



COMMAND & CONTROL STYLE OF LEADERSHIP

*Come present to your Essential Vibration and attune internally.
Open yourself to receive the blessings of this practice.*

1. Create a structure from rigid building blocks of different shapes and sizes
 2. Observe how the 'rigidity' of each block:
 - determines the way the structure expands;
 - 'shapes' creativity;
 - sets the 'parameters' for progression.
 4. Notice any other awareness you receive as to how this exercise metaphorically symbolizes the Command & Control Style of Leadership.
 5. Journal any awarenesses you receive.
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“We change the world not by what we say or do, but as a consequence of what we have become.” David Hawkins

“I am not my body, my emotions and my thoughts. I utilize my body, my emotions and my thoughts.” Inely Cesna

“Do not mistake the rule of force for true power. Men are not shaped by force.”
Euripides