

By Karla Boyd



The ancient texts of spiritual teaching from everywhere in the world point to what meditation teacher, Eknath Ewaran, describes as the unity of life:

*“Unity is the very law of life. In that law lies our growth; it lies in our future; in it lies our fulfillment. And today, in the world of medicine, we are discovering that in unity also lies our health, our longevity, our vitality. It is living for all that we rise to our full potential of vibrant, vital, creative action.*

*Most of the art of living, then, rests on the rare ability to discriminate between what is in harmony with this central law of life and what violates it. To act wisely, we must see clearly.*

*Does this particular choice resolve a conflict, foster clean air, bring peace to my mind or to people around me? If the answer to such a question is yes, that course of action is in harmony with the unity of life. If the answer is no, it is not.”*

Eknath Easwaran

Most leaders we know are seeking ways to contribute to life in ways that promote well-being. Yet regardless of profession, from veterinarian to dedicated caregivers or foundations, one engages in daily choices that promote greater well-being and harmony or invite a direction that does not serve the whole.

Right now in history we are faced with the need for making very complex decisions in a seemingly more and more rushed “turn around time”. It is difficult to take the time to ask pertinent questions. “Does my choice right now produce global harmony on the issue at hand or does it better lives for all?”

Despite the insistence on moving faster, actually taking the time for this practice on the front end before future plans are made and acted upon produces the optimum outcomes. Leadership development is about taking this time. It requires you to welcome inner change, connection with this field of unity that aligns your organization’s strategic plans and values.

Setting clear visions and getting current with core values is foundational in leadership development work. The practice of leadership is one of getting more and more aligned. Leadership development leads to this intentional delivery of wanted outcomes. It says, in short, my organization, my giving, my work and I are worth the investment of intentionally slowing down and taking pause of how I want the future to be. Leadership development gives you the distinctions, tools and the time to make the necessary inward shifts and changes. Refreshed, you can then return to your dreams full of integrity and hope, with renewed ability to move forward in your contribution.

This is the power and grace of dynamic leadership. It is what shapes extraordinary leaders. When your vision and values are in alignment with your core values and the core principles of the universe, the outcomes are secured.

Taking the time to explore how this law impacts your work and life saves a lot of unnecessary suffering. Allowing you to become congruent with the unifying field of existence and its teachings can set sail to visions. In turn, this can connect you with others steeped in this knowing of life and together you can co-create the most joyful, meaningful and harmonious futures.

The mystics of all religions hold one common knowing: that there is an inner force of good or an inner divinity that lives in us all and brings us together as one unified family. Eknath Easwaran says it uses three Sanskrit words to describe the core of this divinity:

*Satyam, Shivam, Sundaram: the source of truth, of goodness, and of beauty.*

Eknath Easwaran

When we surrender to this core understanding that this divine life is in us all, we are more apt to ask if our choices are hurting life or helping it. Because now we feel the inner connection of our lives as they come together. We can more readily know if this action of ours will hurt the creatures, environment or each other. Our choices, while seeming simple on the surface generally have deeper implications for all of life; this entire unified field—the animals, the environment and the global family. Our decisions deserve broader reflection to see the ramifications.

The long cherished Indian salutation acknowledges this:

*Namaste: I bow to that which lives highest in you.*

So as we bow to that living life within each creature, person and the seas, we then recognize that our visions need to extend across a wide divide that is inclusive of us all. Our values, which shape destiny, need to reflect this unity and Namaste principle for everyone and our whole earth. If they do, our visions are going to create a future that brings us closer to honoring this shared life force of us all.

When we have defined a vision and values that reflect this universal law that honors all creatures, friends, lands near and far and the trees that live in the forest, then we are likely to make wise choices.

When we allow ourselves to intentionally and reflectively discover our deeper core values and define a vision in alignment with the unity principle of life, we make a lasting contribution that cascades down the centuries. We come into our true, authentic, connecting, congruent and wise leadership. We reflect our authentic, shining and vital potential that is in harmony with the unity of life. We wake up feeling our vitality and connection and are inspired to greater actions than we ever before believed ourselves capable. We share in the co-creation of a growing harmonic convergence of joy and celebration for all life. We begin to know that our lives matter and make a difference to work, loved ones and all of life.

