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Leading with Purpose Passion and Power

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Hi,

**Every person needs a retreat,
a dynamo of silence where he may go for the exclusive
purpose of being recharged by the Infinite.
*Parambansa Yogananda***

People in leadership are generally expected to know all the answers. Yet, I'm always delighted when one of my clients answers a question with, "I don't know". Because that means they're onto something big!

I know I want to say something about leadership often being thought of as a proactive thing. And how easy it is for leaders to get seduced by 'doing' so they forget about the need for 'being'. Yet any words I use feel trite and insignificant alongside the phrase 'a dynamo of silence'.

The phrase hit me like a two ton truck. It hurled me off my feet into a sumo-wrestler topsy-turvy clinch with the power of its meaning.

I had so forgotten it's not just a silence. Not just any old silence. And most definitely not a passive, sit there and contemplate your navel kind of silence. But a dynamic one for the exquisite and sole purpose of plugging into the infinite, the oomph in the Universe whatever you believe that is, to be rejuvenated, renewed.

I'm writing this over the Easter weekend. So the cynical part of my personality whines at me, "Oh you've just got caught up with all the religious stuff about the resurrection. That when you get plugged into the oomph you get reborn."

Well maybe I've been influenced and maybe I haven't. And you know what... I don't care either way!

Because re-birthing your self, growing your self to be an even more refined human through Inner Leadership seems to me a critical piece of what life's all about.

Just as it seems to me 'a dynamo of silence' is an essential prerequisite for ethical and ecological leadership, both inner and outer.

For when you enter that dynamo matters of strategy, governance,

targets and satisfying stakeholders fall away to one simple truth. Your leadership is about service and contribution for your own and the higher good.

And you like me can forget that simple truth by so easily being seduced by the 'doing'. Then you and I also forget about the quality of 'being' for ourselves as well as those we serve and the wider collective however big or small.

And what's all this got to do with being dynamic in the world, leading with purpose, passion and power? Everything! For without remembering that truth and the quality of being, there's only bravado, only the materialistic bottom line and whatever it takes to achieve it.

So... where's your dynamo of silence? Only one place to look... and that's inside. The good news is you don't have to meditate your butt off to get there. You don't have to follow complicated rituals, eat certain kinds of foods, detox or any of the other 'have to do's' some trainers will insist are critical. Do this...

Sit with your spine straight and two feet firmly on the floor.

Breathe in deeply and low in your abdomen for the count of 1, 2, 3.

Breathe out noisily through your mouth for the count of 1, 2, 3, 4.

Hold your breath for the count of 1, 2, 3.

Repeat at least twice more up to a maximum of 7 times... and then notice what's happened as if by itself!

Richness to you...

Sharon

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