

PossibilityClub.Org

Free Booster Pack: #1

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Flow.



When you feel stuck, or the people around you are, practice Flow.

Flow is essential to life, and we can all feel when it isn't happening. Flow is often directed by intention, and it is unreasonably upsetting to let go of our intentions, even for a moment. If you can imagine what you and others care about is also essential and not going anywhere, you can engage Flow and feel safe with the way you balance pragmatic reality and any desired possibility.

How to practice Flow:

Silence

Acceptance

Possibility

Explanation of the Practices:

Silence – When you find internal silence you can hear and see with more clarity. Listen deeply.

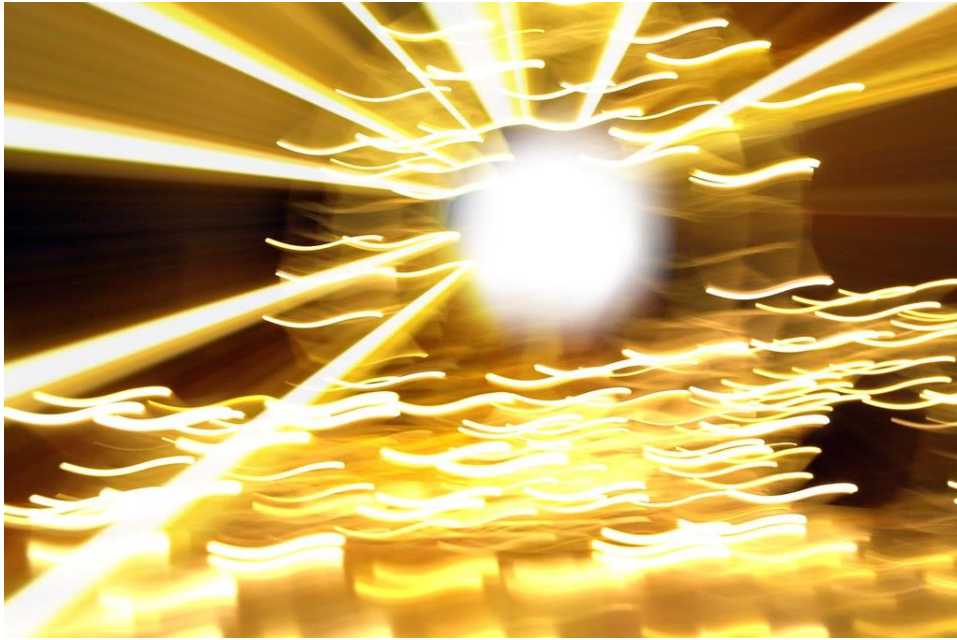
Acceptance – Part of navigating a river is avoiding the rocks. Don't make rocks bad, accept them.

Possibility – So much of 'what's stuck' is about what we are already 100% certain of, not a possibility.

Flow Mantra:

"Seemingly Counter-Intuitive, Simply Stop."

Energy.



When you feel dominated by Pragmatic Reality, practice “Energy Awareness.”

Whenever Energy is low people can feel it, and there is literally less possibility accessible and there can be despair. Sometimes possibility itself can lift Energy, or enthusiasm, but rather than cause resistance with any amount of force just pay attention to what the energy is. Notice is its low, or high, or confused, or anxious. You have great control over energy, but none without awareness of it.

How to practice Energy Awareness:

The Power of Us

Interbeing

Frequency

Explanation of the Practices:

The Power of Us – Whether it is someone else or an object, you being together is more powerful.

Interbeing – Just like The Power of Us, there are connections we can engage with intimately.

Frequency – Everything is vibrating. Can you sense the vibration of things, or your own?

Energy Mantra:

“What is true for us both?”

Mutuality.



When you feel righteous, or if the people around you seem to be, practice “Mutuality.”

A lot of people do not practice being Mutual with themselves, let alone with another person, another group, animals and plants, or inanimate objects. Our attachments and preconceptions produce feelings both appealing and distasteful that have the potential to control what you do and how you are. When you are truly mutual, you know how to be with reality instead of your own ideas about reality.

How to practice Mutuality:

Generous Listening

Faith

Patience

Explanation of the Practices:

Generous Listening – When you listen without prioritizing your own opinion, you start to see clearly.

Faith – Don’t be afraid of losing your thoughts or sense of what matters in the future.

Patience – Every moment of patience you have for yourself and others will produce peace and magic.

Mutuality Mantra:

“What is True for Them?”

Curiosity.



When you feel uncertain or hesitant and don't know what to do, practice "Curiosity."

In between what you have and the life you want are a series of questions. Curiosity can also be focused on anything, and curiosity's power is multiplied when focused together on the same subject by more than one person. Immense playfulness and dramatic insight is found through curiosity alone, and curiosity can be unlimited by circumstances like finances or trauma, though limited by the same.

How to practice Curiosity:

Intimacy

Ask Questions

Research

Explanation of the Practices:

Intimacy – Not letting people see your truth, or you not believing someone else's, ends curiosity.

Ask non-leading Questions – Asking good questions, even of ourselves, is easier without an agenda.

Research – Not everyone can satisfy your curiosity, so remember yourself and look into it!

Curiosity Mantra:

"With a person or a thing, let myself feel it."

Fear is the Mind Killer.



When you Feel Afraid or Worried, there is a Safe Path and a True Path. Choose Freely.

When you feel fear, know it is the surest guide. Fear can wisely protect you from danger, and it can tell you exactly where you need to go. Let yourself “Do what you are afraid of,” and let your creative mind function in action in that place that challenges you. As Frank Herbert wrote to end Dune’s Litany Against Fear, “Where the fear has gone there will be nothing. Only I will remain.”

How to Practice “Fear is the Mind Killer.”

Zero Gravity

Doing what you are hesitant to do.

Seeing success is as scary as failure.

Explanation of the Practices:

Zero Gravity – Astronauts, just after escaping gravity, feel a moment free from all influences.

Doing what you are hesitant to do – Lethal dangers don’t count. What do you really want? Be honest.

Seeing success is as scary as failure – Being successful means change, Failure does not. Take chances.

Fear is the Mind Killer Mantra:

“Freedom from Attachments, if only for a Moment.”

Committed Speaking



To know what is right, and to replace feeling lost with hope, practice Committed Speaking.

So much of what is wrong with our world comes from not trusting what to say or how to be oneself, or from withheld distrust regarding compromises and impositions from others. Our Consideration for each other should not be sacrificed for individual benefit, nor should the individual disregard their instinct. Committed Speaking is only a possibility when you Trust yourself enough to know yourself.

How to Practice Committed Speaking:

Trust

Saying No.

Saying Yes.

Explanation of the Practices:

Trust – Trusting yourself, others, and the situation is everything. Listen to what is true for you.

Saying No – It takes honesty and courage to say No to someone you know you do not want.

Saying Yes – After the final No, comes a Yes. You care about good things. Care about yourself as much.

Committed Speaking Mantra:

“Listen to what you trust, and don’t trust, always.”

OVERVIEW



When you feel isolated or like there is urgency, Practice Overview.

Some people catch glimpses of “The Overview.” Always larger and more beautiful than present comprehension, the whole of a situation can induce Wonder, Awesome Presence, and a lightened feeling not hidden by object focus on one of its’ parts. Astronauts have reported this sense, as well as naturalists like John Muir, mathematicians like Einstein, and leaders like Ghandi and Martin Luther King Jr. The Overview perspective can happen in any situation if the person allows for it.

How to practice Overview:

Everything is a Greater Whole than the Sum of its’ Parts.

Ecological Reality

Recognition of Externalities.

Explanation of the Practices:

Everything is a Greater Whole than the Sum of its’ Parts – See Earth from Space, or a full landscape.

Ecological Reality – Think about the systems that make everything else possible. Appreciate them.

Recognition of Externalities – Acknowledge implications, and that the unseen is part of the whole.

Overview Mantra:

“The Whole is Always Greater than the Sum of it’s Parts.”

White Light



Within White Light is everything that we can see, and much more that we can't.

White Light contains every color. What we typically see is only a fragment of the practically infinite sea of light that bathes our world and fills the universe, our minds, and our reality. Imagining that spectrum is like imagining real possibility; rather than focusing on one probable possibility, White Light is seeing many possibilities and knowing each has a future and is accessible from the same source.

How to Practice White Light:

Acknowledge the Unknown.

Create parallel possibilities.

Feel the Light.

Explanation:

Acknowledge the Unknown – There is so much beyond our current vision.

Create parallel possibilities – Any other possibility that is real coexists with the ones you already see.

Feel the Light - Try to absorb it. Try to understand it. Do you reflect that Light? Can you be that Light? Are you a Light in this world. Does darkness get in your way. Can you remove that darkness, those doubts, those restraints with your Light. Feel the Light, Be the Light!

White Light Mantra:

“See the Diversity and Potential of White Light.”

Twin Hands



When you experience confused or arbitrary, practice “Twin Hands.”

In every human brain there is a creative mind and a pragmatic one. The effective use of both in a bi-cameral balance is capable of miraculous insight, compassion, ingenuity, and dedication. The over-reliance on one mind and not the other is usually ineffective, debilitating, or disconnected from reality. Learning to engage full thinking and no separation between left and right brain will unlock every aspect of your humanity and potential.

How to practice Twin Hands:

Shift between Polarities.

Focus on creative solutions.

Attempt to any pragmatic solution.

Explanation of the Practices:

Shift between Polarities – It takes willpower and practice to even try thinking outside your habits.

Focus on creative solutions – Feel like life is simply the way it is? Create a new possibility, can you?

Focus on pragmatic solutions – Do you have too many ideas? Try attempting just one and see results.

Twin Hands Mantra:

“Polarity Exists, Not to be Chosen Between.”