

# THE DISRUPTIVE COACH MASTER CLASS

## Principle #1 - The Principle of Reality

### **CORE TENETS for the Principle of Reality:**

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

- Reality is filtered, not fixed.
- Reality is co-constructed.
- The observer shapes the observed.
- We are at the effect of our collective narratives.
- Reality can be re-authored through awareness.

### **Fieldwork for the Principle of Reality & Prep for the Principle of Consciousness**

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

1. Continue to explore the beliefs 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?
4. Review the information below on the collective/meta narratives.
5. Optional: connect with / discuss your thoughts with a member of the cohort.

**PREP:** Ponder how your own sense of reality influences your work with others; as a coach, a parent, a partner, etc.

1. Complete and send in your reflection form for the meeting we just had to: [connect@disruptivechangemaker.com](mailto:connect@disruptivechangemaker.com)
2. **Consciousness:** Complete the pre-work online in the private participant area for Consciousness in prep for our conversation on “Everything is Consciousness”

### **Some of the predominant Meta-Narratives that inform/shape our individual beliefs and actions:**

- 1) Reality is everything I can see “out there”. The more knowledge I gain, the less ignorant I will be - Reality is ultimately knowable through objective reason.
- 2) Science and Rationality are the most valid way to understand reality. Objective information, analytical reasoning and goal-oriented strategizing are the best guides for productive action.
- 3) The individual is autonomous, independent, and separate from everything and everyone else.
- 4) Humans are nature’s crowning achievement. Nature serves as “resources” to meet humans’ needs.
- 5) Progress and Innovation are inherently positive and necessary for human advancement. - who benefits and what is sacrificed (e.g., environment, social equality).

- 6) Economic Growth (more) is the path to prosperity and a primary measure of success.
- 7) Individual Empowerment and Self-Improvement is the goal to advance/to be happy/to progress.
- 8) Democracy and Freedom are Universal Ideals.