

THE DISRUPTIVE COACH



Principle #5 - The Principle of Energy

CORE TENETS:

- Energy flows where consciousness directs it and consciousness in turn, is shaped by the energy it engages with.
- Whatever you think, feel, and practice (your energy) impacts the world around you.
- What you practice (in thinking, feeling and emotions) either raises or lowers your energetic vibrations.

1. Consider this question:

- What impact has your way of being/energy been on a particular individual, client or situation?

2. View prep videos online and prepare for our next discussion: The Principle of Action.

3. Be sure to complete and submit your reflection form

4. There is an excellent video that was shared by Claire on how to raise your energy vibrations.

It is posted to the community facebook area. Here is the FB community link:

<https://www.facebook.com/groups/1460085467413872>