



## New Paradigms for Coaches Class #1: Metaphysical Paradigms

**Welcome to New Paradigms for Coaches, Class #1: Metaphysical Paradigms.** What are the most important shifts in thinking among coaches today? These new paradigms (a.k.a. belief systems, frameworks, worldviews, etc.) are consistent with New Thought, Integral Philosophy, and Second Tier Values Systems. They make new solutions and opportunities possible and are important upgrades for coaches and their clients. This module is primarily a discussion course with some demonstration and practice, if we have time.

**New Paradigms are constantly being formulated and refined by people around the globe.** This is not just a coaching phenomenon, but coaches are leaders in this new thinking. In fact, one might say the profession of coaching has emerged today, as people open up new worlds of awareness and new ways of being and doing, because those need assistance in navigating rapid changes in their lives and in themselves. Coaches can help with that.

**What's a paradigm?** [www.dictionary.com](http://www.dictionary.com) says: A set of assumptions, concepts, values, and practices that constitutes a way of viewing reality for the community that shares them, especially in an intellectual discipline.

**Where do paradigms come from?** They are outgrowths of memes, those snippets of evolving culture that get transmitted from person to person. The word, "meme" was coined by Richard Dawkins in *The Selfish Gene*, to signify the cultural equivalent of genes. Memes are being born at a faster and faster rate in the Information Age. Put enough memes together and you get paradigms. Hence, new paradigms are emerging almost daily.

**We're reaching into philosophy, science, business, religion, psychology and coaching for most of the following paradigms.** And some of them are not really new. In fact, they may be quite ancient. What is new is that we understand them in a whole new way, because our awareness and our thinking are new. Some ancient wisdom is becoming new again and at the same time, recent wisdom is already becoming outdated.

**We'll focus on four primary sources of ideas, knowledge, ways of knowing and thought for this course, beginning with the broadest and narrowing to the individual:**

1. Metaphysical Paradigms
2. Universal Paradigms
3. Global Paradigms
4. Personal Paradigms



**This module will introduce you to some of the most influential paradigms among coaches and other forward thinkers.** It is by no means exhaustive. Several books are recommended in our “Resources” section, so you can further your study of paradigms.

**You don't have to adopt all of the paradigms in this course.** However, if you're attracted to the coaching profession, you probably already embrace some of them. In fact, you may feel quite strongly about some. I suggest you try on some of the others and see how they work for you.

**Why are these paradigms important for you to understand?** Paradigms become popular because they help solve problems that people are facing. These ideas will help you assist your clients in finding solutions and will help them evolve their thinking.

## Metaphysical Paradigms

**Metaphysical Paradigms are derived from ancient wisdom systems,** from Christianity, to the Toltec, to Buddhism. Concepts from these systems now mix and mingle with modern scientific findings, business practices and personal operating systems.

**This integration of thought from around the world and across the ages is what is new.** Previously people were not able hold and accept ideas that didn't “fit”. If an idea didn't fit one's current paradigm, it was dismissed as illogical or irrational. Now we're being bombarded with new ideas almost constantly, which requires greater flexibility and openness in order for each of use to survive and thrive (The “survive and thrive” phrase is part of an important new value system, by the way.)

**It's new that people are becoming comfortable with paradox.** Whether that be Westerners who are embracing Eastern philosophies or people in China and India who are embracing Western business ideas and practices at a breath-taking rate.

"Integrative" simply means that this approach attempts to include as many important truths from as many disciplines as possible--from East as well as the West, from premodern and modern and postmodern, from the hard sciences of physics to the tender sciences of spirituality.” - Ken Wilber

**Technology is driving the Information Age, which in turn is providing an evolutionary environment that is evolving us forward at lightening speed.** That evolution is picking up modes of thought that were previously considered “un-modern”. Now we're living in the post-modern and beyond.

**Today's class is about Metaphysical Paradigms, which come to us from ancient wisdom traditions and spirituality.** Some of these ideas may be associated with certain religions, but you don't have to join a religion or even believe in God in order to benefit from these frameworks and neither do your clients.

**Use these paradigms to help explain larger truths.** This opens up new options for your clients and new possibilities. They can help solve problems that otherwise may have seemed unsolvable. Metaphysical Paradigms are big picture ideas. You may feel challenged at first by them. Let them seep into your life and see if they have value for you, before you embrace them.



## Here are ten metaphysical paradigms:

### 1. Everything is always perfect/Everything is One

When we're caught up in our ego desires and fears, we perceive a world that is full of problems, dangers and disappointments, but that's just a function of our point of view. On a larger scale – *on the metaphysical scale* – everything that happens is the perfect expression of what is. There are no problems. When we come from this paradigm, we notice opportunities and possibilities and even get a chuckle out of things that go “wrong”.

“Burdens are the foundations of ease and bitter things the forerunners of pleasure.” - Mevlana Rumi

“Ultimately you recognize truth, love and God as to be different expressions of the same undifferentiated reality.” – Deepak Chopra

### 2. Everyone is born great or divine

Whether or not you believe in God or Spirit, you have an individual expression that is pure greatness. Unfortunately, your conditioning or *domestication*, as it has been called, has trained all but a few shreds of your greatness out of you. Most of us are frightened by our own greatness and hold it back, rather than express it. Often, it's only those on whom difficult circumstances or enormous undertakings have been thrust, who find the courage to be great. That is perhaps why what we commonly call “greatness” is related to achievement and leadership, but greatness can be expressed on a personal scale, as well. The idea of divinity within us is rooted in various religions and takes the idea that man was created in the image of God, literally. Each of us is like a tiny node of God. This can be experienced via the Higher Self (a.k.a. Self, Wise Self, Soul, Spirit) when we relax our minds, become present, and turn down the constant chatter that we call, “thinking”.

“Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness that frightens us.” – Marianne Williamson

“Is it not written in your law, I said, ‘Ye are gods?’” – John 10:34

### 3. The Truth is always available

If each of us is divine, then it should come as no surprise that each of us is capable of knowing the Ultimate Truth. Here, we're focusing on larger truths, like the ones found in these paradigms. However, we usually don't discover Truth in the same ways that we find data – not by measuring, analyzing, experimenting or finding evidence, but by going within and noticing the messages that seem to be present when we're paying attention. Just as we're already great, the Truth is already known, we just need to notice it!



“If we protect the Dharma, the truth of the way things are, the Dharma will protect us”. – Sharon Salzberg

“Every truth is a perspective. Choose perspectives that empower.” – Julia Stewart

#### **4. We create (choose, attract, envision) what life brings us**

This notion is currently very much in vogue, but it has always been with us, at least in our wisdom traditions. The rational, scientific view is that events happen randomly and that we can predict their probability via statistical analysis. This is true AND we do seem to have the ability to shape events, with our minds as well as our actions. In fact, current research is uncovering statistically significant evidence to support it.

“All that we are is the result of what we have thought. The mind is everything. What we think, we become.” - Buddha

“Once you know that what you THINK about expands, you start getting real careful about what you THINK about.” - Wayne Dyer

#### **5. Everyone has a purpose to fulfill**

Most human beings hunger for happiness and fulfillment and they often hire coaches to help them achieve goals that they think will make them happy or fulfilled. However, ultimately, it's not what they have or achieve that helps them enjoy life more, but what they *give*. When we help clients express their unique gifts in ways that light them up and in service to others, they enjoy happiness and fulfillment as a byproduct.

“If you were meant to cure cancer or write a symphony or crack cold fusion and you don't do it, you not only hurt yourself, even destroy yourself. You hurt your children. You hurt me. You hurt the planet.” - Steven Pressfield

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." - Rabindranath Tagore

#### **6. This world is an illusion**

The Hindus have a wonderful story that helps explain many of these paradigms. They say that in the beginning, there was only Brahma (God), but he was lonely and bored, so he created Maya (Illusion) to be his consort. Maya asked Brahma if he would like to play a game. Brahma replied, “Sure!”. So she took a sword and cut him into millions of pieces and said, “Okay, the object of this game is for you to remember who you are!” We're living this illusion as tiny nodes of God. When we're in touch with our Personal Greatness and expressing our Purpose, we come closer to remembering the Truth of who we really are. This game is fun, and when done well, we eliminate boredom and loneliness!



“The World is illusory; Brahman alone is real; Brahman is the world.” – Ramana Maharshi

“You maker of a world that is not so, take rest and comfort in another world where peace resides.”  
- A Course in Miracles

## 7. There is only Now

The past and future were invented by our ego minds. They are terrific tools for navigating this world, but they are no more real than the rest of the illusion. We can only experience what is real in the current moment. That’s why we need to be truly *present* in order to discern the subtle messages that help us know the Truth.

“All we can do is use time properly and constructively, or use it negatively and destructively. The choice is ours; the decision is in our hands.” – H. H. the Dalai Lama

“Accept – then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.” – Eckhart Tolle

## 8. Every action has a consequence.

Our thoughts may be powerful, but our actions are the expression of our thoughts. If you look around you, you will see countless manifestations of your actions and the actions of other humans though out history, in the inventions you’re using, in the way you’ve designed your environment and the choices that you and those around you have made. You are living a life that is powerfully shaped by the actions of millions who went before and your own actions are the most influential, right now. When you take responsibility for your own actions and the consequences they have for you and others, you stop living by default and start co-creating.

“Where a man sows, there he reaps, If he sows in the field of self-indulgence he will get a harvest of corruptions...If he sows in the field of the spirit he will get from it a harvest of eternal life.” – New Testament, Galatians 6

“The Law of Karma simply says every action has a consequence.” – Joan Duncan Oliver

## 9. Miraculous events can and do happen

We think we know what to expect and what is likely, but the truth is that when we come from our higher selves and see the possibilities that are all around us, we are often overwhelmed and delighted by the amazing events that occur. Whether we call these miracles or non-synchronous events, they give us reason to be optimistic that the perfection we experience in the future will be joyful for us and for others.

“This is the miracle that happens every time to those who really love; the more they give, the more they possess of that precious nourishing love from which flowers and children have their



strength and which could help all human beings if they would take it without doubting.” - Rainer Maria Rilke

“When a butterfly flaps its wings in China, that action affects the weather patterns around the planet.” – Chinese proverb

## **10. There are only two emotions: Love and Fear**

Our analytical ego minds have divided our feelings into a host of variations, but all can be categorized as either love or fear. When we embrace what is, feel a sense of oneness with others and come from our own greatness, we feel happy, healthy and whole. That’s love. When we feel violated, angry or remorseful, we have a sense of loss that is grounded in fear. Love comes from oneness. Fear comes from forgetting oneness.

“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” – Audre Lorde

“As we are liberated from our fear, our presence automatically liberates others.” – Marianne Williamson

### **Resources:**

#### **Books:**

- A Course in Miracles

Don Edward Back and Christopher C. Cowan

- Spiral Dynamics: Mastering Values, Leadership and Change

Don Miguel Ruiz

- The Four Agreements

- The Mastery of Love

- The Voice of Knowledge

Eckhart Tolle

- The Power of Now

- Stillness Speaks

- A New Earth

Deepak Chopra



- The Seven Spiritual Laws of Success
- The Seven Spiritual Laws of Yoga
- The Book of Secrets

Gregg Braden

- The Divine Matrix

Byron Katie

- Loving What Is

His Holiness the Dalai Lama

- The Art of Happiness
- Ethics for a New Millennium
- Transforming the Mind

Joan Duncan Oliver

- Good Karma

Ken Wilber

- Integral Spirituality
- The Simple Feeling of Being

Mevlana Rumi (1207 - 1273)

- Rumi Daylight: A Daybook of Spiritual Guidance

Phylis Clay Sparks

- Soul-Esteem: The Power of Spiritual Confidence

Sharon Salzberg

- Loving-Kindness

