Belief-Filters Exploration



- 1. Coach: Describe how you see (object, person or event)
- 2. Student answers.
- 3. Coach acknowledges answer.
- 4. Coach then asks: Describe another viewpoint on that.

- 2., 3., 4., repeat until student releases on (object, person or event) or until student has a realization.
 - By Harry Palmer, Author of The Avatar Materials

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