

# 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 & Prep for the Principle of Consciousness

**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:** Continue to work on your Project Reflections Worksheet and turn them in by the next meeting (Oct 4, 2022).

**Consciousness:** Complete the pre-work online in the private participant area for Consciousness in prep for our conversation on “Everything is Consciousness”

**PODS** – We have grouped you into PODS that will support our work together. Your group is noted by those in the same color coding. We will partner you in exercises and it may be helpful for you to connect between classes for support on your projects.

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