

**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”*

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**WEEK 9**

**Topic:** Gazelles and the Herd Mentality

**Read:** Chapter 9: World Responsibility and Tribal Law

**Guided Visual Meditation:**  
Standing Outside the Herd

*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.*

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This chapter begins with learning cause and effect in childhood and the formation of our beliefs in the world based on how we experience those cause and effects. We can learn it is dangerous to go against the crowd. We can learn it is dangerous to stand out. We can learn that to speak our truth or to be different means others will not like, or love us, anymore. We can learn it is in our social, emotional, and physical best interest to go along with the masses. It is all about survival.

It is all about the tribe.

As you read the chapter and do the meditation, think about the tribes/herds/small towns you have been a part of in your life: family, religion, friends, schools, and jobs. What ones have you stepped out of? How does it feel to sit with the idea of being your own tribe?

What would it feel like to not worry about what people think of you?

We are social human beings. Who we identify with in our lives describes where we are in life. Being able to be friends, family, or coworkers with people who have different belief systems and tribes is a huge step in becoming a conscious being.

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A Field Possibilities  
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**CHAPTER 9**  
WORLD RESPONSIBILITY AND TRIBAL LAW: Herding Gazelles

Many have a misconstrued notion that every event that happens on this planet is either your fault or your responsibility to fix it. If a tsunami happens it is because you drove a car to work. If someone else falls and trips on a curb, you say “I’m sorry.” If someone dies, gets hurt, or sick you say “I’m sorry.”

Notice that you don’t say “I can imagine you are in pain.” or “I am empathic to your loss.” No. You say, “I am sorry.”

Taken literally I am sorry means I am a sorry person. It is my fault. I did not do enough to help, to stop, to make this better. It is a feeling of responsibility for everyone else’s emotions, lives, and choices in the world. You become responsible for fixing the world with those three little words.

We learn cause and effect very early on in our childhood. We learn that within every action there is an equal and opposite reaction. We learn as infants, “When I cry, Mommy comes to feed me.” We learn that if we hit an object, it moves. We learn if we hit a person, they cry. We learn cause and effect very early on. It is how we explore and experience our world.

As we grow, we are told by others what we are causing and what we are affecting.

“Didn’t you see your brother’s feelings were hurt because you took his toys?” or “Why don’t you give Grandpa a hug, it will cheer him up.” We learn our actions can affect other people’s emotions and moods. This can lead us to believe that our actions cause other’s happiness or sadness and that other’s joys and pains are caused by us. This is a natural part of teaching empathy.

What is not always taught is that everyone has their own emotions. We cannot make anyone feel anything. We cannot stop them from feeling anything. We cannot force anyone to feel or be anything. Feeling is an internal response that is unique and individual to each person and it is that person’s alone. Pain is a subjective response. What causes great pain for one person only causes mild pain for another. We cannot make someone feel joy or stop them from feeling pain.

It might appear that way. We make a joke and someone laughs. We then think “My joke (cause) caused them to laugh, (effect) therefore they are happy, therefore they like me. We like people to like us. It makes us feel good. It makes us feel useful. It makes us feel loved. It can make us feel like we belong. We are welcomed. It is the basis of all peer pressure and group mentality.

But what happens when that person doesn’t smile? What if they are suffering from severe depression that has nothing to do with us? Do we then think “They didn’t laugh at my joke,

therefore they don't like me, therefore they aren't happy, therefore I'm not happy, therefore I must make them happy for me to be happy?" Yes. We do. All the time. We go through a daily back and forth of cause and effect looking at other people's emotions to gauge if our behavior is liked by the people around us. Why?

Tribal law.

When humanity was formed, when this consciousness was chosen, survival became one of those choices. In the interest of survival, one learned that the best way to survive was to make sure that

#1. All others survived with you. (Safety in numbers) and

#2. The people that survived with you liked you so they would share their resources with you, increasing your chances for survival as well.

Life is the ultimate game of Survivor.

Picture a herd of gazelles. They gather together. They stick together. They know that the one who is left on the outside has a greater chance of getting eaten by lions, cheetahs, hyenas, and the like. The young and lame are the most likely targets. So the gazelles gather together and herd each other into a group. They must protect the herd, so they keep everyone together in order to save their species. If all the young died off there would be no more gazelles.

To be a part of the group equals survival. To be outside of the group means your death, or even the death of the tribe. You might draw attention to the tribe. You might make them "look bad." All of these things will deter the survival of the tribe and open them up to attack.

Human tribe/herds are varied. You have many over the course of your life. Your tribes might be made up of your family, your town, your religion, your race, your country, your school, your friends, your sexual orientation, your hobbies, your work place, or even the world. They might have all been your small town tribes.

Survival is the reason after thousands of years most people in your society, in your world, in this probable reality do every single thing they do from morning until night. You do too! Survival of the species. It is the basics of life.

But, let's say a few alternatives arrive in your consciousness. You do the inner work to open your mind and your options. You begin to see the world differently. You begin to see the possibilities that exist outside of the tribe. It is all very exciting. You see life is not all there is!

Suddenly the fear of death dissipates. The fear of surviving or not surviving is replaced by a calm existence in the mindfulness of the present moment.

If you are able to experience the *I the Observer* to the point of being that tree in the garden outside of unconscious existence, you don't take death personally. You don't take anything

personally. You don't worry if someone likes you or what they think of you. Your survival is no longer tied to them liking you.

Suddenly the topic of survival and all its reasons leave you. Suddenly you begin to question the principles of the tribe and voice those questions. Suddenly your potentials have expanded. Suddenly this is not all there is and the world opens up to you!

You leave the small town herd and walk out into the Sahara all on your own.

This can be a freeing thing. Life makes more sense without the shadow of death overhanging, without the fear, worry, and anxiety that come with needing to survive. One can do things that one never knew they could; at the same time the simple pleasures do become simple pleasures. It is freeing to be on the outside of the tribe looking in.

But not all can handle it. For some, for most, it is too much to handle.

When you step outside the tribe, you lose friends. You can lose relationships. Sometimes you lose homes, jobs. Being in this new open consciousness, one cannot exist as part of the tribe anymore. You get lonely. You might be the only the outside looking in.

But then you look around and see a few people who have opened up from their old tribes. You begin to look around to find others at the level of potential that you are. You form a group with these people. You form a new tribe and you stay there. New boundaries form. Old mixes with new and that's as far as most will go. This becomes comfortable. This becomes safe.

As you gather in your new tribe, you form structure. What is acceptable and what is not. Unwritten rules are formed. Leaders emerge. It becomes in all ways a herd.

Then you begin to feel fear again. It is not for survival as much this time. This time it is fear of loss.

You do not want to lose this new tribe, this new feeling of togetherness. You might not even believe what this new tribe believes, but you say you do to belong. You want to be a part of the herd again, even if it is a smaller one. It feels natural. It feels right.

We are social beings. To be part of a group, to fit in, to belong, is a driving force in our lives. But at a certain point, that belonging need lessens. The feeling of needing to be liked lessens. You become more comfortable just being you. You become okay being your own tribe.

When this happens you can be in any tribe, any group, any herd, and still be you, no compromise. You are your own tribe.

If you are to take this journey and to open up to all that is fully and able, you must be a courageous soul. It is not for everyone. There is no society to catch you. You have to be able to handle the loss, handle the pain, handle the grieving, and be able to move forward.

Many get stuck. There is no judgment of this. But this does explain why it takes human consciousness, society, and humanity so long to change.

To let go of old ways is highly difficult. To go against the flow of the tribe, of humanity, and its consciousness is truly swimming up stream. It can be exhausting at times. But just like the salmon that can make it over the dam, once the pulling away is done it is done. Enlightenment as it is called, awakening, is a difficult, painful process at times. But once it is done it is done. The possibilities are open. The world is open! The chance at amazing experiences and the ability to live amazing lives is open.

When you come to this stage, however, a strange thing happens. You do not want to be a helper anymore. The codependent ties to family break. The guilt over world consciousness breaks. The idea of being a caretaker breaks. It can almost feel like total detachment. It can almost feel like total isolation.

The world continues with its old survival pattern, but you are not a part of it. There is so much of you now that just doesn't care about that stuff anymore! It can feel as if you have gone over a cliff and everyone else, even those on the edge, do not know you have gone. It can feel as if you are a ghost, invisible as you walk through the worlds you used to be so comfortable engaging in. It can feel as though you are the only one.

You are not.

There is a mass movement toward breaking away from the old right now. It is seen and felt in every section of every society. It is filling up the airwaves with rebellion and blowing up Twitter with its audaciousness. It is time for change. It is one of the potentials for mass consciousness that has arrived.

New possibilities being formed right now within the new generations that will make this world look unlike any world ever before on earth. Your Jetson reality will look like child's play. Those who are open can adjust to the changes. Those who are not will be in great pain as the changes occur at even more of a rapid rate than ever before.

Those stuck in the herd will fight the new ideas, the new way of living. They don't like mutual respect and cooperation. They have been trained and lived for a very long time in a win all situation. They will get very scared with the new ideas. They will fight and kill and die for their old ideals. They will not move into the new quietly. They will try to get you, others, into their rally for engagement of right and wrong, fear, and anger. They will try.

But you will stand, lighthouse ready, in awe of the process, in awe of the human mind, brain, body that is creating the reactions within them. You will observe and not engage. It will all feel very strange at first. It will feel very much as going against the tribe, even your own tribe self, for you are.

To stand outside the tribe takes courage. It takes bravery. It is now, however, easier than ever before. There is no more small town. It is now one big world, and as the big world opens up, those who want to, who are ready to, will find the cracks and openings and ideas that will burst forth to create new possibilities for this world.

Instead of one tribe, one herd, there will be many herds with people more loosely able to connect and communicate with others in herds many miles, countries, and languages away.

Instantaneously they connect. But they are not a group. They are individuals with individual ideas and a common ability to see beyond. It is a new world, and a new way of looking at the world.

To really embrace personal responsibility and personal possibility for yourself means leaving behind a lot of the old: your old beliefs of self, of others, and of the world. One must tear down to build up. But it will open you up an insane amount of daily wonder and awe never seen before! It will transform your life and the lives of those who love you.

The world you live in today you could not have imagined twenty, thirty years ago, but someone did. Someone was out there, in their garage, making, creating, and inventing the products that have changed your life today. The same is true with consciousness.

This is time of a consciousness revolution. You are at just at the cusp! Each step along the way filled with insights and potentials. Each moment filled with possibilities.

Are you ready for yours?

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**Chapter 9: World Responsibility and Tribal Law**

**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 9: World Responsibility and Tribal Law

What did it feel like to focus on your own body as a complete tribe of cells?

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Where you able to see yourself as your own tribe?

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When you looked out on the tribes you have been in over the course of your life, what did you see? What did you feel?

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Were you able to see the various people that came out of all the tribes to be in your new, conscious, mutually respectful, independent tribe?

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Who are they? Do they have the same belief systems as you do? (hint: They don't have to!)

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## The Possibility Path Program

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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](mailto:jeannine_proulx@yahoo.com)*