

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 7

Topic: Good Grief! Letting Go of Unfinished Stories

Read: Chapter 7: Personal Responsibility and The DVR

Guided Visual Meditation:
Cleaning Up Your Personal DVR

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 metaphor of a DVR to help explain how we deal with the plot twist in our own lives. There are stages of growth in which we experience loss or great change and how we learn to deal with those events helps shape our lives and define us as people. Letting go of some of the dreams of old helps give space for new dreams, new possibilities, and new opportunities in our lives.

As you read the chapter and do the meditation, know that letting go and moving on are stages in life. They do not have to be done all at once, nor should they be! It is a process. This concept and this meditation can and will be one that to be used over and over as you grow and change as a person. Life is a series of stages. Finding satisfaction in each stage means letting go of the unfinished stories to allow in new possibilities. Just like cleaning out the closet, it's time for a little cleaning your of your internal DVR!

A Field Possibilities
The Possibility Path Program

CHAPTER 7
PERSONAL RESPONSIBILITY AND THE DVR

Understanding you have choices and seeing the potentials in those choices is the first step out of the small town awareness that you live in. Making decisions to choose differently is the next step in taking personal responsibility for your life.

There are fields of potentials for you to choose from. You choose which reality to pick as quick and easy as you flip through TV stations. Taking personal responsibility means accepting that you have choices and you are making decisions for your life each and every day.

Seems so simple, doesn't it?

Ever have DVR guilt? Same goes with choices and potential realities. Each and every day you choose what TV station of your life to live, what story to play out, and what to do with your day. Sometimes the decisions are harder as there are more than two or three programs you would love to watch simultaneously.

So what do you do? You DVR them. You put one or two choices on the back burner for later and choose a show or a station to watch. This becomes your reality.

If you leave too many options in the DVR, they sit there waiting, draining your energy and focus. What about that dream you had as a kid to be a Peace Corp volunteer, or that invention you made when you were nine that never came to fruition? What about traveling the world or taking that trip you wanted to take before you had kids? What about the college degree that you wanted to get or the job you always dreamed of?

Life gets in the way of the realities we'd like to live. We sit with those unfulfilled potentials as we live out new ones.

Sometimes it's best to just clean it all up and start fresh! What would happen if you let go of the dreams you had as a child and just lived for today? What would it feel like to let go of other people's dreams for you, clean them out of your DVR of possible choices? Would you feel guilty? Would you miss it?

Life is a series of infinite potentials. There will always be more to do, be, and see that we can ever do, be, or see.

The vastness of life is so varied and complex that you will never run out of options! The more you learn, the more there is to know! It's a never ending journey of discovery. Being okay with

the choices you make along the way leads to great personal satisfaction, no matter what happens in the show you are currently living.

Often times we think just because something bad happens we should have chosen differently. Bad things do happen in this world. It's a natural part of life. Events happen that are not of your choice, but you can choose how to deal with it. Every channel has good and bad.

The plot of life would be a pretty boring show if nothing ever happened. Even birth is a traumatic experience filled with pain. Pain is a part of life. No matter what station you choose, there will be pain, there will be loss, there will be sadness.

Often we try to make choices to avoid the pain. We try to make choices to make less pain. It is a crucial part of enjoying life. But bad does happen.

So what happens to you when something bad happens?

You are watching this show, living in this reality and poof! A tragedy occurs. Something bad happens. What is your reaction?

Do you freak out, get mad, and wonder why this happened? Do you change the channel? Do you move to another reality? Do you try to forget this one happened at all? Do you stay in the show, stick it out, and hope for a happy ending? Or do you forget that you chose this station, this reality, and get mad at everyone in the show, even the characters who were only there because you chose them to be? Do you yell, scream, freak out? Do you sink into sadness or depression? Do you wonder why this has all happened to you? Why? Why? Why?

Well let's get more specific. Let's say the bad thing is a loss. It is a loss of job, a loss of friendship, a loss of life. It is a great and sudden loss. Something you loved, needed, appreciated, and enjoyed has been taken away from you. Instant emotion occurs. Emotion based on childhood, on social status, on programming from cultures and mass consciousness, comes to the surface. Grief ensues. All of this is perfectly normal. Even if you know it's a show, a reality that you chose, you still grieve. Grief is natural. But then what?

Then what you choose is critically important as to how you live your life, how your life develops, and how your potentials develop. If you choose to change the channel, to live in denial or detachment or run away, the show remains unfinished.

Facing the loss means feeling the pain. Sometimes we don't want to feel the pain, so we live in denial. The storyline is in limbo. The characters continue, but you are not there to witness and to be a part of it. Somehow that show lies there in your DVR, on pause, in limbo. And part of you remains with it. You stay on that station. You don't move on.

This is why people need to have funerals. This is why there is a need to see the body. That is what you would call closure.

Facing the loss, facing the tragedy, facing the sadness, feeling it, and accepting it, allow for closure. With closure then the storyline can end. Then you can choose to begin a new one.

People can go mad from open-ended stories. Their lives are forever stuck in the past. They repeat the same thing over and over. Their patterns are repetitious. They cannot move forward fully until they have dealt with the ending of that loss, until they have come to the end of that storyline.

This is true for any story, for any movie script or TV show like reality choice.

Ever notice how even if you think an actual TV show or movie is bad you must watch it to find out the ending? It is incomplete without an ending. It still sits there, just like the other potentials, waiting to be finished.

Having an unfinished story takes an enormous amount of energy. It takes time during the day of your thoughts. It takes time during your dreamtime to relive it. It can drain you to the point of exhaustion and illness. Avoiding it, repressing it, or pushing it away takes more energy than most people have available. It can lead to illness, even death.

We must feel what we lost in order to let it go. We must live our stories out. We must grieve to let go and move onto the next choice, the next story.

But let's say you don't repress it. Let's say you blame. You blame the characters in the movie who caused this thing to happen. You blame the movie itself for existing to cause this to happen. You blame the world! You blame yourself. You get caught in a cycle of blame. It's everyone's fault but no one is doing, or can do, anything fix it. You deny moving forward by avoiding the ending. By blaming you can stay in the story. By blaming you don't feel the loss. You don't feel the pain. You don't accept it. You don't allow it to be reality.

But it is reality. Bad things happen in every story, on every station.

Blaming gets you stuck. You get stuck in the story. You get stuck in the storyline. You get stuck in the movie, in that reality, and that reality can become and overtake your whole life.

Ever meet people who are 30 years away from a crime, a death, a tragedy, even a presidential race, and are still obsessed with it? Still talking about it? Still blaming the issues and problems of the world on it? They are stuck in that one storyline. People might say they are stuck in the past, because they are!

If we don't face reality, work through it, grieve it and let it go, it can become our only story.

We never let the story end. We never switch the channel. We never allow ourselves to see other potentials, other programming, other stories. We choose to hang onto that blame, that storyline, for whatever reason, and remain there today.

These people are the greatest impediment to personal and global progress as they themselves cannot move on.

Now, let's say you are one of those who sees reality, who knows that you have chosen this channel, who knows there are many more channels, and many more options. You know this is a show, a storyline. And then loss occurs. Someone dies. Someone lives. Someone, maybe you, loses a house, a job, a friend. The grieving begins.

You grieve. You are aware that you are grieving. You yell. You cry. You scream. You make it to acceptance. And then you begin to question. "What if I had not picked this storyline? What if I had turned left instead of right? What if I had been a better person, paid more attention, loved more, argued less? What if? What if? What if?"

And suddenly you stop. You push pause. You push rewind. And you begin to live it over and over and over and over again. And you get stuck!! You forget there are more storylines. You forget that this person had choices, has other storylines. You forget about all the potentials and possibilities and you begin to blame.

If only I had... If only he had... If only... If only... If only. If only what?

You forgot this is a movie! You forgot this is a play! You forgot you are simply a living character in a book of choices. You forgot. And instead of making more choices, instead of finding more possibilities in today, instead of changing the channel after finding closure, you sit, pause, rewind, play, pause, rewind, play.

Those in the grieving stages (especially after a giant loss), even those most enlightened, can get caught in this trap. Pause, rewind, play, what if, if only. Over and over and over you play the tape. Years can go by and they are stuck in the one mode, in the one place, on the one show, never to move forward.

If this is you or has been you, think. What do you do? What do you do to get unstuck?

You press play!

That's right! Say good-bye, deal with the feelings, and say good-bye. Press play!

See what comes next! Put one foot in front of the other and keep walking. Choose another channel. Choose another mode. Choose another day different than today. Face the fear of change and choose. And on you will go.

Soon you will remember how many other potentials, shows and storylines simultaneously exist with the one you are in now. Suddenly the loss is bearable because the choices are endless. The storylines are epic. Their lives live on forever, infinitum. You are simply a character in that play!

And as you move through the stages of your life it will become easier to face it, deal with it, grieve it, and press play.

Some losses are greater than others. Some events take more time to process. Some shows are epic long mini-series dramas. Some last 8 seasons, 8 years. Some don't make it past the pilot.

Life is just a story, just as any movie or TV show. It is a story. There are plots and characters as in any good play. Love stories and tragedies, losses and gains, milestones and memories. All of these are the story of your life.

But they are just a story. Becoming a conscious person means understanding that this is a story. And everyone has their own type of story to tell, to experience, and to live. Being personally responsible for your story means owning it. Own your story!!! It's your DVR! It's your life!

What character are you going to be? What story are you going to tell?

Life is a mess of ups and downs and twists and turns. How we deal with them, interact with them, and face those losses and gains defines us as people and defines our lives.

You now know you get to choose. What is your choice?

Press play and find out.

A Field Possibilities
The Possibility Path Program

Chapter 7: Personal Responsibility and The DVR

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 7: Personal Responsibility and The DVR

What did your DVR show up as?

What did it feel like to look at all that's there, waiting for you in your Personal DVR?

What showed up for you to live out today, to do now in your life?

What showed up for you to let go of?

How did it feel to let in and let go of the possibilities?

The Possibility Path Program

*By entering this program you understand that this is a **one time personal use** of this copyright material and should not be shared with anyone who is not in this program.*

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