

**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”*

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**WEEK FOUR**

**Topic:** How You Came To Be: Story

**Read:** Chapter Four: The Story of Your Life

**Guided Visual Meditation Short Cut:**  
The Tree in the Garden

*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 discusses perspective. The way we see the world defines our reality. Life is full of ups and downs, tragedies and consequences, births and deaths. How we interpret these events in relation to ourselves and others in the world is the way we have learned to get our needs met in those moments. Thinking of life as a story and our perspective as a storyline helps us to understand ourselves and the world around us better. Changing perspective can change how you define yourself. Changing how you define yourself changes your story. Changing your story changes how people see you. When people see you differently, they treat you differently. Possibilities open up that would not have before when people, when you, see yourself differently. Opportunities are presented. Your life changes, which changes your story!

As you read the chapter, think about how family, friends and people you grew up with see the world. Do your relationships with friends or partners have a pattern? Looking at others and their stories can help us understand our own stories and our own world.

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**CHAPTER 4**  
**THE STORY OF YOUR LIFE**

So you are you. You had a loving family, you did not have a loving family, you moved here or there, or never moved at all. You were born in this one era that affected you this way. You had this limited or unlimited circumstances. All of this made you, you.

But the truth is that you are existing in the now, here in this present moment. And in here now, none of that matters. It doesn't exist in now. It exists in the past that was your life. This past formed your means of survival. It helped you live. You developed coping mechanisms to help you learn to live in this world, the world that was presented to you.

But, when stripped bare, reality just is. There is no reason for it. There is nothing but cause and effect, motion and stillness, birth and death. It is a revolving door of possibilities in each and every moment of the day.

The way you interpret the world around you, the things that happen to, by, or in your world, is your story.

You make up your story.

Your parents gave you a story when you were born. Society gave you a story. Religion gave you a story. Your friends, bosses, neighbors, and life gave you a story. They all gave you stories about your gender, your worth, your identity, and your purpose in this life.

But you make up your story.

And you can choose your story!

There is a Zen saying that talks of the tree in the garden. The tree in the garden is just there. It has no name, no color, no shape, no identity until we look at it and name it, claim it, give it personality, love, and attention. It then becomes 'The tree Johnny first climbed when he was three.' or the "The tree that looks so beautiful in fall.' Or Remember when that tree was just a sapling?" It becomes a part of our story. We give it a story. Before us it was just a tree in the garden.

We do that with everything in life. Every moment, interaction, thought process, intake of information, entertainment, we take in and interpret. Even your eyes do not see what is really there! They twist and turn to make sense of color and shapes and the nuances of life.

The easiest way to change your life is to change your story. You can do this for the better or worse. It is your super power magic wand. It doesn't matter if the story you give it is even true.

What is the saying "Fake it until you make it?" By giving yourself a new story you automatically change your reality.

You get to choose which to believe and which to discard. This is a part of the growing up process, learning what your story is and what is your parents or societies stories.

It is much more difficult to deny your mother her story about who you are than it is a total stranger. It is easier to tell the world at large to go stuff it than to look your father in his adoring, hopeful eyes and tell him you are not going to be, do, or act how he wants you to.

It is rough to change your story. It takes massive courage and inner strength. It takes a world of motivation to even want to go there. You must disappoint people, lots of people, often, in order to live the story you want. You must face great fears that have been planted within you. You must fight against fear of bodily harm, or actual bodily harm. You must be willing to face all that in order to create your own story.

The ones who have heavily invested in their story for you will resist. They will argue with you. They will try to bring you back around to what they want you to be in this life. You might lose friends. You might lose loved ones. You will lose your definition of self that you have held onto for most of your life. It's a big change!

But, you gain you! By changing your story you gain a new sense of self. You gain new possibility. You gain strength and joy and expression and freedom and new friends and new places and a new life that is more empowering than anything that came before.

And when you change your story, other people do it with you. Other people look at you different, react to you differently, talk to you differently, and respect you differently.

So the first question is: What is your story?

What is the story you use most often? What are the words you use to describe your life and the events that have happened in your life?

Some people love the victim. They always have a reason why it won't work. You can give them a million possibilities laid out in perfect order and a how to list and they will come up with a million reasons why they can't do it. This is a coping technique to gain sympathy and avoid personal responsibility. It often happens when others had control over our lives in childhood. The victim is a way to gain back control in a seemingly non-confrontational way. In truth it is very aggressive. It's a back door way to control. This one many women have cultivated very well. Society did not allow women to be up front in asking for they needed, so they learned to manipulate to get their needs met.

Some are outright aggressors. They question, pull, or confront constantly. Nothing in the world is good enough, and no one will ever meet their standards. There is always something wrong and they walk around like they are looking for a fight with a chip on their shoulder. Often they are looking for a fight! As long as they are looking outward for problems, they don't have to face the ones inside, which hurt worse.

There are the uptight, anxious ones who have overriding fear as their story. There are the positive peppy ones, who use denial as a story to stop from feeling pain or facing difficulties. There are the passive aggressive ones who use sarcasm and snide remarks and the rolling of eyes, to gain back control. They often tell the story of "Everyone is idiots. Why do I bother."

There are the hopeful optimists who always see the bright side, no matter the pain facing them. There are the ones who make it work, no matter what they push through, stubborn and relentless. There are the analyzers who have to dissect the world to make it tolerable, the jokesters, the performers, the lovers, and the liars. There are the guilty ones who shame and hate themselves so much no one else can ever hurt them. There are bosses and the followers, the rescuers and the rescuees. There are the shy ones and the louds ones, the kiss ups and the put downs, the perfectionists, and the drama queens and kings.

All of these are simply stories. They are the ways in which we interpret the world and describe it to others. We often have many stories, depending on situations and the people we are dealing with at any given time. Most often we have one that is the story of our life. Every memory, every event, every relationship is slanted to that one perspective.

It is often the one that worked for us best. This story would get us the most love, the most attention, the most joy, the most money, and the most avoidance of pain. This one we learned well.

We use the story to get what we want in life. We use it to gain self-esteem, to gain identity, to gain other people's love and respect, or suck energy from people. It is the way we interpret and walk through the world.

The cool thing is, we can change the story at any given time. What is your story?

Think of a past event or a memory. Tell the story to yourself. Is it a drama, action, or comedy. Are you the hero or villain? Do you feel bad for yourself, or others? What technique are you using? What story are you telling? Do you like your story?

If you don't, change it!!! Try it! Try it today. Change your story. What would you change? Who would you be? What would you call yourself? Why?

It starts today. It ends with a whole new possibility of life waiting for you. Are you ready? Then let's go rewrite your story and open you up to a field of possibilities.

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**Chapter 4: The Story of Your Life**  
**Chapter Journaling Questions:**

The cool thing is, we can change the story at any given time. What is your story?

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Do you feel bad for yourself, or others?

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What technique are you using? What story are you telling?

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Do you like your story?

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If you don't, change it!!! Try it! Try it today. Change your story. What would you change?

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Who would you be?

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What would you call yourself? Why?

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**Chapter 4: The Story of Our Lives**

**For the Guided Meditation:** The Tree in the Garden

**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.

What did your tree look like?

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Did you see a garden? (Metaphor for your life.) What was in it?

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What insight did you receive from your tree about your story?

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What is the story of your life right now?

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What would you like your story to be? What insight did you get from the tree to help you tell the story you want to be living?

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What other message(s) did you receive for your new tree?

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## The Possibility Path Program

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*Please direct any professional questions to Jeannine at [jeannine\\_proulx@yahoo.com](mailto:jeannine_proulx@yahoo.com)*