



## LIVING THE 'HORIZONTAL DIMENSION OF LEADERSHIP'

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1. Come present to your breath, to this moment, to this now.
  2. Notice and journal your experiences in the physical, emotional, mental and unconscious levels of the Horizontal Dimension.
  3. Notice the different energies of each level and any patterns that may be present.
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**"If you want to make the world a better place, take a look at yourself and make that change."**

Michael Jackson

**"Act as if what you do makes a difference. It does."**

William James

**"How wonderful that no one need wait a single moment to improve the world."**

Anne Frank

**"When the power of love overcomes the love of power, the world will know peace."**

Jimi Hendrix