

Principle #3 - The Principle of Relationship

Everything is in relationship.

THE DISRUPTIVE CHANGE MAKER

CORE TENETS:

- You can't *not* be in relationship.
- Separation is an illusion.
- Your relationships are your beliefs and emotions made manifest.
- You can change your relationship to something or someone with awareness and practice.

Fieldwork:

1. If you have yet to do so, complete the project reflections worksheet. We will discuss projects on our additional meeting next week: Tuesday 28 September at 7:00pm BT
2. Joe Dispenza said: "You will only accept, believe, and surrender to the thoughts that are equal to your emotional state." Let's discuss ways in which we work with others (i.e. client's) feelings/emotions so bring relevant approaches and examples to share.
3. Do the prework for the September 30th conversation on "Everything is Energy".

**Again, a reminder to engage in your, mindfulness or stillness practice. Even if only sitting quietly for 10 minutes each day noticing the thoughts that pass through your mind without attaching to any of them.*