

The Possibility Path Program
A Life Coaching Program based on
Book One: A Field of Possibilities by Jeannine Proulx

“Bringing Possibilities to Reality”

WEEK TWO

Topic: How You Came to Be

Read: Chapter Two: What Makes You You

Guided Visual Meditation:
A Life Well Lived

*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.*

Discussion Questions:
Your Personal Possibilities: Sex, Era, Family, Events.

This chapter begins with the moment of your birth and the identity you were given on day one. It goes along various ways that your identity has been formed in this world to the events that create up the life you have lived until this point.

As you read the chapter, do the meditation, and continue your journey, understand that the possibilities you have in any given moment has largely been decided by all of these circumstances and events that have come before.

To become conscious and live a life that is yours in the manner you wish to live it, means comprehending where your true authentic self was defined by others, how it is affecting you today, and what you would like to see different in your life.

It is a process of self-awareness to create a new world of possibility that you are now creating for the you that you want to be and the life you want to live!

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CHAPTER 2
WHAT MAKES YOU YOU

Chapter 2

This chapter is in four parts. Each part has discussion questions for you to do alone while reading the section and then additional questions at the end for after the meditation to discuss together.

We are only touching on these topics as they are critical to the parts of you as a whole, as well as what you feel is possible for your life. If you want to delve further into these areas, there is another **Possibility Path Program** called *Book Two: Personal Possibilities* that can achieve that for you after you complete Book One.

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CHAPTER 2

Step One - Your Sex

We begin with your birth. The first question that every new parent asks with the birth of their child is the first characteristic that defines you as a person. Is it a boy or girl? Here begins your personality formation as a human being.

Parties are thrown to announce the sex of the baby. Parents secretly long for one gender or another. All of the projections of your parents, grandparents, friends, relatives, and the world are projected in that one statement. It's a.....

And what are you?

For most people it's one or the other. For some it's both. For some it's not the same as they feel inside. But for all people, the question at birth is important. It is the beginning of defining who we are in this world and how the world defines us.

In some families a boy means baseball and football and rolls in the mud. For others it means musician, singer, or artist. In another it means engineer, mathematician, or professor. Even the most conscious of all parents cannot help but project a part of who they are as a person onto the new baby that sits in front of them. They want to connect with this infant who does not have words or sounds to say "This is me!" So the adults project themselves into the child.

For a girl or a boy this can mean limits are set. What color is the baby presented in? What shapes or sounds or books or education is this child set up to receive? What expectations are put upon this child based on that one simple thing: boy or girl?

In *Book Two: Personal Possibilities* we will go into the reasons why. Women carry the babies. Men provide the sperm. That simple biology creates the rules and sets for the many societal expectations of the sexes. Add hormones and sex to the mix and there's much biology to why society protects girls and encourages men to be aggressor/protector.

But for this book, simply sit with the idea and consider how the gender you were born with began your identity formation of who you are as a person and the possibilities you have available to you in this world.

Step One: Sex.

Thought Discussion Questions:

How do you feel about the gender you were born? Accepting? Loving? Proud?
Embarrassed? Ashamed? Confused?

What were the ideas placed in your head about what is meant to be male or female? Were they limiting? Supporting?

What would you like to feel about the gender you are today?

Step Two – The Era

On the day you were born was there a doctor present? Were you in a hospital or a home with running water? Did your mother take or have available to her prenatal vitamins and prenatal care? Were you taken home in a car seat? In a car? What foods were you fed as you grew up? What did your home look like? Your school? Did you have a school available?

All of these things, all of these variables and many, many more make up the second part of the limitations with possibilities for your life. The era you were born into helps shape and create the options and desires available to you in your life today.

If you were born into a time before computers, would a Smart Phone be on your Christmas list? Probably not.

The dreams, desires, and possibilities for our lives change and grow as the world changes and grows. We have a symbiotic relationship with the world around us. As the choices in our world grow, so too does the needs, wants, and desires for our world grow. It is one reason people long for simpler times. With less choices come less need to choose! (Choosing itself can be time consuming and difficult.)

But you can choose. If you are conscious you are able to see through the clutter and focus on what is really important to you, you can narrow down the choices and live the days of your dreams that are authentic to you, no matter what era you are born into!

Step Two – The Era
Thought Discussion Questions:

What possibilities are available to you, here, today, in this era, that were not possible before?

What helps or supports you today that could not in another time?

What do you see as hurting or repressing you in today's age?

Step Three – Family

When you are born into a family you are born into an identity. The ethnicity of your genetic make-up, the chronic conditions, mental, emotional, physical or the lack therefore of, are present.

The talents inherited in DNA are present. The interests of said family, the interactions between family members, and the interactions between family members and the world, all are present at your moment of birth into a family. It is a critical part of who you are, of what makes up you!

At birth members of your family and those who surround you begin to react to you. “Oh, isn’t she pretty?” “Oh, he’ll grow up to play football one day. Look at those legs!” At the moment of birth everyone who comes to see you has a reaction to you.

Now, mind you, you have not even said a word yet! You are not even able to tell shapes from colors, know language, or understand what they are saying!

All of the observations made upon you are your time of birth have to do with #1. Your physical appearance, and #2. The personal hopes, desires, judgments and opinions of those around you who love you and raise you: mainly your family.

This does not stop at birth. This continues each day. Being a part of a family is an inherent need within the human condition. It is why adopted children search for their birth parents. It is why pain is felt when family members move away, or relationships are severed for whatever reason. It is why you will take flack from your family members you would never take from anyone else. It is the stuff of movies and legends and honor and pride. It is blood that unites.

Being near someone who looks like, acts like, or feels like you is validating. It means you are not alone in this world. When family is not there for you emotionally or physically it can shape views of the world as not being safe, protecting, stable, or welcoming. How you were treated by your family growing up and today creates your view of the possibilities for the world. They are more influential than we want them to be!

How you were raised, what family you were born into, and what their belief systems about the world becomes your baseline for “normal”. It is what your brain and body believe the world is and the formation of how you see yourself in that world. Your normal is not the same as the person next to you or down the street. Everyone grows up with different beliefs, abilities, and preconceived notions of the world. These beliefs can often last a lifetime.

Opening up to the possibilities of the world different from the one you were raised in is the beginning of living a conscious life full of possibilities.

**Step Three – Family
Thought Discussion Questions:**

What is your family condition? (Name the things that come to mind that define your family – or the family you grew up in.)

How do you feel about your family members? Has it been hard to grow with some, others?

What does it mean to you to be or have a family?

Step Four - Circumstances /Events

That brings us to circumstances. So you have this family with its values. You have the town/city/area you were born into. Then life begins to happen as life wants to do. Your parents decide to move, have another child, change your school, go to school themselves, divorce, remarry or just never come home at all. You have a new sister or brother. You attend the school of your dreams. You attend the school of your nightmares. You don't attend school at all.

Someone you love dies. Someone you love gets hurt badly. You get hurt badly. There's a car accident, a fire, a shooting, a robbery, an illness. Your family freaks out. Your family remains calm. Your family unites like never before. Your family divides and never recovers.

All of these 'big' experiences in your life and how the people around you react become part of how you see the world, how you see the possibilities for you and others.

When we are young children these events are described or explained to us. When we get older, we explain them to ourselves. Life happens. Things happen. A plot twist occurs. What we do with those events and how we understand them creates our world and the possibilities for the world we live in.

Step Four - Circumstances/Events

Thought Discussion Questions:

What are some major events that happened in your life as a child? (Just pick a few.)

How did the people around you family, friends and school react to those events?

How did you?

What are some major events that happened in your life as an adult?

How did the people around you family, friends and school react to those events?

How did you explain those events to yourself?

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Chapter 2:

Guided Visual Meditation: A Life Well Lived

Meditation Discussion 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.

Where did it feel like to have your life flash before your eyes?

What card appeared for you? What were you doing? Being? What was different from now?

What are you to do to fulfill your 'missing' piece?

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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