

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- EIGHT

Topic: Choosing Conscious Living

Read: Chapter 28: Choose

Guided Visual Meditation:
24 Hours and a Billion Dollars

*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 where we began this whole journey: with an open, no holds barred, field of possibilities. Now, what? Now we choose. Within all of the insights, stories, and possibilities laid at our feet, we are left with one central and core idea for conscious living: Choose. We choose. We choose our attitude. We choose our dreams. We choose our identity. We choose our possibilities in this life. We choose our world. We choose our belief systems. We choose what to do with our 24 hours of each day. We choose. We choose!

As you read the chapter and do the meditation, think of areas in your life where you might feel you are stuck or limited. What if you weren't? What if life was open and full of possibilities for whatever you needed in that moment? What would that look like?

Even entertaining the thought of the possible allows for that which we need in the moment to come into our lives. What would you do, be, see, feel, know, if there were no limitations and you were open a true field of possibilities? How would that change your life?

A Field of Possibilities
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CHAPTER 28

CHOOSE

So here we are. The stories have all been told. The minds have all been blown with insights and questions raised that simply raises more questions. And you ask, “Now what?” That is a good question. Now, what?

Now, what? What is right! Now we create. Now we love. Now we dance and talk and run and eat and live.

But now we know we have choices. Now we know we have the ability to change how we see the past, present, and future. Now we have new insights, new motivations, and new tools to create the life we have always longed to live, to experience, to be, and become.

Now it is up to you.

There will be many more books written, seminars given, questions answered, questions brought up, but at the end of it all the message is that simple. Now, what? And the answer is just as simple. You choose.

Throw away the victim mentality and the buts that have haunted humanity for millennia. Throw away the limitations we have chosen to accept. Throw away the ideas of ‘If only.’ and “In due time.’

The question remains the same, “Now, what?”

The answer remains the same. “You choose.”

It is a great responsibility to be able to see, be, and live life the way we say we wish to. It flies in the face of all the societal norms, rules, and regulations. True absolute freedom has very little to do with freedom or the constitution that calls for it. True freedom is a state of mind, a place of focus. It is being able to understand that this world is full of possibilities and yet also able to comprehend all the reasons why no one chooses the realities they say they want! It is never as easy as it looks. But it is simple.

Now, what? You choose.

We choose how to react to situations. We choose to learn or to suffer from those situations. We choose to go with the flow or fight upstream. We choose to create chaos, to create peace, or to walk away. We choose who to love, where to live, what to work on, and who to be. We choose.

And so does everybody else.

By understanding that all realities are valid, all concepts are simply just another person seeing life in just another way, the illusion of “I am right.” and “You are wrong.” go away. The conflicts with the world and within the self go away. The automatic reactions to life go away. Life becomes full of possible choices and instead of feeling stuck in one reality, in one possibility, the doors are open to a field of possibilities alive with the intention of you.

How do you wish to see the world?

You choose.

How do you wish to react to this situation?

You choose.

How do you wish to feel about life and the people, places, and things in it?

You choose.

How do you wish your life, your reality, to play out in this grand field of possibilities?

You choose.

It's almost overwhelming, all the choices. It can paralyze one into going back into small town and closing down, shutting away. It can cause one to close up like a clam and hide back into the turtle shell of limitation. But once we have gotten even a glimpse of the idea of possibilities, it creeps into our consciousness like a ray of sunshine peeking behind the clouds. That little turtle head pops up and wants to see more, wants to know more, wants to experience more. It knows that this is not all there is.

It knows now that life is full of infinite possibilities. So if it is, how do we choose? How do we decide each and every day what to choose? It can be intense.

One question can help you decide: If you had all the money in the world, all the time in the world, no limitations, no obligations, you were totally free to do what you wanted to do, what would you be doing right here, right now?

It is a billion dollar question. We often think we have so many limitations that we cannot do what we long to do. Lack of money being the number one reason we often use to say we can't. So, what if you could? What if you had enough? What if there was no limit?

If all possibilities are open to you, with no limitations on money, time, energy, family obligations, or life, what would you be doing right now? Right this moment in time, what would you choose to focus your Now moment on? What would you like to open up to in this possible realm of no limitation? What brings you that joy feeling that is so giddy you jump inside with delight?

When you have the answer, then choose it! Choose to allow that possibility of that reality into your life. Choose to focus on that which you are needing in this moment. Do one thing today,

right now, to line up in accordance with that reality. That is the starting point. It just takes one question and one answer. Each and every day the answer might change, or that answer might stay the same. The directive stays the same: Choose.

Figure out what it is you want and choose it. From diet to lifestyle to relationships, job, money, it's all the same. Choose it. Allow that reality to come into your life. Allow the thought of that reality as being possible to come into your mind. Allow the feeling of that life dream to come into your heart. Begin with an idea. Choose.

Do one thing today to create something in your life that brings more of that into Now. Choose to dare to dream! Choose to dare to step out of the box of what cannot be into what definitely will be, to create what is!

Gift yourself that moment of giving yourself what it is you need in this moment and time, and then ask yourself the same question again tomorrow, and the day after that and the day after that. Dreams change. Life changes. Our needs change. What is today does not need to be the same tomorrow. At anytime you can, and you will, choose differently. That's the fun of it, isn't it?

The doors of possibility are open! Choose!

If no answer comes, then it is time to dream. It is time to explore who you are, where you are, and what blocks have arrived to stop you from knowing you. It is time to explore the world in all its open variety and find the things that make your heart sing. You can't get what you want until you know what that is, so go explore! Be! Feel! Dance and dream.

With the insights you have gained through peering in your very own Alice in Wonderland looking glass, choose the version of reality that is you most, that fits you best. Everyone has their own very best reality that fits them the very best. There are no two alike. Yours does not in any way have to look like anyone else's or their version of what you are supposed to be.

Free yourself. Free them from your storyline and choose differently. Choose happiness. Choose balance. Choose peace. Choose love. Choose wealth!

Start simple. Choose to see the world differently. Choose to explore. Choose to be the I the Observer. Choose to leave the focused concentrated moment of Now and open up to the possibility Now moment alive with those choices. Dance in the freedom of choice and the idea of possibility.

It is your life. It is your world. We have only begun to scratch the surface of what is possible in this world. Humanity is on the cusp of realizing its potential and we are a part of it! We are a part of that dance! We are a part of that performance. What part we play is up to us. What part do you want to play?

That's right! You choose.

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Chapter 28: Choose

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 28: Choose

What did it feel like to open up to all the possibilities of the universe? What did it feel like to come back to earth?

What does it feel like to think that we do choose our reality in each moment of the day?

What came to mind when you asked yourself the 24 Hours and a Billion Dollar Question?

What would you be doing with your 24 hours today if you could do, be, anything?

What are you missing in your life today? What one thing can you do to give yourself that today?

The Possibility Path Program

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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