

THE DISRUPTIVE COACH



Principle #4 - The Principle of Embodiment

THE PRINCIPLE OF EMBODIMENT - CORE TENETS

- 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.

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.