

A Field of Possibilities
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 FIVE

Topic: Independence

Read: Chapter Five: Stranger in Small Town

Guided Visual Meditation:
Stranger in Small Town

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 idea of a small town. We all have our own small towns, whether it's our ideas on politics, religion, spirituality, gender norms, race, success, business, fashion, family, child rearing, others, or ourselves. The most open minded of all will still have limiting beliefs of some sort. As humans, we have to have a framework for our existence. It keeps us grounded and balanced. We need our stories to interpret and discuss the world with each other. The predictability of small town makes us feel grounded and safe. But if we close down and only allow our ideas to be the only ideas permitted, we shut down the possibilities for new solutions, opportunities, and growth. And in fighting to keep our one reality as the only one, we naturally set up conflict with others who believe differently, leading to possible anger, conflict, or violent reactions.

As you read the chapter and do the meditation, think about not just the people who have affected your world and helped you become open to new possibilities, but to the people you may have affected in your life because you were their stranger in small town. There is no need to force it. It is a natural result of your growth and being. Consider how you have given others new possibilities or new ideas by just being you!

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CHAPTER 5
STRANGER IN SMALL TOWN

Who you are now is because of the place you were born, the circumstances, and events that happened in your life and the long string of people that helped identify your being. (Your Mom's voice in your head being one!) But at the end of the day, you are you.

You are your own unique person with your own unique perspective on life. You see the world from your very own "I the Observer" and no one else on this planet sees it exactly like you. Even twins have their own selves, their own make up of who they are and their own point of view.

That brings us to the next development stage of growth on this journey: Independence.

Independence is the stage at which you break away from the crowd, from the tribe, from the habits and behaviors that were given to you in your life, and you choose to have your own views of the world, your own opinions, your own perspective on life and everything in it, including yourself.

It is the beginning of gaining freedom to live life in a whole new way.

These independent growth spurts happen throughout one's life. It is the why toddlers say "NO!" and teenagers rebel, why students change their majors in college, and why people leave their jobs or marriages. Some experience going against the crowd more than others. Some have a naturally stronger independent perspective or personality in life. Some are allowed to voice their opinion more than others by family or friends or their community. Some are not.

But, let's say you were born into a family of limited options. You only knew a few people. You lived in a small town perhaps. You saw only a few people and all these people carried with them the same belief structure. There was no television or internet to show you the world outside of small town. You were isolated, alone in a sea of sameness.

If this were the case, your probable realities, your options for other possibilities, would be very limited. The sameness of each day would bring very few options for choices. In this small town world there would be a routine to each day that to some would seem safe, predictable, linear, consistent, familiar. Familiarity can equal safety to the human mind. It is how we learn what will hurt us and what won't. It is the phrase "The devil you know is better than the devil you don't know." We would rather be faced with familiar danger than the unknown, which could even be better for us. It is the way we learn from infancy how to be in the world. Small town can feel very safe.

This idea of small town could be your family, your town, your church, your country, your gender, your job, your world. It could be a physical place or a mental or emotional state of mind. It is the idea of living in a small world of possibilities, of limited knowledge, or options. It is a rigid structure that has many laws and ways of being that does not allow for growth. Ironically it is very natural. It is a natural state of beginning. We all start in small town.

We all start with a world presented to us in a way that is definitive in some way, shape, or form. We are all taught what the world is and how the world works by those around us. Small town is a state of mind. But small town is not meant to stay the same. Growth is also a natural occurrence in life and one that shows up at the door often times unexpectedly.

So one day a stranger walks into small town. This stranger is very different. He looks different, feels different. He talks to people, tells them about different things. He says what is on his mind and what is on his mind is much different than what the people of small town have ever heard before. New ideas and new thoughts flow from this person's mouth.

Suddenly a whole world of possibilities opens up to the people of small town. Exponentially they now have many more possible worlds, choices existing simultaneously within their realities. They have new ideas, new possibilities, and new options presented in front of them that they did not have before stranger walked into small town.

Some do not like this. They can feel the options. Options mean change. Change means different. Different means less sameness. Less sameness means the unexpected. The unexpected leads to anxiety. Anxiety leads to anger. And in their anger they attack. They will do anything to hold onto their one possible reality.

Wars are being fought over this every day. Children are being bullied for this. Adults are fired, denied housing, beaten up, cast out and turned upon. Parents shun their children over this. Siblings get in screaming matches over dinner over this. People are killed because they are the stranger in small town.

It is an unconscious, but natural human instinctive response to fight to keep the familiar. Some cannot handle change well. It is too much for their psyche and they will fight to keep their old ways. Their goal becomes to keep their one possible story as the only option for reality.

Cult leaders, or those who need to stay in power over people, must limit the options for possibilities. They must not allow their members to see an idea, a world, or a person who is different than their version of reality. That one singular possibility cannot be questioned. Because when someone is offered an alternative to that one and only reality, it then gives them choices. They can choose to become another person or individual. They can choose to stop believing what has been taught. They can have their own opinions and choices in the world. They can, and do often, leave the old reality, and the people in it, behind.

That scares the people who live in small town who want life to stay the same! They don't want to lose people! They don't want change to come to small town, and they themselves for sure don't

want to change. So they fight. They fight with manipulation, with guilt, with lies, with fear, and even with bodily harm. People do kill and die to keep their one reality alive each and everyday.

But a few people like this different viewpoint. A few people have always felt other possibilities existing, though no proof of it. They have said things like “There has to be another way.” and “This can’t be all there is.”

These people are the revolutionaries, the trouble makers, and the questioners of authority. They, too, would receive some anger and pushback from those wishing to keep the familiarity of small town small. But, as long as they didn’t talk too loud and continued to support the one reality of their small town they were safe. They were saved.

But, now, this stranger has come to town! And this stranger shows them there is another way! They now have a choice. They now have so many choices!

They can choose to stay in small town, leave small town, leave with others, stay and make changes, stay and make no changes. The world is open to them!

As the world becomes open to them, more possibilities open for them. As their possibilities open, the possibilities for the others in small town become open too. As the possibilities open, the people of small town can become more open to more changes. Change itself then becomes less scary, which allows for more dialogues, and more possibilities.

It is a domino effect that can and does change the world. The ones who fight the changes the hardest are the ones that understand this idea the best. They know that one person, one idea, different from their own small town, can unravel the carefully crafted world they have built around them. They know with one string pulled, the curtain falls down and all is revealed. The ones who fight the hardest are most afraid of the stranger in small town.

One person’s decision creates possibilities, possible worlds, possible choices, and alternative possible lives for those who would otherwise not have known about choices at all. That is the power of possibilities.

All because one person decided to walk into one small town.

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Chapter 5: Stranger in Small Town

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 5: Stranger in Small Town

What appeared for you as the small town you needed to look at today?

What did it feel like to be in this 'small town'?

Who appeared for you that helped you look past the reality of your small town and move forward in growth in your life?

What did they do to help you be open to more possibilities and new ideas in your life?

Who were you a Stranger in Small Town?

Do you know them? How did you affect their life? Did you know? Did you know how much you did?

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