 26

Topic: The Opposite of Now

Read: Chapter 26: Day Trips Into the Now

Guided Visual Meditation:

Falling Apart. Pulling it Together.

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 simple explanation of the now being here always. We are always in the now, so there is no need to access it! However, there are two ways to look at Now. There is the falling apart Now of possibility that allows us to access our creativity and dive into the land of potentials where intuitive answers and insights await. And then there is the concentrated, focused Now that allows us to take those ideas, potentials, and restful moments pulled back into the reality of being human and able to function in a practical to do list sort of manner. Both are necessary for human survival.

To live a balanced life, one must walk that tightrope between the two Nows to work with the possibility of the Hammer of Hope to be alive fully as a conscious human being!

As you read the chapter and do the meditation, take a look at the areas of your life that might need a little more falling apart into possibility. Where do you need some rest, some letting go?

Where do you need to pull it together a bit, make a decision, and enact some step by steps to make your ideas or life a physical reality? As we walk the balance of living consciously, it is a gift to be able to allow ourselves to do both, sometimes at the same time!

A Field Possibilities
The Possibility Path Program

CHAPTER 26
DAY TRIPS INTO THE NOW

So, now the question is, “How do we access that always and forever Now? How do we? Huh?” We are so linear! As if there was a mantra, a method, or a class to take to learn the magic. But nope! There is none.

The Now is always and forever present.

We do not need to DO anything to access it! It is already done. There is no way to get to it. We are already there! Each and every moment of each and every day, we are already there. We walk in it, talk in it, breathe in it, sleep in it, work, love, and play in it.

The Now moment is... Now!

So how do we access the magic in the Now, that feeling of all that is, that perfect, that wonder, that joy?

It is the opposite of what one might think. The truth is, to stay focused on one Now out of all the potentials that exist for us in each and every moment is highly difficult.

To just ‘Be Here Now’ takes immense energy on our part, for there are thousands and millions of other places we could, would, should, and have been in this moment of Now.

It takes up all our energy, time, and attention to stay here, where we are, in this 3D reality, trying to keep today semi-coherent to yesterday and tomorrow. It takes every ounce of energy we have sometimes!

Do you ever feel as though you are being pulled in a million directions?

Well, it isn’t just the kids’ schedule or our jobs that does this to us. It is the potentials. The possibilities of all the things we could be doing or being in this Now moment that are pulling us apart. We are literally being pulled on! We are literally having all those possibilities tug at us to the point of falling apart! It takes all the energy we have to hold it together does it not?

And then, when we do ‘fall apart’ all those to do lists fall away too. We are unable to go in a thousand different directions. We are unable to do a thousand different things, be, wear, a thousand different hats.

When we fall apart we are forced to stay still. Sometimes we get sick: physically, mentally, or emotionally. We break-down. Someone else has to step in and do our jobs for us, for a day, a moment. Others step up to do our to do lists or they just don’t get done. Either way, they are no

longer part of our reality when we fall apart. We slip back. We fall back. We move back into the Now of possibility, of answers, of all realities.

And there, in the stillness, suddenly we can see the all the potentials, not just the ones pulling on us in our immediate situation. We can see what directions look positive, what roads look good or bad. We can find short cuts! We daydream new futures. We let go of doing, of focusing, of concentration, and simply become the observer of new potentials.

That is what those authors speak of. This is the idea of Now that is attempting to be told and understood. This what stillness brings. This is what a meditative moment brings. This is the feeling we seek, the high that is so often very out of reach.

Very few can access that stillness without falling apart.

Falling apart simply means we become all those potentials. By falling apart we then dance unattached in the realm of all possibilities. By falling apart we let go of one reality and allow ourselves to dream of what is to come. In that space we heal the past through insight and reconciling with the self. All these things happen in that possibility Now moment.

But to be in the possibility Now moment means letting go the ability to focus in one reality.

So functioning, driving, working, studying, parenting, all go out the window. We space out to space in. That does not lead to a high functioning system of doing! That does not lead to productivity increase.

It does lead to more peace. It does lead to more calm. It does lead to more of what we call love and charity, kindness, and respect. It also leads to short cuts of ingenuity. It can be accessed through meditation, breathing, hot baths, massage, walks in nature, friendship, art, music, dance. It can.

But do not fool yourself into thinking we can nor should be in that magical moment of possibility all the time. For without deciding to be in one Now we are constantly in ALL of them. That is when one is called scatterbrained, out of it, flighty, and even insane.

To live in this doorway of Now, this space time infinitum continuum of complete possibility would be maddening if we were there all the time! It is maddening. Many have gone insane at just the thought.

Many who are creative, manic, ADD, ADHD, exist in the realm of all possibilities all the time. It makes it very difficult for them to co-exist with those in the focused reality of now. It makes it very difficult to exist in the human body that needs concentration to meet basic survival needs. It is very difficult to live in the Now realm of all possibilities and keep this human body alive, well, and balanced in this Now reality!

So instead of thinking of the Now of possibility as the ultimate goal, think of it as a tool, an exercise, a doorway from which we can come and go in short burst of intervals to gain knowledge, insight, and energy, which we then bring back into the living existence that we have here today, full of memories, hopes, dreams, and the possibility of a different tomorrow.

So, today, give yourself credit for holding it together to focus on the one possible that you are currently in!

And when you feel like it, take a break to go explore the realms of other possibilities. But do not get lost in them. The tendency is to get lost in them. Getting lost means getting lost. Having feet in both the I the Observer of all possibilities and a foot on the ground of the physical reality is the key to a balanced life.

And in reality, in this reality, the world needs our attention. It needs our focused creative energy. It needs our possibility of Now and what that means individually to each of us.

To have the ability, knowledge, and conscious wherewithal to be able to fall apart into the possibility of Now when needed and pull together into the concentrated Now when needed, is a talent that enables one to walk the tightrope of life with a the Hammer of Hope and the possibility of Now fully engrained in your toolbox.

So, be here now, and now, and now! And let the rest go... for now!

A Field Possibilities
The Possibility Path Program

Chapter 26: Day Trips into the Now

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 26: Day Trips into the Now

What situation, person, place, or thing in your life is taking a ton of focus, energy, and Now effort right now in your life?

Is it worth it? What insight comes through?

What area of your life allows you to be in the falling apart blissful state of possibility of Now?

What activity should you do more, go more, or take more time doing that will give you that blissful Now possibility moments in your life?

What would your life look like if you walked the balance between falling apart and pulling it together?

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

All material is copyrighted. 2016 © by Jeannine Proulx

www.jeannineproulx.com – 2016 © Jeannine Proulx

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