



## HORIZONTAL DIMENSION OF LEADERSHIP

“Pennies do not come from Heaven, they have to be earned here on Earth.” Margaret Thatcher

“If you want to test a man’s character, give him power.” Abraham Lincoln

### DEFINITION:

The Horizontal Dimension of Leadership is the dimension of ‘doing’, the playing field of ‘physical world reality’. It takes place in time and space. It has a past and a future; a beginning and an end. It’s temporary and can be measured in time and/or distance.

In the Horizontal Dimension, we are born, go to school, get jobs, pay bills, go to work; some have children, some buy and sell things, some of us build homes, some marry and we all die.

This is the dimension where things are manifested in tangible form. It's the dimension of ‘doing’ and ‘having’.

The Horizontal Dimension represents the ‘masculine energy’ or the ‘left brain’ whereby things are processed through logic, analytical thinking, reasoning and language.

The nature of the Horizontal Dimension is duality: light and dark; good and bad; right and wrong; health and sickness; happiness and sadness, success and failure; and on and on and on. It’s much like a battery with two electrical poles - positive and negative - necessary for electrical charge to exist within a limited amount of time until it eventually drains out.

The Horizontal Dimension is also the playing field of the Ego (thoughts and emotions) which can be trapped in believing that “it’s all about me” (ex.:”I have to figure things out”, “I am alone”, etc); until we recognize “it’s not all about me” because the ego-based ‘me’, by itself, is always lacking.

Within the Horizontal Dimension, there are 4 levels of conscious awareness:

- 1) Physical (the body and its somatic manifestations);
- 2) Emotional (the feelings and emotions);
- 3) Mental (the thoughts, ideas, and beliefs)
- 4) Unconscious (the stored material which is not consciously available)

### BENEFITS:

1. Provides ‘material’ for detailed observation.
2. Allows us to recognize the peculiarities of the different levels of conscious awareness.
3. Offers opportunity to witness how one level of awareness impacts the others.
4. Allows for the awareness of multidimensionality.
5. Supports greater self-awareness, clarity, and understanding.