

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 THREE

Topic: The Personality of You

Read: Chapter Three: Personality

Guided Visual Meditation:

Alive Fully You

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 touches on the idea of the core of self, the spirit within that sees the world unfolding before it that feels the experiences, and then translates them into their version of life. We do not live alone and being in a society means conforming to that society in many different ways. Who we are can get confused in the process of pleasing others or attempting to be and do what others want. At the core of you remains you.

Your perspective is your perspective.

As you read the chapter, begin to ponder who you would be if you were not censored, if you yourself did not censor you to fit in with societal norms.

No one else sees, feels, knows the world the way you do. In all of the world there is only one you! How amazing is that! You cannot be replaced. Your voice, self-expression, and interaction in this world is needed. For there is only one you!

Here's to you and the possibilities to come!

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CHAPTER 3
PERSONALITY

Now we get down to the nitty-gritty of why you are who you are. The reason you see the world the way you see the world different from all others is because of what is commonly called your personality or consciousness.

The I the Observer that is you starts from, grows from, and sees life completely different than anyone else. Your personality, what some would call soul, spirit, or man behind the mask, is the biggest part of what makes up you.

At or even before the moment of birth you are communicating who you are to the world. You are reacting to stimuli. You cry, sigh, smile, or nod. You fight, grab, and move in a way that is purely unique to you. You are responding to the world around you. You have likes and dislikes. You suck your thumb. You pull your hair. You feed or don't feed. You calm at the sound of music. You cry at the feeling of rough skin. You have already begun the journey of being you!

Who we are, what we like and dislike, whether it's food, clothing, music, school subjects, career areas, or sexual orientation, starts very young. Some have stronger personalities than others. Some show signs of set in stone preferences earlier than others. But how you see the world begins at the moment, well, that you first see the world!

That is also the time when the world begins to react to you. As stated earlier, how other people around you view the world and respond to the world helps shape your view of "normal" baseline for which you base the rest of the world. But when it comes to personality, you are just you. It is other people's reaction to how you see the world that helps form how you see yourself. Are you good or bad according to others? Is the way you see the world okay? Or is it considered different? Are you praised or shamed for seeing the world the way you see it?

Ever just sing because you felt like it, only to have the people around you give you a dirty look? How about laughing? Yelling out someone's name? Crying?

Before the people reacted you were just doing what you do, experiencing life and expressing it through your unique style and personality. But then, the world reacted. And suddenly you were not just you anymore; you were now seen by someone else, through their eyes.

The tribe begins to react to you. At a certain age, around four or five, you begin to realize that others see life very different from you and that others see you very different from how you see yourself. And that changes everything.

How people see you becomes a priority of the greatest extreme that can overtake and overcome your life. Ever hear the phrase “But what will people think of me?” That single phrase is the number one reason most people never live out their dreams or become who they really are.

The tribe mentally is a stronger force than anyone has ever dared to define. It is the reason people live lives they hate, in jobs they hate, with people they don't like, eat foods they don't want, with bank accounts that can't pay for any of it.

It is why women's magazines have cupcake recipes on the right side and articles titled ‘Lose weight fast and become a better you!’ on the other side. It is why men compete, children cry when they don't get their way, and politicians vote for bills they don't believe in.

It is what stops everyone from being who they truly are and doing what they truly love each every moment of their lives. It is a survival mechanism built into each human as that definition of self gets formed in childhood. It is as old as time itself. And it is time it went away.

For the first time in human history, to be defined, confined, repressed, and redressed by society does not equal the success of the species. It is the first time individual idea, dreams, hopes and creations have the greatest change to help this species survive.

It is the individual who creates, dances, loves, dreams and hopes what their specific individual personality wants to create, dream, hope or love who will move these next generations forward. Because for the first time in the evolution of humanity, humanity is ready for it. Are you?

To truly be yourself, to break free from the conditioning of your youth, of society, to do what you love, to be who you are is so difficult few ever accomplish it.

Now is the time for your voice to be heard, your song to be sung. Your unique view of the world now has a place to be! It is here. It is now. It may be the most difficult thing you will ever face: to fully self accept what others have not, to stand up in all your colors shining bright and be proud of the unique individual you are! To be able to say “I am here!” and just be here.

That is the quest you are embarking on. That is the journey ahead. You to be fully authentically you is a huge part of awakening to the possibilities of life that will fulfill you, allow you to accept others for being who they are, and find the joys of choice in a world that wishes you to be more like them. Own this portion of you. It is time! Let it begin with you!

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Chapter 3: Personality

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.

What did you see going on around you in the busyness of life at the beginning?

What did it feel like to be the “I the Observer”? Could you pull back and just observe?

What or where did you find yourself when you were just You? How did it feel?

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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