



BECOMING
A Possibility Path Course
Lesson 4

Still

Today's world is full of go. It is seen as the end all to be all. Working harder, going out, being seen, having activities, accomplishments to show, all of these things are valued highly in the modern fast paced life. Even a forced slow down of the world has not stopped people's urge to move, to be out, to do. In almost seems in crisis that people have more of an urge to be active than ever before! That is true.

When we are in crisis, fear, anxiety, or uncertainty, we want to do. We want to go. We want to fight or flee. To sit still seems to most people like we are giving up, or not doing, or solving the problems at hand. To sit still is even called lazy or less than.

In truth, we can do more by sitting still when in a state of change or crisis than we can do by doing. When we go-go-go and do out of an instinctual fight or flee, we are reacting. We are almost just flailing about our arms wildly chasing windmills as the story goes. We are not doing it in a precise, calm, steady, smart way. We are doing out of the fear of sitting with the feeling of "I don't know."

When we sit still, we can move into Possibility Time where our minds and souls have time to process and think and then dream in to possibilities and answers and solutions we may have never thought of before! We may even see the answers are right in front of our face the whole time!. We can use Short Cuts to feel into our truest hearts desires and get the clarity that we so desperately need in that moment in time.

But to access all of this amazing wisdom, we must first stop and sit still. We begin with grounding.

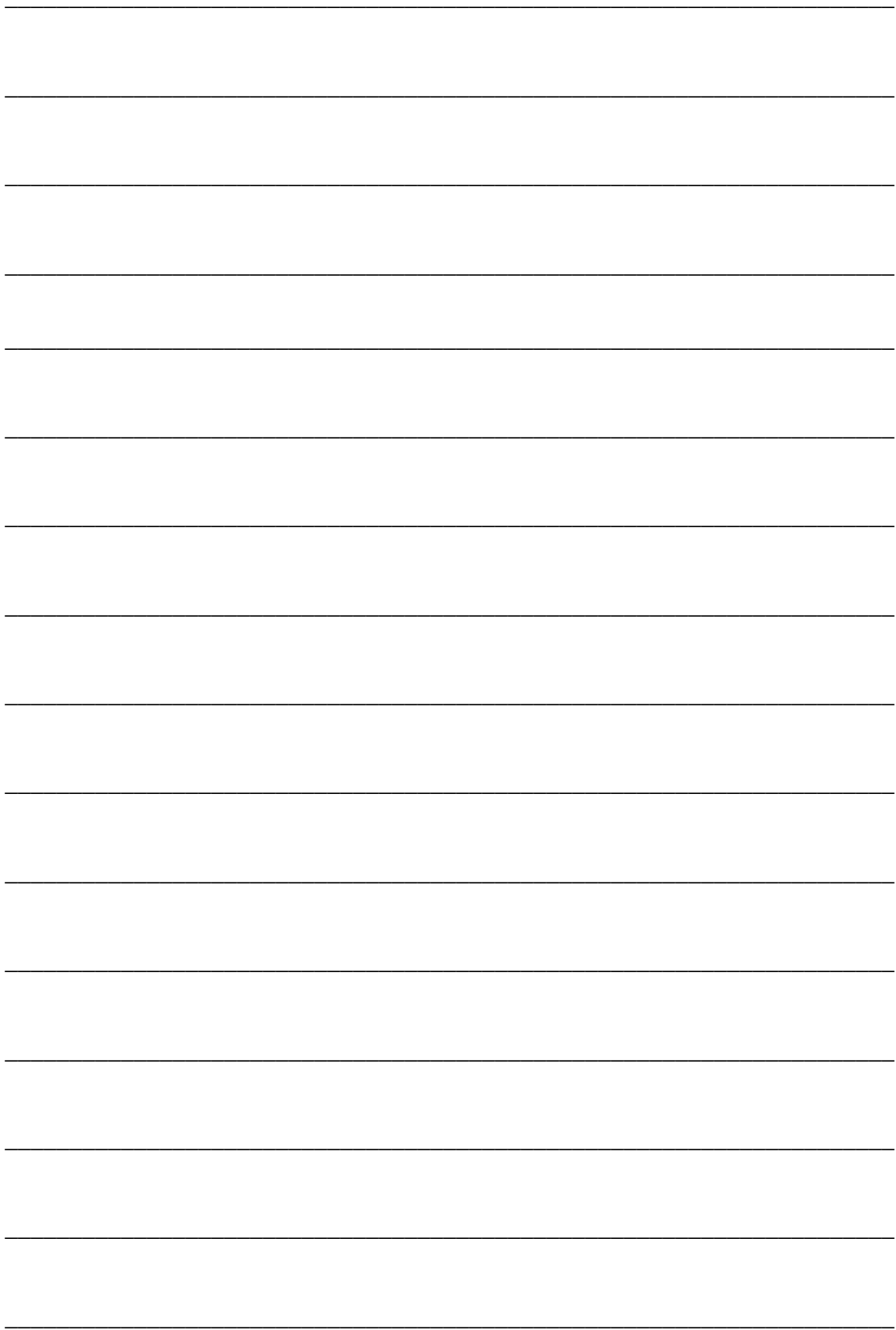
2. FEEL INTO IT

Take a few more deep breaths and begin to settle your body and your mind. Imagine your favorite safe still spot. It may be a place in nature or a favorite spot in your house. This is the place where you can let your guard down and just be yourself, whole and complete. Imagine that you are there in that safe still spot as you begin to breathe and let yourself relax.

Relax into this safe still spot and breathe. In and out, in and out, in and out, in and out. Feel your body stop doing and just move into being. Know that in this moment you are becoming more than you will ever be by doing. You are filling up and allowing your truest nature and self to come forth.

This may bring about emotions or deep feelings, just let them come and let them go. Breathe and let the feelings come and the feelings go. In and out, in and out in and out.

- How does it feel?
- What thoughts come to you?



3. BECOME IT

Now that you are in a state of Still, in a place of becoming, in Possibility Time, let your mind begin to wander. Imagine the things that bring you joy and peace and happiness into your life. Let those things come into your awareness as you sit in your place of Still. What ideas and things, people or places, come to mind?

Now, feel into those things that bring you joy and do a quick Short Cut. Take a big deep breath in and feel into your heart space, deep into your heart where all your inner wisdom lies, and ask yourself:

“What is it I need to know right now?”

Let the answers flow and feelings come. Listen, see, feel, be, and when you are ready WRITE down your notes on what has come through for you as you took this moment to just stay still.

IN THE STILLNESS I FIND...



Becoming Possibilities - 2020

These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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