

CORE TENETS of Disruptive Changemaker – Coaching Master Class

CORE TENETS for the Principle of Reality:

Our world is a reflection of our individual and collective beliefs.

- Reality is filtered, not fixed.
- Reality is co-constructed.
- The observer shapes the observed.
- We are at the effect of our collective narratives.
- Reality can be re-authored through awareness.

CORE TENETS of the Principle of Consciousness:

- You have awareness that is unique to you, filtered through your history/experiences.
- You are consciousness, the continuous "field" or "state" within which awareness, thoughts, emotions, and perceptions arise (your unique egoic self).
- We are both form and form-less. Perhaps consciousness (formless) wants to know itself through individual experiences (forms).

CORE TENETS of The Principle of Relationship

- Nothing Exists Independently
- The Self Is a Relational Process - Identity is not fixed; it is emergent.
- The Field Shapes the Parts
- The Illusion of the Isolated Self Creates Suffering
- Relationship Is the Path to Change
- The Coach Is Part of the Field -
- Whatever you can't be with limits what else is possible

CORE TENETS of The Principle of Embodiment

- You are consciousness and you express in your unique form.
- Embodied consciousness is another way of knowing.
- Embodiment allows for fuller awareness and expression of your unique form.
- Intervening/making changes and shifts in your embodiment supports conscious co-creation of your reality.

CORE TENETS of The Principle of Energy

- Everything is energy. Matter is energy that appears solid. Emotion is energy in motion.
Thought is energy patterns.
- Energy flows where attention directs it.
- Energy is the field of all possibilities. The field comes before the story.
- Presence is not something we 'do'; it is pre-thought.

- What we practice entrains the energetic pattern.

CORE TENETS of The Principle of Action

- Everything is action; action is how energy moves.
- With awareness, intention and attention, your actions can serve you to take care of what you care about.
- The Energy of your being is the context of your doing
- Not all doing demands effort.
- Clarity doesn't always come before action – often it comes *from* action.