

# Developing a 3 Principles SAM Partnership

Mind, Thought, Consciousness

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This session will provide a basic introduction to the three principles and how it can instantly improve your own resiliency and ultimately your SAM relationship.

Relationships are only as strong as the individual people in them.

How do we become stronger as an individual?

We have to understand how we as humans function...

I love to go boating!

Understanding our own functioning is a process that takes time....



What are the 3 Principles 4:34

<https://www.youtube.com/watch?v=JGrLxQ6IRDI>

# Needed Vocabulary:

**Mind** - May the Force be with you!

**Thought**- How many do we have in one day?

**Consciousness**- What is your favorite scary movie?

**B.S. (Belief Systems)**- I know what you thought it meant!

**Home**- Default setting for every human being!



# Mind, Thought, Consciousness

Most common analogies to try and describe the concept:

1. Tea Cup - Cup of hot water is **Mind**, Tea bags are **Thoughts**, Taste of the water is **Consciousness**
2. DVD player - Player is **Mind**, DVD is the **Thought**, What plays on the screen is **Consciousness**

Define- Home

Describe how you feel when you are in your favorite spot in the world?

or

Describe the characteristics of a new born baby?

# HOME

Peaceful

Happy

Safe

Warm

Loved

Easy

Beautiful

Calm

Comfortable

Quiet

# Headspace Blue Sky 1:30

<https://www.youtube.com/watch?v=DmqI1u72QLU>

Every human interaction must follow this pattern

Thought → Feeling → Action → Result

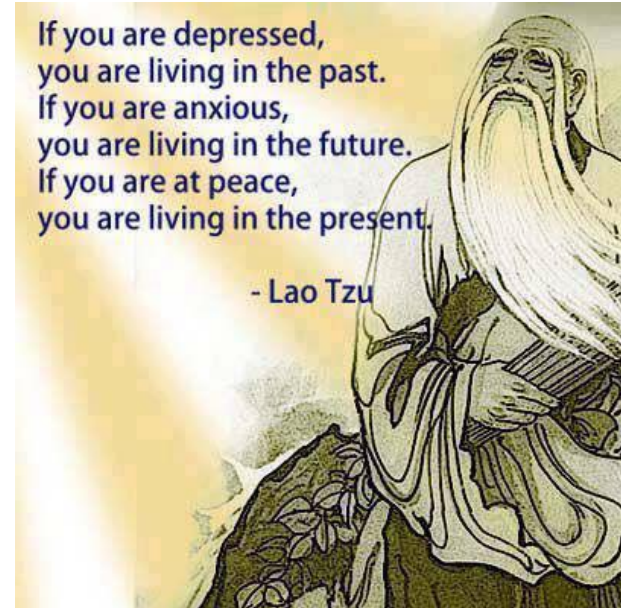
“Life moves pretty fast. If you don't stop and look around once in a while, you could miss it”

- Ferris Bueller

“ Change the way you  
look at things, and the  
things you look at  
change.”

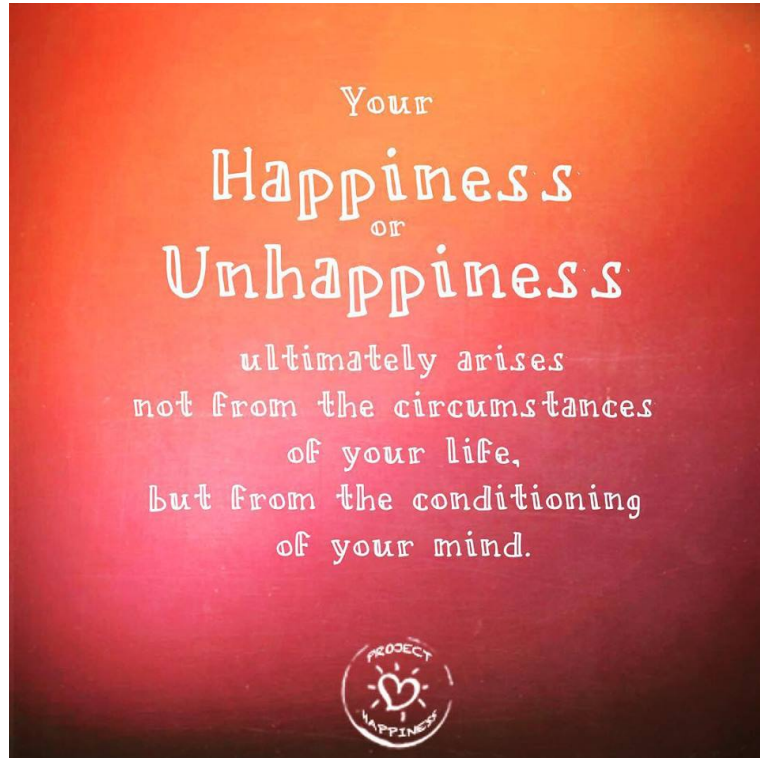
- Wayne Dyer

Past.....Present.....Future

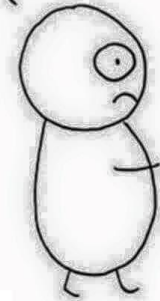


Depression.....?.....Anxiety

# Universal Truth: Happiness comes from within.



Where did you find that? I've been searching for it everywhere.



I created it myself.





# SAM relationship must stay present....

Some thinking that we had when first started our SAM relationship:

1. Someone is going to follow me around for 5 days?!?
  - a. Did you act differently? Did that cause any anxiety for you?
2. I will meet with my SAM daily?
  - a. What will be talk about?
  - b. What if I don't know what to ask?
3. I am going to question my "Boss" on how he does his job?
4. My SAM is going to judge me on how I do my job?



I've got 99 problems and 86 of them are completely made up scenarios in my head that I'm stressing about for absolutely no logical reason.

Michael Neil- Relationships 2:40

<https://www.youtube.com/watch?v=yLEBZ-JROhM>

Be the best “Boat” you can be and see how much work you can accomplish!



## 3 Principles Videos:

What are the 3 Principles 4:34

<https://www.youtube.com/watch?v=JGrLxQ6IRDI>

Michael Neill at TEDxBend

<https://www.youtube.com/watch?v=xr6VawX2nr4>

Headspace Blue Sky 1:30

<https://www.youtube.com/watch?v=Dmq11u72QLU>

Headspace Expectations 1:30

<https://www.youtube.com/watch?v=7xAeJKgupPI>

Jan and Chip Chipman 38:46

[https://www.youtube.com/watch?v=ZmqL18\\_9pko](https://www.youtube.com/watch?v=ZmqL18_9pko)

Mother/Daughter- Rhianna's Story 13:15

<http://www.threepinciplesmovies.com/rhiannas-story/>

Michael Neil- Relationships 2:40

<https://www.youtube.com/watch?v=yLEBZ-JROhM>

### **Syd Banks Videos:**

<http://www.sydneybanks.org/>

Syd Banks Letter to Oprah 6:29

<https://www.youtube.com/watch?v=4tflhw5Cu4o>

Michael Neil- Coaching and the Three Principles 5:45

[https://www.youtube.com/channel/UC1PvfTOKK\\_7JaJMEzwRFcyA](https://www.youtube.com/channel/UC1PvfTOKK_7JaJMEzwRFcyA)

School: Charlotte' Story 10:26

<http://www.threepinciplesmovies.com/index.cfm/play-movies/transformation-stories/school-charlotte/>

School: Pierce's Story 10:40

<http://www.threepinciplesmovies.com/education-pierces-story/>

Application of the Three Principles 6:33

<http://www.threepinciplesmovies.com/applications-of-the-three-principles/>

What Students Really Need to Hear

<https://www.youtube.com/watch?feature=youtu.be&v=-O7v4EJjx-g&app=desktop>

### **Three Principles Movies:**

<http://www.threepinciplesmovies.com>

[http:](http://www.threepinciplesmovies.com)

# More Resources

## 3 Principle-Related Books

- The Missing Link by Syd Banks
- Second Chance by Syd Banks
- Quest For the Pearl by Syd Banks
- The Enlightened Gardner by Syd Banks
- The Enlightened Gardner Revisited by Syd Banks
- Dear Liza by Syd Banks
- Inside Out Revolution by Michael Neil
- State of Mind in the Classroom by Ami Chen Mills-Naim

## 3P Websites

- [www.sydneybanks.org](http://www.sydneybanks.org)
- [www.3phd.net](http://www.3phd.net)
- [www.vantageconsult.com](http://www.vantageconsult.com)
- [www.3principesnetwork.org](http://www.3principesnetwork.org)
- [www.threeprinciplesmovies.com](http://www.threeprinciplesmovies.com)

## **Join Lemon Shakers Facebook Page:**

<https://www.facebook.com/Lemon-Shaker-137154212984054/>

A page for educators to share information and ideas around stronger understanding of the 3P's