

HEART POWER – THE BRIDGE TO CONSCIOUS LEADERSHIP

Conscious leadership insists on being able to access the power of the heart. In our increasing awareness that the old regime of authority systems fails to adequately serve the greater good, we are challenged to devise a new support system. Creative expression, individuation, innovation, team relationships, servant leadership, all demand a new paradigm as our civic template. That paradigm is inherent in the very consciousness we are expanding, so how to earth it, to capture it and trust it as the new order for living life with meaning and intention?

The heart is the bridge between the soul aspects of our existence and the faculties that compose the wondrously powerful realms of creation within each of us. Much of this power is under-utilised, even barely acknowledged, by most. Yet it is this realm within that brings trust, faith, meaning and joy. In short, it is the realm of our very spirit.

Leadership and management teaches the importance of meaning, relating authentically, nurturing life goals while aligning with corporate missions. We even go so far as to talk about the heart of leadership. Caring for people, listening openly, guiding rather than dictating are all indicators of our progress out of the command and control era towards genuinely allowing individuals to evolve consciously.

We have had many years now to integrate new ways of gathering, storing and organising information. Computers have opened us up to a myriad of ways to communicate and learn quickly. Energetically we have all been pushed quite hard. The same energies that have spurred the information age into bloom have also elevated our awareness of the unseen realms, of transmitting knowledge via seemingly non-existent, invisible pathways.

Where we are left now is with the awareness that we are still uniquely different from technology itself, that we want, and deeply need, to relate and interrelate, and to use information as knowledge that will make a difference individually and for the greater good. We still seek harmony, peace, abundance and higher wisdom. We want to live life in our true fullness.

So how does the heart come into play and what is its role in the new age of technology and information?

To readily access and integrate our higher wisdom we must learn to enter the heart.

As a spiritual healer the heart appears grass green in colour in a person who is mostly living a life balancing their physical, emotional and mental drives. In a person who is living more from an attitude of love and is on a spiritual path, the heart begins to show fleck of pink, until the person's heart is completely open, totally pink, and they are consciously aiming to live from their higher energy centres and higher love.

Energy and information that comes from the unseen realms has to be transmuted into energy that can manifest in this physical world. So in essence the heart becomes a transformer. We are transformed through the heart. The higher and finer our energy, the quicker we access our Truth and the faster life happens. Effective decisions can be made quickly and with integrity.

Love becomes so much more than an enabling nod, or considerate gesture. Love becomes a power that fills us completely and drives our very actions. It is the force behind the wisdom.

Beyond the heart is our ability to access and speak our truth, to access intuitive abilities that give us vision and creativity, and to be a pure medium for our own divine power.

Every day we get glimpses of these abilities, we do bring them into play, yet often our mind or emotions will doubt them, veil them in less developed viewpoints, or remind us of what happened last time – fear becomes the factor that determines our action. Love has lost out.

We all have the ability to live from the universal truths that make up our consciousness. All we need to do is to make them a higher priority in judging how to be towards ourselves and others. Love is the only lesson in this life. Fear is its alter ego. In fact every thing that is not of love can be traced back to fear in one way or another. The antidote is forgiveness. Forgiveness of ourselves and others who need our forgiveness so that they too are free to live in a higher state.

What we call self-mastery is love of self. When we give up making choices that harm us or others, we live love. Self-mastery is about learning strategies that enable us to take responsibility for our actions, our feelings and our thoughts. Then we start to live in our hearts and move into expression our higher state of consciousness. We evolve and therefore the whole world is brought up a notch or two.

Through the heart we access our connection with everyone and everything. We begin to experience that we are not alone, that what we do affects the collective.

Sometimes our actions want to take a direction that doesn't make sense in the usual scheme of things. This is when we must enter the heart, be silent and check in with our higher self. Life is very simple at this level. Divine energy will do whatever it takes to lift us into power. Sometimes we must take a leap of faith when fear starts to make us tremble. But the heart is resolute in nature. We have courage and we do have support. We have all the resources we could ever need to do what we are here to do. It is up to us to find them. The times when life seems to go into chaos are the very times when we are being asked to raise our awareness, to dig deeper, to ask the heart and dive into our divine self. The journey is an amazing one once we agree to participate. The joy it brings is indescribable.

Agreeing to participate is what a true leader must do. At some point it will no longer be enough to be skilled in a particular job. We will be forced to stand in the power of our love and begin to guide others to do the same.

This is the role of the spiritual leader - the mystic who knows what it is to be divine in this life. There is no turning back, we have to continue to learn and be tested and share our love. This is the nature of humanity itself. As we experience love of self we give it out. Others are uplifted by its presence.

From the viewpoint of physics, we know that like attracts like, dark cannot exist where there is light. Every time we offer a higher, positive attitude we affect the energy field of the people around us. They cannot easily remain in a negative state without noticing the 'contrast'. Some recognise that state as something they want and feel very attracted to the person. Others are challenged and choose to remain where they are, even feeling angry or repelled by the more positive vibrations. We constantly seek to match our energies. We try to find the right partner, the right house, the right experience, the right friends, lovers, and co-workers. You'll notice how gossip is an outcome of 'matching' energies on a lower level. When our energies are lifted we can feel alienate because we no longer match what or who is around us. We have to learn to live with this aloneness and ambiguity for a time until we attract the matching energies of where we are now. Sometimes we see the effect before we've realised how much we've changed.

Corporations have to do the same. Leaders need resilience and confidence knowing that they are agents for change. Change management means shifting energies, hopefully for the higher good. Today's leaders are the new alchemists. Managing energy fields requires skill, trust, vision and love. It requires silence and space, stillness and simplicity.

When we envision, set intentions for a changed world we are expressing our love, even if it is in direct reaction to things we detest. Learning to just 'see' the world, to drop judgement and move towards a new way of being brings higher energy levels, focuses attention so that we use our attractor faculties.

To be able to focus on our heart we must have our physical, emotional and mental levels in balance. There are so many ways to do this. Life coaches spend a good deal of time helping their clients to find this balance. Time management, physical fitness regimes, personal counseling all aim to balance us at these levels.

To go higher we must go within. Contemplation and meditation settle us into the heart, draw us gently away from the external manifestations we've created into the creative.

As we become more practiced at sitting in this pace we can begin to access it as we move through our day, to spend longer periods of time in contact with that part of ourselves. It becomes less alien to us, and takes on the familiar. Eventually it is the most cherished experience in its ability to bring clarity, to soothe and to heal.

What seemed another world is now an integrated part of our entire being and part of who we offer to the world. From there, miracles can become manifest and change brings fulfillment.

When I studied creative movement and dance as a teacher I wrote a thesis on dance as both an impressive and expressive activity. It keeps coming back to me all these years later as a profound yet simple model for how we experience life.

When I dance, the movements create impressions within me. Emotions and feelings come from the very movements themselves, visual images arise within as I move and I am propelled further by those experiences. On the other hand, when I dance, I can use an emotion to create movement. It becomes my language and at times it has been the only language that would allow me to express what I was truly feeling. A flow starts to emerge and creativity takes over. It is a truly sensual and personal experience that goes beyond words. I bless these experiences as wonderful contacts with my own spirit.

This experience of dance is a wonderful metaphor to hold as a spiritual leader. As you interact with and lead others, 'expressing' yourself, you are creating movements that externalise what you are experiencing, creating impressions within others, to the capacity to which they are able to receive and process them. On the other hand, life is 'happening' to you and your own movements through life create impressions within your own being.

There is an interchange of giving and receiving. The quality of these experiences and how you process them is dependent on the quality of your dance. How attuned are you to the depths of you? How willing are you to take hold of these impressions and work with them to find new ways of moving through life?

Whether they're all impressions that uplift you and add to your own learning is up to you. What value are you adding to others by being who you are?

Go back to the heart. Return to the heart. The heart transmutes all that belongs of us in our physical world.

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