



ILLUSTRATIONS FROM BASHAR WORKSHOPS CHANGING CORE BELIEFS WORKSHOP

To exist and survive in physical reality
you must:

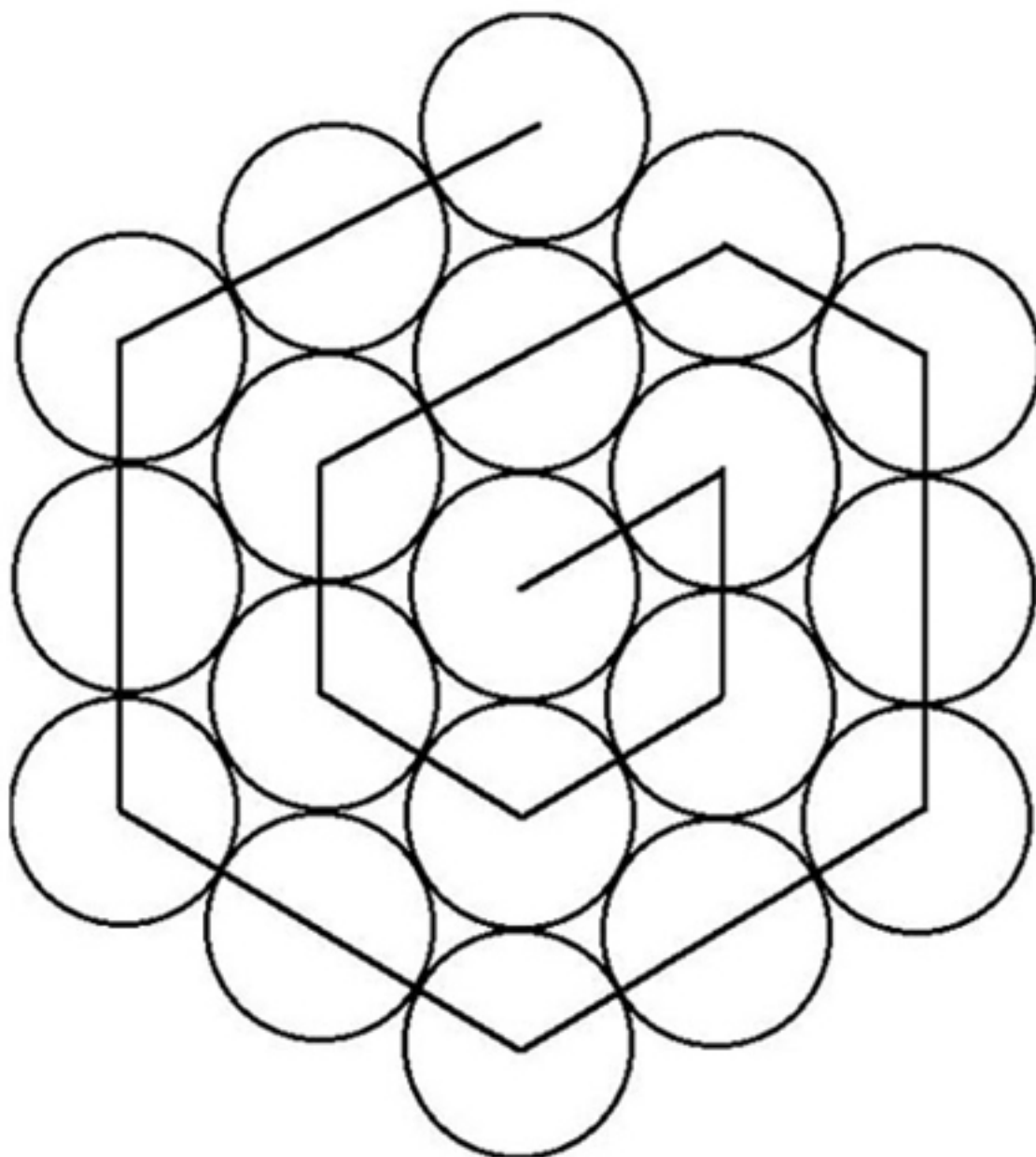
BE BORN
BREATHE
DRINK
EAT
EXCRETE
SLEEP
MAINTAIN HEALTH
DREAM

To function in physical reality you must
do some of these:

SEE
HEAR
SMELL
TASTE
TOUCH
THINK
FEEL
ACT
COMMUNICATE
DREAM
CREATE
LOVE



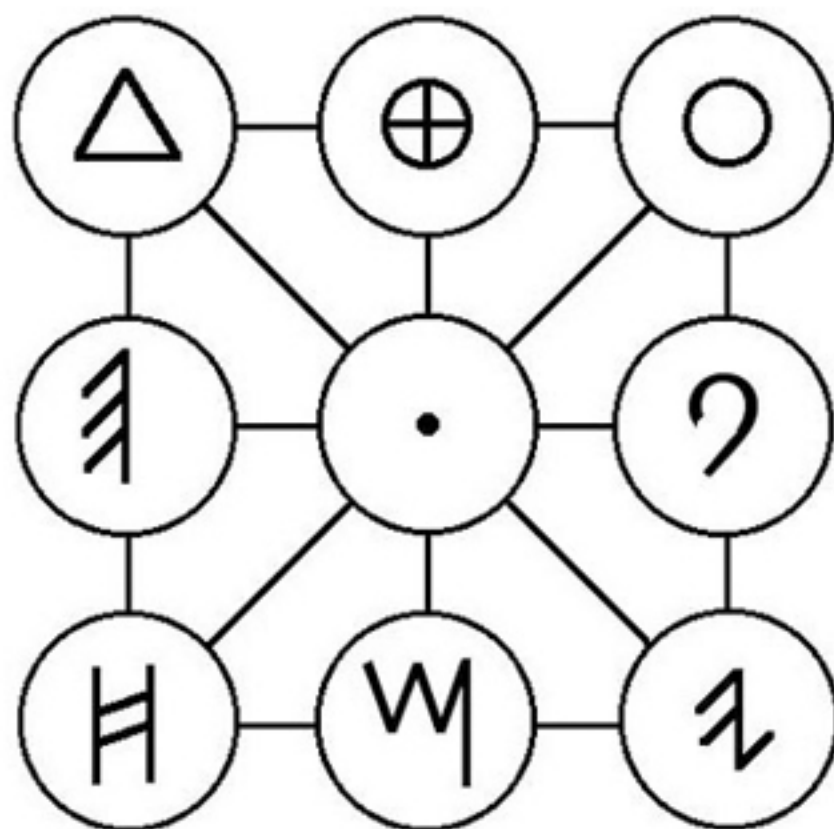
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ENNEAGRAMMATIC CIRCUIT



"From the inner being, through sight, sound, touch and feeling are manifested the path, windows and doors to the unknown, which always leads back to the inner being."