

Principle #2 - The Principle of Consciousness

THE DISRUPTIVE CHANGE MAKER

CORE TENETS:

- We see the world, not as it is, but as we are.
- Our awareness is limited by a multitude of factors – (beliefs, emotions, body, culture, families, individual history, collective history, age, gender, systems we operate in, etc.).
- Awareness allows for choice.
- We are form and form-less. Perhaps consciousness (formless) wants to know itself through individual experiences (forms).

Fieldwork

1. READ the accompanying paper: You ARE What You Practice
2. Reflect on the following questions:
 - What are all your sacred cows? Your bit “T” truths.
 - How do you support yourself and others in seeing the limitation of the observer you/they are? the limitation of level of awareness?
 - Continue to explore examples of your own expansion of awareness.
3. If you don't already have a meditation, mindfulness or stillness practice, consider sitting quietly for 10 minutes each day and just notice the thoughts that pass through your mind without attaching to any of them.
4. Complete the Session Review Report (in the portal and I've attached here) for this module and let us know a few take-aways or key noticing/learnings. Please send this to connect@disruptivechangemaker.com before our next meeting.
5. Prepare for the next module: The Principle of Relationship (on learning portal)