

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 SIX

Topic: Leaving Small Town

Read: Chapter six: Decision Time

Guided Visual Meditation Short Cut:
Your Relationship with Change

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 leaving small town, leaving the ideas, visions, beliefs, or world that you may have always known, to embark on a new life. It can be caused voluntarily as you grow in age or as a person, or by crisis or events that happen to you. Life forces us to grow in so many ways. And when it happens, we have to make decisions. We have to choose. Change can be very difficult. There are many variables. How we deal with change can help or hurt us when life throws us those curves as it is want to do. Learning to be open to new possibilities and developing coping mechanisms to do so is critical to handling the growth expansion of our lives in a positive, balanced, and authentic way.

As you read the chapter and do the meditation just be open to the thoughts, ideas, memories, or feelings that come up. We all have those people, those ideas, and those memories that come up as we move through the changes in our lives. Growth is a natural part of life.

Handling change is a crucial part of living a life open to possibility!

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CHAPTER 6
DECISION TIME

So you have choices, either from infancy or as a newly discovered adult, from your own insights or from a stranger that walked into your small town. Now what? Now you must decide.

This can be one of the most difficult things for you to do. For if you are able to see all the possibilities, if you are able to see the potentials (or at least know they are there) you must choose. Each and every moment of each and every day you must decide what potentials, what realities, what options, to choose.

Each potential leads to more choices and those choices leads to more potentials. And with choices you have to make decisions. Life is this long line of making decisions out of millions of potentials. Making decisions takes time, energy, and emotional and mental focus. Just look at the modern supermarket choices for cereal or ketchup. It can be overwhelming there are so many choices. It is enough to drive someone batty! It is enough to drive them to make decisions that equal less potentials, less choices, and less options. It is so overwhelming that many crawl back into small town and stay there forever. For some people it is just too much.

To a certain extent consistency it is needed to survive. Where you will live, what you will eat, what ketchup you will buy, and who you will see on a daily basis are survival areas. Too many differentials in these areas leads to stress, fear, and possible non-survival. If everyday you woke up and had to choose a new place to live, a new job, new clothes, new food, and new friends, it would be so overwhelming it would be difficult to feed, clothe, house and keep yourself safe.

Having some consistency in the world, from the color of the sky, to driving on the same roads to work, to seeing the same people each day, makes us as humans feel safe. Predictability helps to ground us and keep us centered, balanced and psychologically sound. It's the reason we eat the same foods as when we grew up, wear similar clothing, and even live by or with similar people, even if we have all the choices in the world.

Change is difficult for the human mind and body. Keeping the choices aligned in large part to the ones that previously helped keep us alive before, now can help keep us safe and sane.

But, let's say those choices are set. You know where you will live. You know what you will eat. You have enough money to eat and live. Your job is solid and consistent. You pretty much have all the basics covered. Then what? Then what do you do with your day? What do you do with your life?

Some people have many, many options. They have no kids, no jobs, no schedule. They might be retired or very young. What they do with their day becomes their own choice. Many people find retirement horribly difficult. For them life has been structured for so long, their choices have

been based on just a few simple options. They were told what to do, what to eat, what to wear (uniforms anybody?) by their bosses, their husbands or wives, their parents or society.

If you have always lived the same life, in the same town, with the same people, and the same job, it becomes pretty regular and predictable. Those who spent a long time in prison, in longtime military service, or even those with overbearing families or religions, often have the same predictability. Life has been dictated to them in a very succinct, precise way and they had very little choices to make.

But what happens when that changes? They retire. Their overbearing mother dies. They get out of prison. They leave their religion. They are free. They are free! Suddenly the world is wide open to them. They are free to choose.

What happens to them when the choices increase?

They can become very rigid. They aren't used to all these choices. It is very unfamiliar. They build a daily structure that fits them and they stick to it. The choices are too overwhelming, the possibilities too many. It is too much to handle. They shut down and shut away. They stay in small town and shun all other possibilities.

Ever wonder why retirees eat at 4:30 precisely each day when they could eat at anytime of the day? One reason? Structure.

The longer we get set in a pattern, the harder it is to change. Change then feels very difficult. It is why people stay in jobs they complain about constantly for 20 years but don't quit. It's why people stay in marriages they hate, but don't leave. It is why some people never move out of the house they have lived in forever, even as they relentlessly talk about moving someplace else. They don't. They don't quit. They don't move. They don't change.

The longer you do something, the harder it is to change. That is where the phrase "He's stuck in his ways." comes from. They get stuck in small town.

The younger ones who have been born into a world of new possibilities have a different viewpoint. To some of them the choices are awesome! They thrive with the idea that they can be anything! The world is open to them. They are free to go, be and do, whatever they choose. And the world embraces it! Colleges offer study aboard programs. Elementary schools offer several languages and support a well rounded education. The favorite question asked of kindergartners is "What are you going to be when you grow up?"

The world is open to them and the world supports their dreaming of potential. They frolic in the world of possibilities, delight in its conception, and let adventure lead the way. They find the possible in all probables and go for it.

As we grow older, the possibilities get more limited. If you have told everyone you wanted to be a Firefighter since you were two years old and you decide to become an artist or an accountant,

you might get backlash from your family, your friends, or your community. They have now become very invested in you as a firefighter, in your possibilities, in your story. Your mother might now have her identity wrapped up in your possibilities. She might call herself the mother of a firefighter to her friends and colleagues even if you have not yet become one! You might have a nickname like Firefighter Dave or Jane. It is a constant to them. The older you are, the harder it is not just for you to change and decide differently, but for others around you to accept your changes.

Sometimes we are forced to change. We wanted to be a firefighter, but we got in a car accident and physically cannot do the job. Our whole world is changed, upside down. We have to start over with new possibilities, new choices, and new decisions on what to do with our lives.

Crisis is permission to change. It happens naturally and we have no control over it. It is an opportunity presented to us to live life differently, to choose differently. Often times we have no choice in the changes. It can be very painful to be forced to change. The grief can be intense. But it opens our eyes to possible realities we may not have ever known before. It can even open our hearts. We then make the decision that it is time to change. We make the decision to choose differently.

Crisis can open the door for possibility a bit. It can create an event that changes our lives. But most of us get overwhelmed with the idea of opening up to complete possibility. It is too much to think that the world is wide open. It is too much to decide differently all the time. We seek the sameness that feels comfortable, that feels familiar.

We grow a little and then shut down. We begin to make choices that might not be our own. We look around and see what others are doing and then do the same. We choose spouses, children, work, home or the state we live in, not out of a desire to explore something new but out of a desire to stay somewhat normal, stay in the same probabilities as our parents, or society, or what has been familiar to us. We grow just a little to move probabilities, but not enough to be groundbreaking. We choose just enough to say we had and then shut down all other possible options for our lives.

This is the norm. This is the way typical growth occurs in generations. Each one takes a potential and makes a few more choices for change than their parents did, but not enough to rock the apple cart entirely. That would be too scary. That would be too much. That would lead to too many changes.

It's the cycle of humanity. Keep it relative to what we know to be true as reality, but not too much to shake up the world completely. Our minds, our brains, our psyches, cannot handle that much at once. We stop, hold our breaths, and fight to keep our new middle sized town.

It's a slippery slope that time and time again has fooled the ages. At the verge of ultimate total transformation, it stops. At the brink of the ultimate change, at the cusp of the ultimate possible, humans pull away. They go into the cave of small town like a rabbit spotting a hawk. The fear stops them dead in their tracks.

To open up to the realm of the ultimate possibilities requires moving beyond. It requires great courage, strength, and perseverance. The people we admire in history, politicians, inventors, makers of gadgets and gizmos, revolutionaries, saints, and other leaders who changed the world are all people who could see the possibles and make the choices to bring them to our reality. They didn't think out of the box. They created a new box of possibilities so that we could choose new realities, new choices, and new lives for ourselves.

So when you ask, why can't we have peace on earth? Look to those who are comfortable with change. They are the purveyors of possibles. They hold the kind of courage needed to be able to move out of small town and into the field of possibilities.

It is a different state of mind. It is about taking the leap to change the belief system and the way in which you explain and experience the world around you. It is taking personal responsibility at a high enough level that you stop telling the stories you have been telling and begin to live life daily from a new vantage point.

It happens naturally as you continue to grow and open your mind to the possibilities presented in the world around you. It changes who you have been, but allows you to be more of who you really are than ever before. It walks you into the unknown and yet strips you of the fear of change. It starts with self-awareness and ends with self-acceptance. You become you. And in you, all is revealed.

It is the journey that you are on, and it continues with every breath you take. Are you ready for more? There are always decision points on any journey. It's decision time. Are you ready? Set. Go!

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Chapter 6: Decision Time

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 6: Decision Time

What decision, opportunity, or change appeared for you? What did you think of?

What did it feel like?

What did it feel like to have the focus on the back of your head down your spine into the roots?

What root lead where or to whom? Why?

What was the implement of destruction/tool you used to cut your root? How did it feel?

What insights appeared for the positive future for you? How did that feel?

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

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Please direct any professional questions to Jeannine at jeannine_proulx@yahoo.com