



### TAKE A MOMENT AND REFLECT

Being in positive vibration with yourself gives you:

- Joy
- Inspiration
- The ability to redefine and lift up the energy fields around you

Let this positive vibrational energy be the energy that you reflect in making the changes in your life and commitment to the world.

### WHEN THE INNER MOOD IS POSITIVE SO IS THE WORLD AROUND YOU

When you feel joy, a positive flow of energy, you have more vitality. In joy, breath is deeper. You feel a sense of relatedness with your vision. An “Aha,” a sense of satisfaction, an ability to be with the next task in a state of connection to your work in a positive manner comes. You have easier access to those around you who, also joyous in being around you, can more easily join you in building positive fields of cooperation and appreciation cultures. When you appreciate and enjoy this cooperation, you can experience more elevated energy. Your vibrational field is in connection with Source. You are grounded, open, while still protected and connected to deeper states of being.

*DECLARING A NEW FUTURE—*

*BEING SOURCED INTO A NEW RELATIONSHIP OF WELLBEINGNESS AND POSITIVE ENERGY FLOWS*

You can feel this by noticing how others around you are impacted by you. When you move to greater states of wellbeing with other people, activities and intentional practices that more easily match this vibrational connection show up in response to you. That in turn lets you replicate these states that bring in more joy, possibilities and positivity. It allows you to call in more harmony.

**WHEN THE OUTER WORLD REFLECTS BACK OLD NEWS**

When engaged in practices that lead to breakdown in your world, it is an invitation to notice where you are and assess what your next stage of leadership development is which you wish to explore and to which you wish to commit. What do you need that empowers you to move out of this place that is attracting negative energy and outcomes that you don't want? What past occurrence comes to mind? What negative energy state is reflected in your body or what memory is lodged there? What present event is mirroring back a past occurrence?

**FROM DESPAIR TO JOY**

Negative states of despair, hopelessness, fear, anger, and rage close down the heart energy and, over time, can cause physical illness. Norman Cousins brought awareness of how laughter affects positive healing. Research shows how hopelessness causes illness and worsens prognosis.

Subjected to another's bad mood or anger, you are more likely to become disheartened or feel a need to move away from that person. Do you recoil or lower your good mood to match their bad mood? Do you infect others with your scorn, fear, pessimism, ridicule, criticism and negativity? Then the vibrations are really low for everyone. The whole field of energy gets stuck and mired down into lower and lower states of consciousness. Children and animals are very sensitive to these energy states and, while they are buoyant, beautiful beings, these negative mood states hurt them too.

These lowered vibrations are a clear indicator for you to lift yourself out of the despair, fear or anger that you feel. What better gift to give the world and yourself than by engaging yourself and your environment from a more balanced and positive state of being? The road back to whatever change you want to make is best trod with hope and inspiration than with a sense of foreboding or despair about the future to come. It does require intentionality, faith and commitment to go against conditioning that says simply react, be angry, resentful, and full of fear or revenge.

When you are in negative states that undermine and cause despair, others around you feel your reactive energy. They then, all too often, pass it on to others and the change of action is set in motion, negative reactive state to another and so on and on. This is time for you to say "Stop" to business as usual. You may declare breakdown in your communication. This frees you to be able to 'examine a life worth living.'

Santayana communicates, "He who does not remember the past is condemned to repeat it." Where are you behaving in the present as you reacted in your past? Where are you still resentful? Angry? Carrying fear? Where does your past creep into your communication or infect your present mood? Where are you frozen and numb?

*DECLARING A NEW FUTURE—*

*BEING SOURCED INTO A NEW RELATIONSHIP OF WELLBEINGNESS AND POSITIVE ENERGY FLOWS*

From whom and what you care about have you turned away? Closed your heart to? Why? What is incomplete in your past or with that situation or person that needs your attention to get complete?

Befriend this past and its discovery. Ask others to help you befriend your past. Ask for help in discovering what confusions or incompletions are sabotaging your present and the beautiful future you called out. By befriending your past, you “wake up” to being aware of the “nails in your feet” that keep you from moving forward. Whom or what do you need to forgive? What communication do you need to make? What grief, guilt or shame are you still carrying? For what or whom? What will it take to let go and get complete?

By befriending your past, you can discover a new “story” by seeing the old one in a new light. Once the past story is known, it is easier to lift it up, purge it, which allows you to move into a more positive state of your being. Getting complete with your past allows you to appreciate the new energy called in by the release of the old. Blessed by new meaning, it is easier to call an end to past suffering that lets the past be, well, just that, the past.

## **MOVING ON**

Develop an intentional leadership practice that shifts breakdowns into breakthroughs. Meditate. Reach out for support. Walk in nature. Find ways and practices that can lift you up. Engage in a deeper relationship with your animal kin. Find ways to engage life in its warm, invigorating and inspiring moments. Request encouraging people who inspire, empower you to show up in your space during your transition. When you express greater and greater appreciation for you and your life, you are befriending the present and the possibilities for a joyous future. When you express love for another, it can affect you and their sense of wellbeing in enriching, optimistic and motivating ways.

## **POSITIVE LEADERSHIP BUILDING**

When you move into manifesting more positive states of your being, you become intentional in what you want to bring into your leadership and organization. These positive states build on themselves. You commit to standing in fully intentional expression of the new future that you want to have. You call forth a new relationship with your future. You can mobilize to create unified fields and teams while in positive states of wellbeing.

## **PRACTICE POSITIVE FIELD BUILDING**

I sat in a community Indian restaurant known for its good food and a great working crew. For no apparent reason, a man at one table looked over and smiled in my direction. I smiled back. He, a stranger, eventually left and another person entered and sat down and when I looked up from my book, she smiled. And so it went until there were three people who engaged me, all smiles and I them, all at different times and unbeknownst to the others. Why the smiles then, today?

Maybe it was simple. I was alone and having a great time. I love this restaurant, the food and the amazing people who cook and run the place. We often are friendly and engage in easy conversation. I feel a sense of relationship and connection with this restaurant. I never tire of hearing people commenting on the fabulous food. I often bring in

*DECLARING A NEW FUTURE—**BEING SOURCED INTO A NEW RELATIONSHIP OF WELLBEINGNESS AND POSITIVE ENERGY FLOWS*

colleagues, clients, family and friends. Many community members frequent this place and we find ourselves more than not in friendly dialogues. Other times, like this day, when solo, I sip tea after an enjoyable lunch and focus on my next steps in afternoon meetings, often reading what is most recent in stewardship and leadership.

This seemingly innocent and fun-filled interlude is one way that I stay true to building my positive leadership vibrational field. It is part of my practice. We all have simple practices, ground of relatedness to life, that let us flourish and evolve to our best. From meditation to walks with friends, four feet and two, high dives off the boards to chopping vegetables with family, we discover ways to renew ourselves and forward the action of our lives and those around us.

**DOOR TO THE POSITIVE FUTURE**

Leadership development helps you to find the source of what gives your life authenticity, meaning and joy. When you allow yourself to stand for authenticity, meaning and joy, you become more and more reliable for replicating it intentionally. Squaring up against needed changes, you can step into new energy of being by facing the change openly, with faith in a new future and by declaring a shift. Leadership development can help you work through these dynamic engagements with life, grounded in positive energy that allows for transformation and intentional outcomes. It requires your intentionality and placing yourself in environments to nourish and empower your commitment to change.

Develop your leadership to move away from fascination with negative expressions in the media, books and everyday speech, into positive states of being and expression through your intention. This is an inspired, dynamic and sophisticated way to live. Like most good things, you need to build healthy practices in order to interrupt the old and cultivate the new. This is why leadership development, like meditation, equine-guided somatic learning or running a marathon, can empower you to change the negative grumbles into positive states of energy, self-talk and outward communication that can build the future outcomes that you want. Leadership development can help you communicate in thoughts, language and actions about what you WANT, and break away from complaining about what you don't.

**SET YOUR VIBRATIONAL FIELD FOR POSITIVE RESULTS**

When you meditate or sit in positive or loving relationship with those around you, wishing the people around you to experience peace, loving kindness and harmony, there is a vibrational energy that goes out and emanates into the room, like waves of influence. It can lift up the collective field in the room and everyone in it. That person is calling forth for a new condition of Wellbeingness to manifest for everyone in the room and beyond. It can be positively uplifting and call others into these higher states as well.

When you are reflecting states of joy, happiness, love, playfulness, generosity, passion, appreciation, and delight, you vibrate at the higher frequencies of these states. That in turn inspires others around you. This invites others into greater states of wellness and uplifted spirits. This promotes optimism, levity, hope and harmony. This in turn helps others to open their hearts more frequently, feel the safety and sanctuary around them, and to believe in the work that allows integrity to shine in its purest form. It lets a positive flow of energy happen that grants wishes and fulfills

DECLARING A NEW FUTURE—

BEING SOURCED INTO A NEW RELATIONSHIP OF WELLBEINGNESS AND POSITIVE ENERGY FLOWS

on promises that we communicate with the world, each other and the universe. It is the space of serendipity and an alignment of energies, gifts and talents that can move mountains. It calls forth a sense of joy and connecting that makes you glad to be alive and in community.

Here are two scales that allow you to move on up into the vibrational alignment that fits our vision, values and declarations. You can learn more about the Abraham-Hicks and David Hawkins work by visiting their websites and reading their books.

**The Abraham-Hicks Emotional Guidance Scale**

Abraham-Hicks has come up with a series of emotions that will help you work from feeling bad to feeling better about what ever you are experiencing. When you find where you are emotionally on the scale, you then try to find thoughts that feel just a tad bit better. Small baby steps toward Joy.

**The Hawkins Scale**

David Hawkins, author of *Power v. Force*, has described a Map of Consciousness some call the Hawkins scale. It follows the same basic concept as the Abraham EGS: as consciousness (vibration) expands, it aligns with Source energy. If you go up the scale, you are aligning your vibration with Source.

The Abraham-Hicks Emotional Guidance Scale from the book *Ask and It is Given*:

1. Joy/Appreciation/Empowered/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness



*DECLARING A NEW FUTURE—*

*BEING SOURCED INTO A NEW RELATIONSHIP OF WELLBEINGNESS AND POSITIVE ENERGY FLOWS*

Hawkins Scales of Consciousness, adapted from David Hawkins:

|   |          |
|---|----------|
| Enlightenment                                     | 700-1000 |
| Peace   | 600      |
| Reason  | 400      |
| Acceptance  | 350      |
| Willingness                                       | 310      |
| Neutrality  | 250      |
| Courage   | 200      |
| Below 200 (Below the critical level of integrity) |          |
| Pride   | 175      |
| Anger   | 150      |
| Desire  | 125      |
| Fear  | 100      |
| Grief   | 75       |
| Apathy  | 50       |
| Guilt   | 30       |

(c) 1995 David R. Hawkins



Photo of Beth and Kitty by Jim Wehlage.