



## GROWTH STYLE OF LEADERSHIP

### SKILL: 'CLEAR UNCONSCIOUS'

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**“The interpretation of dreams is the royal road to a knowledge of the unconscious activities of the mind.” Sigmund Freud**

**“Until you make the unconscious conscious, it will direct your life and you will call it fate.”**  
Carl Jung

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#### **DEFINITION:**

Clearing the unconscious is like cleaning the attic. We never know what will come up, how old it actually is, who it belonged to, where it came from and why it has been stored.

The unconscious holds ‘memories’ of times unknown, and yet its influence often presents itself in our lives through our actions, reactions, words, dreams and imagination.

It is important to note that the ‘unconscious’ is kept unconscious for a reason, either because the unconscious is irrelevant to our current life context, or we are not equipped to deal with it, or simply because we don’t even recognize it. However, when ready and attentive, we can recognize unconscious messages and the insights they offer us for our learning, growth and upliftment.

Our creative imagination plays a big role in uncovering unconscious messages, because these messages are often delivered through symbolisms, metaphors and analogies. It may be no accident that our imagination brings forward certain messages versus others.

As Leaders, it is important to attune to all possible sources of information, particularly the inner sources. The more we attune inwardly, the more discernment we have to recognize the value of our creative imagination in uncovering the unconscious.

There are many ways to allow the unconscious to become conscious. One way is through art. Artistic expressions speak a language that has not been translated and filtered through intellectuality. In that sense, art can be raw and revealing of what lies dormant in the unconscious.

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#### **BENEFITS:**

1. Provides greater self-awareness.
2. Allows for expansion, understanding and compassion.
3. Offers a source of knowledge customized to the individual and the situation at hand.
4. Brings alignment of Horizontal and Vertical Leadership.
5. Cultivates a greater frame of reference.
6. Offers the opportunity to recognize we are more than what we consciously think we are.