

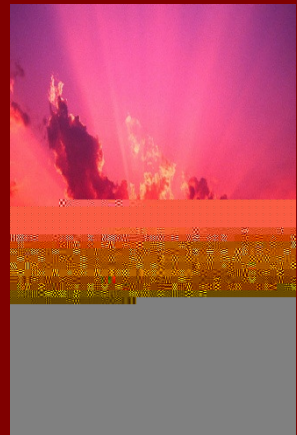


LEADForward
Insights & Inspiration for Leaders



Today's Quote:

Happiness is that state of consciousness which proceeds from the achievement of one's values.
— Ayn Rand



How we respond to whatever happens to us is an indicator of our level of consciousness

How can we learn to accept, enjoy, and be enthusiastic about each and every precious moment that we live?

On Purpose – Being Versus Doing - Ralph Simone

I continue to be intrigued by the whole notion of purpose and how what you do is less important than how you do it. How you do anything in this moment is a reflection of your inner purpose. And energetically we are vibrating at a higher level when our inner purpose is connected with our outer purpose or goals. While listening to Eckhart Tolle, author of *The Power of Now* and more recently *A New Earth*, I was taken by the idea that our true purpose on this earth is to awaken and to raise our consciousness as well as the consciousness of all mankind. How we respond to whatever happens to us is an indicator of our level of consciousness. In the book *A New Earth*, Tolle suggest that there are only three responses for the highly evolved conscious being:

- 1) Acceptance of what is – or as Byron Katie suggests “Loving What Is”.
- 2) Enjoyment – enjoying this moment, the only moment we have regardless of the activity that we are performing.
- 3) Enthusiasm – or with God – being enthusiastic about our purpose, vision, and goals.

How can we learn to accept, enjoy, and be enthusiastic about each and every precious moment that we live?

Another concept that fascinates me, but can tend to be a little confusing is this idea of expectancy combined with detached involvement. Expectancy raises our vibration level and attracts more of what we want into our lives, however it is critical to believe in and yet important not to be attached to the outcome. Attachment sets us up for resistance because the timing for something showing up in our lives is not up to us. And although it is important to have a clear image of what we expect – being too specific may cause us to miss something that may be better than what we expect.

It really isn't about doing anything – but more about remembering and reconnecting to who we really are. Little children get this and that may be why many of us find them a joy to be around – they're in the moment more closely connected to their source energy. Remembering has been defined as being in touch with our natural state of perfection. We can do this by re-establishing or reconnecting to our center point of love.

When we are connected to source energy we feel good and are inspired to be and do all that we can. This is why it is critically important to notice or become aware of how we feel moment to moment. If we feel good something positive is about to show up – if we feel bad it is an immediate indicator that something that we don't want is about to appear.

The key is to focus on what we want, so that we can create the vibration level needed to attract what we want and expect for our life.

It is important that we have a practice that enables us to create spacing and openness to receptivity by quieting the mind through meditation or melting.

Leadership Practice:

Reflect upon your life's purpose or mission, your reason for being. Begin to keep track of where and how you are investing your time during the course of a week. If you don't have a statement, silently reflect on your true purpose and write down whatever surfaces for you.

Are your actions aligned with your true sense of purpose? If not, what conscious choices will you make to become more aligned?

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