

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 8

Topic: Shine Your Light

Read: Chapter 8: Who Are You Responsible For?

Guided Visual Meditation Short Cut:
The Lighthouse

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 opening up to possibilities for ourselves and then delves into the mystery of caring for others. Those who have a caring heart in the world can be placed in the position of doing all the caretaking. It can become a force that defines one, gives the illusion of control, and even a feeling of superiority. It is a storyline that is easily given and readily accepted. It is socially acceptable to be the caretaker! Breaking free from the idea that we must do everything for everyone goes against the crowd. It goes against what we have been trained to do and be. Changing our attitude of caretaking to one of a lighthouse, standing strong in the storm, but not rushing into the waves to rescue, changes the way in which we care for ourselves and others in our lives.

As you read the chapter and do the meditation, take a look at the lighthouses in your life. Who has been there for you when you just needed insight and mentorship? Who changed your life just by living theirs? Then also look at how you felt when others attempted to live your life for you.

We all live together in this great big world. Giving a new definition to responsibility can help ease the tension and awaken a whole new world of possibilities for all those we care for, including ourselves.

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The Possibility Path Program

CHAPTER 8
WHO ARE YOU RESPONSIBLE FOR?
The Lighthouse

In the field of pure potentiality there are no responsibilities. Every reality, story, or potential is being lived out. It all just is. Every decision you make creates more decisions to make, but there are no wrong decisions. Every moment, every event, every story, can be a learning one, a life lesson, if you allow it to be.

When we are in the flow of potentials we understand that our lives are just there to be experienced. The expectations we put upon ourselves and that others put upon us are just stories we make up to explain this world. When we are in the field of possibility we don't worry about the decisions we make. There is always something else to learn, something else to experience. It all just is.

Living consciously means not fretting about the decisions we didn't make and not blaming ourselves for the ones we did. It's sitting with the choices we made and accepting them. If we don't like the results, we then make different choices.

Once a choice is made, then you must as they say "Live with it." There are consequences. You have chosen this path, this attitude, this momentum. Your reality today is the result of choices you made yesterday.

Closed minded people or those stuck in the past potentials believe that's it. You have made your bed, now lie in it. They believe each choice has a set of rules and that once you have made those choices you are bond by those rules. This they would call being responsible. It is also called being stuck in one story.

Once you come to an even an inkling of the amount of potential choices and realities that are open to you, you are then aware that every choice is just one in a series of choices. You are aware that every day brings opportunity to make new choices. There is no end. You become responsible by understanding the possibilities.

And once you understand the possibilities for yourself, you then begin to see the possibilities for other people. You then can see all of the choices and decisions they have made and how if they had only chosen differently how different their world could be. You can see their potentials too!

At this stage, one can get caught up in attempting to share all the new possibilities for others' lives with them and then expecting those people to see and share your vision for their lives.

Many have been raised to believe that taking care of other people is our main responsibility. We must care for others, teach them, and lead them. We are told this is our job in the world. We are here to save the world! We are here to bring peace to the world. It starts with us, right?

Many of us have been called “responsible” when we care for others. We are praised, honored, even paid to care for others. It can become our identity, our mission, and our reason for being. We can then get so caught up in making other’s decisions for them we forget that they have a right to make their own. We forget that failing, falling, and hurting are a part of the human experience. We forget that they have a right to feel, be, and do what it is they need to feel, be, and do to be themselves in the world. We take it upon ourselves to decide for them.

Have you ever suggested to a friend a different decision than the one they had made that you thought was bad for them? Have you ever suggested to a spouse or family member a healthy alternative to the life or choices they have been making? How did it make you feel? Did you get praise or admiration for it?

We can start out innocently. You are probably a kind, thoughtful, and loving person. You do care for others and you do want what is best for them.

When we do things for others, we learn it can make them happy. We like people to be happy. We are happy when they are happy. They are happy when they are happy. We want to keep that feeling. We think it was us who made them happy. We think we caused it. We might even think we control it. We might even think we are responsible for their happiness. Others might tell us we are responsible for their happiness. We might feel like failures or less than if they are not happy. We might even feel like then that they are wrong or bad if they are not happy. We might then begin to do things, direct things, and want them to do what we think they should do, just to make them happy, just so that we are happy, which makes everyone miserable.

Caring for others can turn into living another person’s life for them. We can become angry, resentful, or forcefully upset when those we care for don’t do things our way. We can impose what we see as their possibilities for their lives upon them, with no regard for their wishes, or their need to learn on their own.

We do this with our children, our parents, our friends, work colleagues, even random strangers. We want them to do it our way! We want them to watch and live our channel, our reality, our choices, for them. This is the one that works for us, so it should work for everyone, right? Even now you might be thinking “Oh, if only so and so could hear this. Then they’d be okay. Then they’d be happy. They’d get it.”

We get fooled into thinking they cannot do for themselves what we could do for them, and sometimes they can’t. But instead of sharing options, we take their choices. We make their decisions for them. We begin to control, force change, and put what we think is best upon them.

Once you become conscious of being personally responsible for yourself, it is then imperative to understand that others must also be personally responsible for themselves.

Those who take on too much responsibility for realities and potentials can get stuck. Those that take on too little can get stuck. To really enjoy and be in the free flow of life, one must learn what their responsibility is and what is everyone else's.

Living consciously within the field of possibilities, the only thing you are really able to be responsible for is to show others new potentials and new probables. This is what some call shining your light.

It is then up to them to choose or not choose their own reality. Even with your children, other than the essentials of feeding, clothing, and teaching the basics to them, they are responsible for their own lives, their own emotions, and their own reactions to life. They have their own personalities and perspectives. As many of you know, no matter how hard you try to control your children, they will have their own view and experience of the world and of you. They have their own lives to lead.

Watching someone you love choose over and over again life choices or options that are harmful to them or others is the most excruciatingly difficult thing to do in this world. For when you can see the possibilities that would better their lives, when you can see all the wonderful possibilities and decisions that would make their life so much better, you want to share it. You want them to see! Why can't they see!

From chastising our children for not living like we do, to judging strangers for how they dress, to dictating what our spouses eat, to believing everyone should have our spiritual or religious beliefs, we take choices away from others to live life their own way.

We have many reasons for doing so. We have many good reasons for doing so, we tell ourselves. If they lived life differently we might not be as close. We might not have the same interests. We might lose them. If they keep choosing harmful options, they might die. This is all true. But what we choose for them might not be any better. They might die because they were never allowed to learn how to live, or they are so miserable from not having any choices at all.

Accepting that death is a part of life and being okay with others deaths and our own is a part of life that we have to accept in order to fully love another human being. Oftentimes we even want to control how people die and how we think they should live up until they die. To be able to let go of them fully and accept loss is to love fully, openly, and generously. It is a great gift to those we love and to ourselves. It allows us to become free of unconscious beliefs and fears. Without choice there is no love.

But oftentimes the reason we make others choices has nothing to do with other people. By focusing on others it creates excitement, drama, and distraction in our own lives that stops us from us living our own life.

Truly living your own life and dealing with your own issues is tedious and difficult. It is so much easier to tell other people what to do with their lives than sit with the pain of indecision in our

own. If you are constantly talking about other's problems, looking to better others' lives, or telling people what to do, take a look at what you are avoiding in your own life.

To be a true lighthouse means showing the possibilities in the world by living those possibilities for ourselves. We become the lighthouse by shining the light, not talking about how others should be able to see the light, or forcing their faces towards the sun.

The lighthouse does not move. It does not jump to fix. It does not go out to sea to drag the sailors to shore. If it did, there would be no light for the others who need it! A lighthouse lives its own life solid and strong, shining the possibility of its port of call, respectfully watching as the boats use its light to find their own way home.

This is your responsibility to the world. Live your best life. Be your best self in all the ways you learn, grow, change, and choose. Others do see you! Others see you. There are strangers in the street who see your actions, your persona, and are inspired or changed. You cannot control how they see you, what they think of you, or how they will use whatever it is they saw to make decisions in their lives. That is not your job as a conscious person. Your job is to be you. Shine your light! And those who need it will find you and find their way to their most authentic lives, whatever that happens to be in that given moment.

Your responsibility to yourself is the same. You are only responsible to remind yourself constantly that there are other choices. You have choices! You can change your story. You can change how you see the world, each and every day.

To live in the field of possibility one must constantly remind oneself that this is not all there is. There is so much more. There is always another path, another moment, another possibility. We just have to find it by making more choices.

There are other choices. There are other ways. You can be the stranger in small town just by living your life and shining your light. Changing your story will open you and others up to a world of being lighthouses for each other as each one takes a turn out in the sea of possibility, finding the answers in the time and place that are right for each one of you.

The lines of group mentality run deep and are enforced convincingly in the world.

Living consciously is freeing oneself from what one has been taught, and learning to live from a place of pure compassion for oneself and others, allowing each to live their own life and be their own lighthouse.

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Chapter 8: Who Are You Responsible for?: The Lighthouse

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!

What does your lighthouse look like?

Who appeared as a lighthouse for you? How were/are they a lighthouse for you? Did it surprise you?

Who appeared as the one who attempted to be responsible for you and make your decisions?
How did it make you feel?

What do you want to fix right now? What are your fears if it isn't fixed? What appeared as the opposite of your fears appearing? What if everything was good simply by you shining your light?

Who have you been a lighthouse for?

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*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 or those who might be interested in doing the program themselves to Jeannine at jeannine.proulx.possibilities@gmail.com or jeannine_proulx@yahoo.com

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