

THE DISRUPTIVE CHANGE MAKER

Principle #2 – The Principle of Consciousness

CORE TENETS of the Principle of Consciousness:

- You have awareness that is unique to you, filtered through your history/experiences. It's often directed and specific, responding to what you actively pay attention to at any moment.
- You are consciousness, the continuous "field" or "state" within which awareness, thoughts, emotions, and perceptions arise (your unique egoic self). You are an emanation from "source".
- We are both form and form-less. Perhaps consciousness (formless) wants to know itself through individual experiences (forms).
- Coaching is creating an incubator for awareness AND consciousness.

Fieldwork for the Principle of Consciousness & Prep for the Principle of Relationship

Reflect on the following:

- How do you support yourself and others in seeing the limitation of the observer you/they are? the limitation of level of awareness?
- 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.
- During a coaching session, try to move between focused awareness and open consciousness. For example, focus acutely when listening to a client's specific problem, then shift to a more expansive consciousness when seeking broader insights or sensing unspoken feelings.

PREP

- Complete the Session Review Report 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 (and catch up if you have missed sending last week's review).
- Prepare for the next module: The Principle of Relationship (on learning portal)