

# **Possley's Paradigm**

[ImperfectionWellness.com](https://ImperfectionWellness.com)



Welcome to Possley's Paradigm, a guide to discovering a more fulfilled, present, and authentic life. Whether you're new to the concept of mindfulness or already exploring ways to bring more awareness into your daily routine, this booklet is designed to support you. The journey you're about to take involves looking at yourself and the world around you in a whole new way—by recognizing that your thoughts do not define you, and that true peace and contentment is found within.

### **The Story Behind Possley's Paradigm**

This paradigm is a product of my own life's journey—a path shaped by over 20 years of experience in healthcare as a Physician Assistant, my deep dive into mindfulness practices starting in the early 2000's, and personal struggles that changed my outlook forever. In 2015, I learned Vedic Meditation, a practice that allowed me to quiet my mind and see beyond the constant noise of my thoughts. This life-changing experience eventually led me to leave my corporate career in healthcare administration and focus fully on helping others discover their true selves beyond their thoughts. In 2024 I became a Vedic Meditation teacher and decided to combine all of my experience into creating a holistic wellness paradigm that people can apply to their lives wherever they are on their wellness journey.

Possley's Paradigm is a set of nine universal truths. These concepts, when applied to your daily life, help you break free from egoic thoughts and the false beliefs they feed. These concepts are more than theoretical; they're practical tools to help you discover that you are more than what your thoughts

thoughts say about you and the world around you. With this awareness, you can embark on your wellness journey to finding contentment and fulfillment from within as you live a more authentic life.

### **Meditation: The Gateway to Deepening Your Understanding of Possley's Paradigm**

At the heart of Possley's Paradigm is the practice of meditation. For many people, meditation can seem intimidating or even impossible—especially if you think meditation is about stopping your thoughts. But here's the thing: **you don't need to stop thinking**. In fact, in the two types of meditation I teach, **thoughts are welcome**. The goal isn't to silence the mind, but to create space between you and your thoughts, allowing you to observe them without getting caught up in their story. It's this space that helps you realize that you are more than what your thoughts say about you and the world around you!

Through [ImperfectionWellness.com](http://ImperfectionWellness.com), I offer both free and paid meditation training to help you integrate this practice into your life. Additionally, on my website, I offer free guided meditations which are designed for people with thoughts—because we all have them! The beauty of this practice is that it allows you to live more fully in the present moment without being held back by egoic thinking.

In addition to meditation, I also offer podcasts and online resources that complement Possley's Paradigm. These tools can support your personal growth and help you break free from

from the thought patterns that limit your potential. Everything you need is available at [ImperfectionWellness.com](https://ImperfectionWellness.com), where you can explore free content or sign up for a deeper, more personalized meditation training.

### **Possley's Paradigm: A Roadmap to Inner Peace**

Think of this booklet as a brief overview to the nine transformative concepts that make up Possley's Paradigm. As you explore each one, you'll begin to see how awareness, acceptance, and other core principles can help you move through life with more clarity and ease. Remember, this is your journey—it's okay to take it at your own pace and interpret these concepts in a way that fits your unique wellness path.

By practicing these nine universal truths, you can detach from egoic thoughts, uncover your true self, and live more fully in the present moment. This paradigm offers a pathway to inner peace and fulfillment, encouraging a life less burdened by negative thinking and more enriched by self-awareness and acceptance.

And if you'd like to take it further, listen to "The Imperfection Wellness Podcast" (wherever you stream your favorite podcasts) to go into greater detail on the 9 concepts of Possley's Paradigm as well as other wellness topics.

With gratitude,

*Scott W. Possley*

# The Nine Concepts of Possley's Paradigm

**Awareness:** I am aware that I have thousands of thoughts each day and this is normal. I am aware that I am more than what these thoughts say about me and the world around me. I am aware that I am separate from these thoughts and that they are not based in truth. They are fragments, half-truths and stories from the past and future. I am aware that when I am identified as one with the thoughts, I am out of present moment living and it is unlikely that I feel happy or fulfilled as our egoic thoughts always want more.

**Attachment:** Ego creates attachment to people, places, things, ideas, opinions & thoughts. When attached, I can become paralyzed at the thought of not having them because my self-worth becomes tied to these attachments. I know I am more than my egoic attachments. Releasing our egoic attachments doesn't mean I can't enjoy these items, ideas, and opinions. It simply means I am not defined by them. I know I am more than my attachments. I can relinquish, surrender and let go of the emotional attachments I have while still enjoying them.

**Acceptance:** I fully accept everything in my life exactly as it is, the good and the bad. The past is over, and the future is an unknown. I accept that I am the sum total of all of my choices, and I know I always have a choice, as tough as that choice may be. I sit in present moment, fully accepting everything exactly as it currently is, was, or will be. I know I am where I am because of my choices, and my choices today influence tomorrow, aware that there are also other variables out of my control influencing my tomorrow.

**Be the Observer (of thoughts):** I have thoughts like everyone else. As I am separate from my thoughts, I choose to be the observer. My thoughts are separate from me and go by like I am watching a movie, a parade or as passing clouds in the sky. I am the observer of all my thoughts as they go by, saying to self, “I am separate from my thoughts. I am more than what my thoughts say about me and the world around me.”

**Surrender:** When a situation, thought or idea is too much for me to handle, I put my hands out and surrender to something outside of and greater than me: God, Nature, The Universe, Consciousness, etc. I drop the oars and become the water. I surrender control knowing “this” is bigger than me & will work itself out.

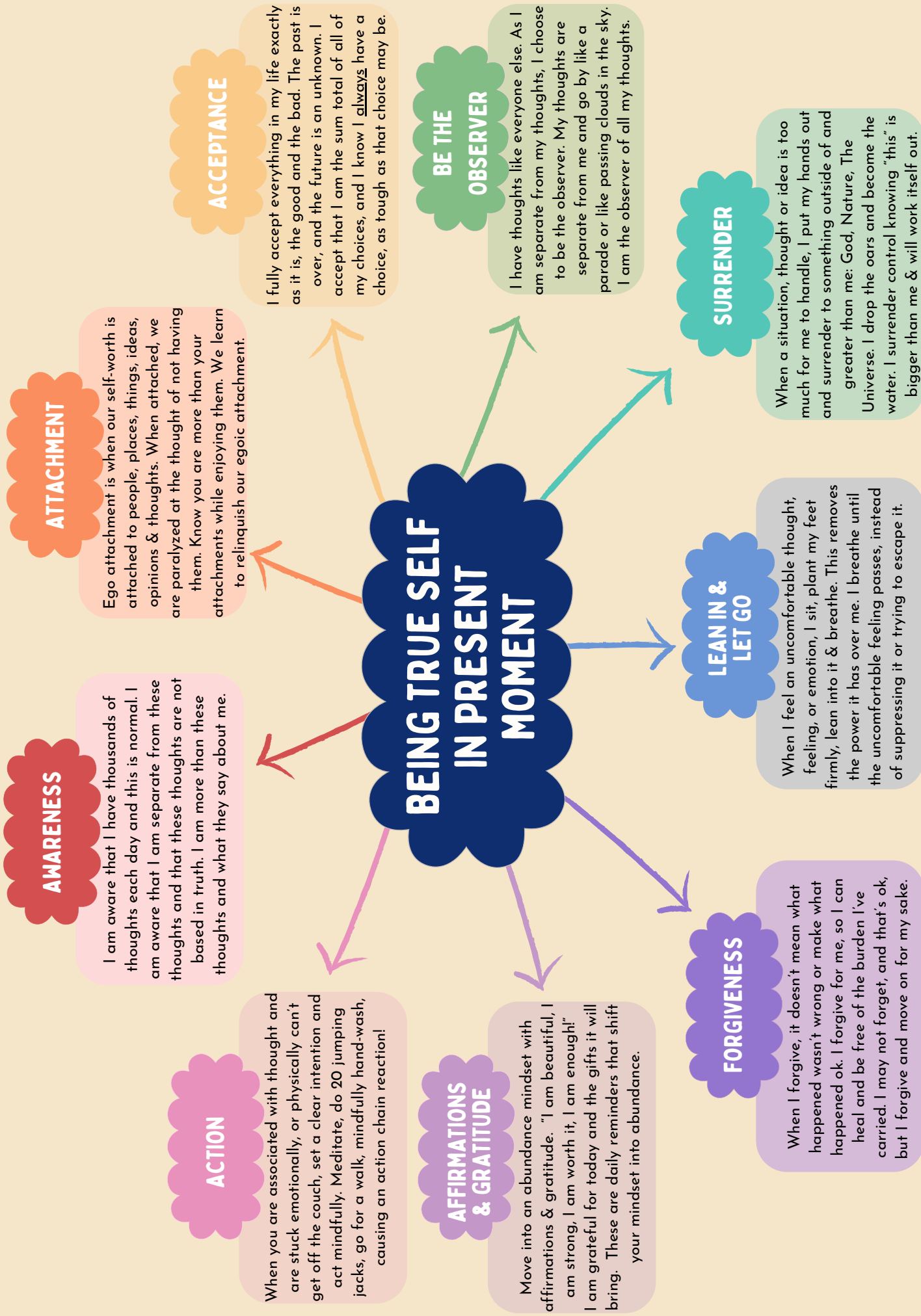
**Lean-in & Let Go:** When I feel an uncomfortable thought, feeling, or emotion come over me, I sit and get centered with my feet firmly planted on the ground. I lean in and feel what is coming up and take slow deep breaths for 3-5 minutes as the energy around this sensation is released and slowly dissolves. The goal is to breathe through the sensation, refraining from avoiding, distracting, redirecting, repressing, suppressing, etc. I let go of the judgments, ratings, and comparisons of the ego. I let go of attachment with the thought, I let go of association with the thought. I let go of the idea that the thought is me. I let go each and every time the thought comes up that tells me I am less than or better than someone else.

**Forgiveness:** When I forgive, it doesn't mean what happened wasn't wrong or make what happened ok. I forgive for me, if and when I want to, on my terms, if and when I am ready to, so I can heal and be free of the emotional burden I am carrying. I don't have to forget, but I forgive and move on for my sake, on my timeline, if and when I want to. It's about lessening my emotional connection with an act or situation that is no longer serving my greater good.

**Affirmations & Gratitude:** Move into an abundance mindset with affirmations & gratitude. Affirmations & Gratitude are written and said daily to reframe our thinking and shift our mindset from lack and scarcity to one of plenty and abundance. The paradigm affirmation is, “I am beautiful. I am strong. I am worth it. I am enough!” And if you aren't sure what to be grateful for, be grateful for your senses, that you can smell a flower or taste your favorite meal, hear your favorite song or read your favorite book.

**Action:** When you are associated with thought and are stuck emotionally, or physically can't get off the couch, set a clear intention and act mindfully. Meditate, do 20 jumping jacks, go for a walk, mindfully hand-wash, any of which can cause an action chain reaction! Get unstuck from ruminating thoughts and overwhelming feelings or emotions by performing next right action. In such anxious or depressed states, one can feel physically and emotionally locked down. Take action, any action! Launch into an activity for you which creates space and separation from your egoic ruminating thoughts!





# PRESENT MOMENT, TRUE SELF & EGO

## Present Moment Living:

The goal of Possley's Paradigm is to bring you back to present moment living, realizing we are separate from our egoic thoughts. Present moment is all we have. The past is over and the future is an unknown. While we can plan for tomorrow, there are many variables outside of our control that also influence our future. When we worry about the future and have regrets of the past, we are missing out on this Present Moment which is all we have.

## True Self:

We are True Self when we become separate from our ego's never-ending judging, rating and comparing. It is our Authentic Self that realizes, "I am content in this Present Moment, as that is all I have." As True Self, I realize there is more that unites us than divides us in this human experience, coming from a place of abundance, knowing there is plenty to go around, as opposed to the ego's lack and scarcity mindset.

## Ego:

The ego is the voice within giving rise to endless thoughts, commentary, ratings, judgments. It gives rise to comparisons of the world around us. It comes from a place of fear, lack and scarcity in trying to protect you. It inflates or deflates you by telling you that you are better or less than others. We realize the ego is always with us AND that we are separate from our ego so we can live as True Self in Present Moment!

## Possley's Paradigm Action Plan

Start today!

1. Bring **awareness** to your thoughts and patterned beliefs, as you question the truth of these thoughts & beliefs!

Know that you are separate from and more than what your thoughts say about you and the world around you.

2. Bring awareness to any egoic **attachment**, noting if your self-worth is tied to any possessions, idea, job title or self-belief (e.g. my worth is based on my looks), knowing you are separate from your egoic attachments.

3. Sit in the discomfort of **acceptance**, acceptance of what is, was or will be, knowing you are the sum total of your choices up to this point in your life.

Knowing this, we are still engaged in our life and our decisions, knowing your choices today influence tomorrow.

4.. **Be the observer** of your thoughts feelings and emotions, knowing you have them, but are more than them.



5. **Surrender** to something outside of yourself and greater than you or to your True Self that's free of ego.

6.. **Lean in & let go**, releasing your suppressed and repressed thoughts, feelings, ideas and self-beliefs, instead of numbing and avoiding.

7. **Forgive**, if and when you want to, on your terms, knowing it doesn't mean that what happened was ok, but for the simple fact that you no longer have to carry the emotional burden.

8. **Affirm** daily, "I am beautiful! I am strong! I am worth it! I am enough!" and perform daily **gratitude**: "I am grateful for the opportunities before me today!"

9. Set an intention and perform next right **action**.

10. Learn to meditate, learn to center yourself in present moment as True Self with fulfillment and contentment from within.

Visit [ImperfectionWellness.com](http://ImperfectionWellness.com) for more tools and resources to support your on your wellness journey!



The information provided in this booklet for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified mental health provider with any questions or concerns you may have regarding your physical and mental health & well-being.

If you or someone you know is in crisis, experiencing thoughts of self-harm, or contemplating suicide, help is available. Please call the National Suicide & Crisis Lifeline at 988—available toll-free, 24 hours a day, 7 days a week.