Leading with Heart, Mind, & Body

An Introduction to Conscious Leadership

Facilitated by Romy Toussaint - The Energy Queen
romyoga.com
BE AN ENERGY QUEEN!

MASTER THE TOOLS TO HAVE CONSTANT ACCESS TO YOUR ENERGY & VITALITY!

Romy Yoga - The Energy Queen - Based on the work of the Conscious Leadership Group
romyoga.com  732-991-6607
Leading with Heart, Mind and Body: An Introduction to Conscious Leadership
How do we lead with heart, mind and body?
We get out of our heads and practice dropping into our heart, mind and body!
Conscious
Being in the Here & Now

Leadership - Who we are being while doing
What Do Conscious Leaders Do?

“Conscious Leaders” inspire others to be their best self and create a positive work and home environment.

Who Is A Conscious Leader?

A Conscious Leader is someone who leads with Conscious Awareness. ...inspires and engages others to move in a direction together and to accomplish something together.
Conscious Leaders Create

We create...

- More energy
- Deeper connection
- Increased creativity
- Confidence
- Awareness
- Full engagement
- Love (Yes, we said love)
- Sustainable transformation
Conscious Leaders Believe

We believe...

- You always have a choice
- You create your reality
- In the power of play
- Suffering is optional
- Being human is being messy
- In telling the truth
Intimacy is ‘into me see’. It’s that I’m going to be transparent enough, vulnerable enough, and open enough to really allow you to see that this is who I am and this is how I am, and when you get me, you get all of this!

Van Moody
There are 4 important questions that all conscious leaders ask themselves:

WHERE AM I?  CAN I ACCEPT MYSELF?
AM WILLING TO SHIFT?  HOW WILL I SHIFT?
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ABOVE THE LINE

BELOW THE LINE
WHAT'S YOUR ISSUE?
QUESTION #1:

WHERE AM I?
CONTENT = The issue

CONTEXT = How you're being with the issue
CONTENT VS CONTEXT

- Details
- The Story
- Perceptions

Intention
- What do I want to think?
- What do I want to feel?
- What energy am I creating?

“I am here to set you and I up for success.”

“I am here to generate a win-win.”
What can I learn from this?
I wonder what the lesson/gift is?
How is this familiar?
My preference is … I wonder …
Hmmm … I agree to …
I choose to …
I cause …
I commit to …
What I hear you saying …
My body sensations are …

I should - I can’t
I’m right - It’s hard
I’m trying
It’s not my fault
I’m confused
The “fact” is
I have to
You made me
I’m sorry (with an excuse)
Always/Never
“Why” questions
You’re not listening to me
It’s no use
My way or the highway
They don’t get it
QUESTION #2:
CAN I ACCEPT MYSELF FOR BEING JUST WHERE I AM?

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers
FEELINGS

Ecstatic  Enraged  Envious  Exasperated  Exhausted  Frightened  Frustrated
Grieving  Guilty  Happy  Horrified  Hot  Hungover  Hurt
Hysterical  Indifferent  Idiotic  Innocent  Interested  Jealous  Joyful
**SADNESS:**
the chest and head; decreased activation in the arms, legs, and feet

**ANGER:**
upper half of the body and the arms; also some activation in the legs and feet

**JOY:**
throughout the entire body

**CREATIVE/SEXUAL**
throughout the entire body, though not much in the legs

**FEAR:**
upper half of the body, excluding the arms; also some activation in the feet
QUESTION #3:

AM WILLING TO SHIFT?

I'M A VERY REASONABLE PERSON
...always ready and willing to admit
I'M RIGHT!
QUESTION #4: HOW WILL I SHIFT?
HOW TO SHIFT
10 Second Shift Move
WHAT IS A COMMITMENT?
What is my 100% responsibility here?

COMMITMENT 1

TAKING RADICAL RESPONSIBILITY
Commitment #1: Responsibility

I commit to taking full responsibility for the circumstances of my life, and my physical, emotional, mental and spiritual well being. I commit to support others to take full responsibility for their lives.

I commit to blaming others and myself for what is wrong in the world. I commit to be a victim, villain, or a hero and take more or less than 100% responsibility.

Are you willing to Shift?

- What are the three most significant repeating challenges I have in my life right now?
- Where am I taking more than 100% responsibility in my life?
- Where am I taking less than 100% responsibility in my life?
- Who or what am I blaming?
- Where am I feeling “at the effect of” something or someone?
- Who am I seeing as incapable?
- Who am I seeing as needing to be saved or rescued in some way?
TOOLS TO GET OUT OF THE DRAMA TRIANGLE
COMMITMENT 2
LEARNING THROUGH CURIOSITY

"I am neither clever nor especially gifted. I am only very, very curious."
-Albert Einstein
Commitment #2: Self Awareness

I commit to growing in SELF AWARENESS. I commit to regarding every interaction as an opportunity to learn. I commit to CURIOSITY as a path to rapid learning, including letting go of any defensive patterns.

I commit to being right and to seeing this situation as something that is happening TO me. I commit to being defensive especially when I am certain that I am right.

Are you willing to Shift?

- What can I learn from this situation?
- How can I create what I most want?
- I wonder what I don’t know that I don’t know?
- What do I really want to create?
- Do a curiosity dance
- Go for a wonder walk.
- Create a wonder question.

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Commitment #3: Feeling All Feelings

I commit to feeling my feelings all the way through to completion. They come, and I locate them in my body then move, breathe, and vocalize them so they release all the way through.

I commit to resisting, judging, and apologizing for my feelings. I repress, avoid, and withhold them.

Are you willing to Shift?

- What feeling zone has the most sensation right now?
- Do I have any chronic conditions in my body that may be related to unexpressed feelings?
- If I am feeling angry, what boundary is being crossed or what change would I like to make?
- What feelings am I unwilling to feel all the way through to completion? (anger, sadness, fear, sexual feelings, joy)
- What strategies do I use to prevent others from feeling their feelings all the way through to completion?
AS ME
Life is me

THROUGH ME
I cooperate with life happening

TO ME
Life happens to me

BY ME
I make life happen

Oneness
Surrender
Responsibility
TO ME

*Life happens to me*

**Posture:** Victim

**Experience:** Blaming and complaining

**Beliefs:** There is a problem. Someone is at fault. Someone needs to fix this.

**Key Questions:** Why me? Whose fault is this?

**Benefits:** Experiences separateness

- Defines identity
- Experiences polarities
- Knows suffering

**Transformation: Responsibility** - Face - Accept - Embrace - Forgive

Adopt the belief that the universe is friendly

It's an inside job - No one out there can make me happy
BY ME

I make life happen

Posture: Creator
Experience: Appreciation
Beliefs: Problems are here for me to learn from. I created the problem so I can solve it.
Key Questions: What can I learn from this?
What do I want to create?
Benefits: Defines wants and desires
Opportunity for Personal transformation

Transformation: Surrender, Willingness, Letting go, Giving up control.
THROUGH ME

I cooperate with ife as it is happening

Posture: Co-Creator
Experience: Allowing, flow, state of wonder and awe
Beliefs: I am the source of all meaning
   I experience life as perfect, whole and complete
   Life handles all apparent ‘problems’
Key Questions: What wants to happen through me?
Benefits: Unlimited possibilities. There is plenty of everything
   Non-attachment
Transformation: Feeling Oneness, Inquiry, Genius, Meditation, Making it welcome, Letting instead of getting
AS ME

I am life and life is me

Posture: At one with all
Experience: Spaciousness, peace
Beliefs: There are no problems and no one to ‘solve’ them
There is just oneness
Key Questions: No more questions- there is only knowingness and now
Benefits: Experiences unlimited peace and freedom, oneness and non-dualism
Transformation: Humility, Non-Dualism, Freedom, Oneness
Creativity flowing, Child-like mind
Beings who deliver their unique qualities of energy
Four States of Consciousness

1. Life happens to me
   You feel victimized and helpless, have no power. Only someone or something else has the power to change things.

2. Life happens by me
   You think you have control over everything, things happen because you make them happen. You are highly driven.

3. Life happens through me
   You are here for a reason and have purpose, in touch with your Higher Power, trust you will get needs met.

4. Life happens as me
   There is no separation between you and Spirit and you and others. You operate from compassion and are an extension of everything.
FOUR WAYS OF BEING IN THE WORLD

TO ME, BY ME, AS ME, THROUGH ME

Another great tool for locating ourselves is to know our four states of consciousness.
In that first hardly noticed moment in which you wake, coming back to this life from the other more secret, moveable and frighteningly honest world where everything began, there is a small opening into the new day which closes the moment you begin your plans.

What you can plan is too small for you to live. What you can live wholeheartedly will make plans enough for the vitality hidden in your sleep.

To be human is to become visible while carrying what is hidden as a gift to others. To remember the other world in this world is to live in your true inheritance.

You are not a troubled guest on this earth, you are not an accident amidst other accidents you were invited from another and greater night than the one from which you have just emerged.

Now, looking through the slanting light of the morning window toward the mountain presence of everything that can be what urgency calls you to your one love? What shape waits in the seed of you to grow and spread its branches against a future sky?

Is it waiting in the fertile sea? In the trees beyond the house? In the life you can imagine for yourself? In the open and lovely white page on the writing desk?
COMMITMENT 13

EXPERIENCING THE WORLD AS AN ALLEY
Commitment #13: Experiencing the world as an ally

I commit to seeing all people and circumstances as allies that are perfectly suited to help me learn the most important things for my growth.

I commit to seeing other people and circumstances as obstacles and impediments to getting what I most want.

Are you willing to Shift?

- How is _________________my ally in this situation?
- I recommit to seeing ______________ as my ally, rather than my adversary.
- Where do I see others as powerless?
- Where do I see others as more powerful than me?
- Who do I see as less than me?
- Who do I see as more than me?
- I recommit to seeing ______________ as my equal and ally.
KEEP CALM AND STAY ABOVE THE LINE
KAI + ZEN = "good change" aka "continuous improvement"
Introduction to
Conscious Leadership - A Virtual Workshop
Thursdays, & Or Saturdays in May/June 2020

Are you dealing with recycled drama and stress?
Do you wish you could have more clear and authentic communication?
Do you want to lead from trust instead of fear?
Wishing you could create a more open, creative and drama free environment?

It only takes ONE person to create a shift!
Thank you!

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