

Name _____ Date _____

Review the description of the Assumptions-Perceptions-Reality triad from section 3.1. When you feel you have a good understanding of the concept, go on to answer the questions below.

What are some of the assumptions that are creating the current reality you are experiencing?

How are these assumptions filtering your perceptions of the world that you are experiencing?

How are these perceptions creating the reality that you find yourself in?

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What might you change about your assumptions that would lead you to experience different perceptions about the world?

How might this change in the way you perceive the world lead you to experience a different reality?

Review the characteristics of a shaman from section 3.2 of this chapter. Which of those characteristics might help you to change your assumptions, perceptions, and reality? Why?
