

THE DISRUPTIVE CHANGE MAKER

Principle #2 – The Principle of Consciousness

Consciousness is your individual awareness of your unique thoughts, memories, feelings, sensations, and environments. Essentially, your consciousness is your awareness of yourself and the world around you – of your external and internal existence.

CORE TENETS of the Principle of Consciousness:

- Your awareness is subjective and unique to you.
- Your 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.
- Your thinking, doing, and results you get are informed by, and limited by, the level of awareness/consciousness you have developed.
- We are form and form-less. Perhaps consciousness (formless) wants to know itself through individual experiences (forms).

FIELDWORK

- 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?
 - In what ways can you expand your awareness/consciousness?
- 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.
- 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.
- Prepare for the next module: The Principle of Relationship (on learning portal)

(reminder we are together two days next week: Oct 11 & 13).