



LIVING THE 'VERTICAL DIMENSION OF LEADERSHIP'

1. Close your eyes.
 2. Come present to your breath, to this moment, to this now.
 3. Attune to a peaceful, loving, neutral Presence within you beyond your body, emotions and thoughts.
 4. Breath into this inner loving neutral Presence which is sourcing you with life force at all times.
 5. Take time to sense the qualities of this inner Presence.
 6. You may sense It as a vibration, a sound, a sensation, or an energy of peaceful, loving neutrality.
 7. Stay with it.
 8. You may chant a mantra, or listen to its sound in the silence, or focus on your breathing or the rhythms of your heart beating and / or your blood flow.
 9. Allow yourself to identify with this inner Presence as the source of who you truly are.
 10. Connect with it in and spend time with it daily.
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“Creative people have to be fed from the divine source. I have to get fed. I had to get filled up in order to pour out.” Johnny Cash

“Without the assistance of that Divine Being I cannot succeed. With that assistance, I cannot fail.” Abraham Lincoln

“You are here to enable the divine purpose of the universe to unfold. That’s how important you are!” Eckart Tolle