



GROWTH STYLE OF LEADERSHIP

SKILL: 'CLEAR FEELING'

“Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.” C.S. Lewis

“To be wronged is nothing, unless you continue to remember it.” Confucius

DEFINITION:

Next Level Leaders know the critical importance of being clear in all levels of the Horizontal Dimension (physical, emotional, mental and unconscious). Lack of clarity creates confusion and distortion around our purpose, mission, vision and values; jeopardizes our results; and complicates our decision-making process.

As Next Level Leaders, we recognize the interconnection between our feelings and our thoughts. Most often, although not always, our feelings follow our thoughts. If our thoughts are disturbing, our feelings become 'heavy'. If our thoughts are uplifting, our feelings are 'light'.

'Clear Feeling' is about clearing our emotional level when it feels 'heavy'. How do we do that? By forgiving ourselves for the burden of carrying our negative thoughts, judgments, memories and disturbances.

Our negative thoughts, judgments, memories and disturbances. are stored in our intellect, as a waste by-product of the intellect's duty to doubt, compare, analyze, criticize and compartmentalize. From time to time, that waste by-product must be flushed. Otherwise, it becomes heavy and we feel that heaviness emotionally in our feelings. Forgiveness 'flushes' the 'thinking' of our intellect and lightens up our 'feelings'.

But, Forgiveness is not done by the intellect. It's done for the intellect.

Forgiveness is an act of Vertical Leadership, invoking the Presence within that resides beyond our thoughts, emotions and bodies.

Forgiveness is the experience of comfort and caring that surpasses the understanding of the intellect; and as such, is meant to be felt, rather than understood.

BENEFITS:

1. Provides opportunity for renewal and freshness.
2. Allows space for creativity.
3. Cleans, clears and restores the thoughts, emotions and body.
4. Enhances Vertical Leadership.
5. Promotes lightheartedness.
6. Promotes health, inspiration, enthusiasm and motivation.