

THE DISRUPTIVE COACH



Principle #4 - The Principle of Embodiment

THE PRINCIPLE OF EMBODIMENT - CORE TENETS

- You are consciousness in your unique form.
- Conscious 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.

Fieldwork for Embodiment

1. Do Prep for the Principle of Energy module and bring your thoughts about the resources.
2. Experiment with a client and if possible, bring a conversation about embodiment.
3. Notice your own sense of embodiment during this next week. Your physical being, your energy and your thoughts that are influencing your awareness and way of being.

Note: There are two Disruptive Changemaker Facebook pages. I believe some of you have been going to check out the PUBLIC page, versus the community group page. The correct link to the Facebook Disruptor community page is: <https://www.facebook.com/groups/1460085467413872>

Be sure to check it out, each week. It is also a place to share resources to the group. We've posted a couple of shares this week that should be of interest.