

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 27

Topic: A New Now

Read: Chapter 27: Chasing the Now

Guided Visual Meditation Short Cut:
The Individual Moment of Now

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 joy of accessing the Now where all the possibilities and insights live and the let down when that Now moment passes and life moves on. Why is it so fleeting? What to do about it? The answer is simple. Nothing. There is nothing to do. We are always in the Now. There is never a moment when you are not present. Even thinking of the future or past we are still doing that in the Now! There is no secret. It's all now all the time!

But each Now moment is separate. Just like snowflakes, no two are alike. So as we try to recreate the feeling we get when we feel we are in the Now, we are chasing a ghost. We are chasing an illusion. Each and every Now moment is new and alive with new possibilities, new adventures, and new feelings of Now!

As you read the chapter and do the meditation, think about areas of your life where you are chasing a feeling, chasing a moment, or attempt to recreate what once was. Because life changes constantly we are continually in a state of grieving, letting go, and moving on. But if we gift ourselves the ability to see each moment as new in each stage, in each area of our life, we can accept and allow each moment to be just what it is, an every new Now!

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CHAPTER 27
CHASING THE NOW

So here we are, perched on the field of possibilities, accepting that the Now is simply part of the collective agreement to be here, understanding that time (past, present, and future) is a gift of being human to help to orchestrate our lives, and that there are two ideas of Now. (One Now being the possibility open Now and one Now the concentrated focused Now.)

Now what? Now we move back to take a look at our old ideas of Now and the idea of focusing solely on the present moment of Now.

Yup! We are going back to focusing on the present moment of Now. Why? Because all those people who told us that power, joy, and happiness was only available in the present moment of Now were partially right!

The possibility present moment of Now is a tool, a doorway to many, to all other worlds, to all the worlds that exist within the realm of pure potentiality. It is an opening up to the possibilities that exist in all of space/time and within it there are spaces to discover.

The possibility Now is where accessing portals into other universes, into the wholeness of self, and the fulfillment of desires is possible. We become alive with the possibilities of all in that open space of feeling. We can see the solutions. We feel peace, calm, serenity. In the falling apart we become all. We see all. We know all. It is all so wonderful. It is all so possible. It is all so intoxicating!

But unless you are highly advanced Yogi whose material physical needs are fulfilled by the masses and you have tons of quality time to fall apart into the possibilities present moment of Now, the feeling of a present possibility Now is fleeting.

We breathe, focus, mantra, do whatever we do to get that feeling. We see a sunrise, sunset, the eagle overhead, and suddenly we are there, engulfed with the magic of the present moment, fully alive in a state of possibility. Art, music, writing, dance all stop us in our tracks to stay in the moment. And in that moment all is right with the world. All feels wonderful.

Love does this. Babies being fed, falling asleep, held, all these natural things create this endorphin rush of “Wow, this is the Now! This is what all the authors were talking about. This is what happiness, fulfillment, joy feels like. This is what life should feel like all the time.”

With an open doorway to all those feelings, suddenly all things are possible. We are going to write that novel, sing on stage, become a star! It all feels so real, so ready. It all feels possible, for a moment.

And then? And then the sunrise fades. And then the baby cries. And then the lover burps or the breather coughs. And suddenly, pop! Just like that the bubble bursts. Reality sinks in. Life goes on.

And then what? Like being left with the burnt out candles on a birthday cake or the wilting rose from a lover, we want to hang on.

We want to relive this moment over and over. We replay it in our minds. We do things to make it happen again. We tell ourselves we will make time for sunsets. We start dreaming of having another child. We start fantasizing about a newer, better lover, or plan a romantic dinner out for the one we have. We do everything we can. We take yoga classes. We learn more intense breathing or try that advanced energy treatment.

We do more and more and more and more, all chasing that feeling, that moment of the possible Now.

It becomes like a drug. The high of the present Now that was once so powerful is now dulled by the repeat performance of trying more and more to feel what it was we had in that moment. It is where addictions stem from. It is where sentimentalists live. It is the place of no return. It gets to be a pattern, a pattern set in stone. We chase and chase the feeling we had there in that moment of, where it all made sense and we could see it all so clearly in that possible moment.

We want more. We do more to get more. We try to learn more, grow more, be more, all to chase that feeling that was once so very present within that present possibility moment we called Now.

That is a problem. Because there will never be a sunset that beautiful or a baby that smells that sweet. Breathing will go back to being breathing, creating the simple oxygen the body needs, but nothing more. It will all be only a matter of time before everything fades.

There is no present moment Now that is ever the same. Each breath, each individual moment is individual. That is the secret.

There is no eternal Now!

The Now moment is new each and every single moment. Every single minute of every second of every day is NEW. And once you begin to understand that, you will stop chasing the NOW. You will stop trying to recreate or create moments that are exactly like the ones you had before.

Once we are able to understand that every single second of every single day we have the potential to access all the possibilities that exist within that individual moment, life will look different.

The longing leaves. The wanting wanes. The yearning ceases. The need for something, some dream, some moment of the past or future melts away just like that sunset.

And suddenly the NOW becomes greater, bolder, and more adventuresome than ever thought possible. Suddenly the NOW is here, now! And now, and now, and now, and now, and now, and now!

And all we have to do to access the magic of possibilities that exist within that Now is to choose.

Choose the change in perspective that changes everything. Choose a life where both the possibilities of the possibility Now and the focused concentrated physical Now walk hand in hand. Choose a reality that is full each moment of the past, present, and future.

Our survival minds like keeping things familiar. It wants us to chase the Now to keep today looking very familiar to yesterday. It wants us to keep a continuum of similarity to our days. It fights to keep things the same. So when we open up to the idea of the new Now, our survival self might fight it! It fights to keep things the same.

But things are never the same. The changes may be so small that we barely notice them, but they are there. Every breath is different than the last breath. Every second is different than the last one. We may feel our I the Observer is the same, but it, too changes. We are constantly changing and with that all things are new!

Choosing to become aware of the idea of an ever changing, every new Now, creates the magic feeling that so many speak of. Choosing to become aware of each moment as new causes us to stop chasing the moments of what was, or what could be, and simply revel in the originally fresh moment of the new Now.

And as we choose, we become more and more alive, more consciously aware, more full of the hope, possibility, and joy of life! But it is a choice. It is a choice.

So today, now, here, choose to live consciously. Choose to consciously walk between all worlds, all possibilities, and all realms while at the same time living in this physical reality as the amazing human being you are. Choose to dance the dance of life, forever living in the new of Now!

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Chapter 27: Chasing the Now

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 27: Chasing the Now

What does it feel like when you go into the possibility Now where we are connected to all?

Where is it today that you are chasing the blissful possibility Now moment? Where is it you are trying to make now the same as it was before?

What could you do to replace chasing the feeling of Now to allow in a New Now?

What happens when you feel into this moment, this new Now that you are in here today?

How would your life change if you would be able to accept that every moment is now and stopped trying to replace the new Nows with what was?

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