

THE DISRUPTIVE CHANGE MAKER

Principle #1 - The Principle of Reality

Your beliefs create your reality.

Self-mastery requires an ability to help yourself and others surface/reveal/see and change their limiting beliefs.

CORE TENETS for the Principle of Reality:

The world is a reflection of our individual and collective beliefs.

- A belief is simply a thought you keep thinking.
- Beliefs inhabit your listening. You can't listen to the world except through your beliefs.
- Beliefs influence/drive your behaviors.
- Beliefs are embedded in your biology – in our cells/muscles/movements/shape – and impact how we see and move in the world.

Fieldwork for the Principle of Reality

REFLECT: In a quiet, reflective space explore the following questions:

1. What core belief do you have, that may be in conflict with what you want to disrupt (i.e. achieve, change, etc).
2. What are the implications of this (or these) beliefs? What do they open or make possible? What do they close or limit?
3. What are ways or practices to change beliefs that may be limiting you?

PREP: Complete the Project Reflections Worksheet that we shared with you today (by your first POD meeting)

- Complete the pre-work online in the private participant area for the Sept 16th conversation on “Everything is Consciousness”

PROJECT MANAGER ASSIGNMENTS – As noted in your project prep materials, you will be required to turn in information on the project that you determine to work on and fieldwork assignments. To support the flow, we have given you each a Disruptive Change Maker (DCM) project manager to send your materials to.

- TERRIE: terrie.lupberger@gmail.com
 - Kerr, Mariellen, Kerstin, Sari & Margaux
- AMY: Amy@Integreship.com
 - Prakash, Claire, Tom, Asa
- PAM: Pamela@InnerVisionEnterprises.com
 - Nicola, Catherine, Spinny, Simon

PODS – We have grouped you in to PODS that will support our work together. You will be connecting with the colleagues that are in your POD at various times in the program. Please review your POD members below. We have included email contact information for your convenience. Your group is noted by those in the same color coding as you are in:

Kerr	Wilson	kerrwilson@me.com
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