

THE 15 COMMITMENTS OF CONSCIOUS LEADERSHIP

Dethmer, Chapman, & Klemp

Commitments 9 - 12

Commitment 9: Living a Life of Play and Rest

What is your dominant mode of play? (p. 211 – 212) Check all that apply.

the joker being silly, doing practical jokes	the director planning and executing events
the kinesthete pushing one's body	the collector having the best collection
the explorer delighting in new experiences	the artist/creator joy from making things
the competitor enjoying competitive games	the storyteller exercising imagination

Try a playful practice. (p. 221)

- Argue why you can't have what you really want.
- Make up a country song title that describes your issue and sing a line.
- Have a 15-second, whole body, noisy temper tantrum.
- For 30 seconds, hop on one foot and flap your arms as you discuss your issue.
- Radically change your body posture and talk about your issue for one minute.
- Sing "I am right – you are wrong" to the tune of your favorite nursery rhyme.

Commitment 10: Exploring the Opposite

Restate a stressful thought. (p. 225-228)

- Describe a specific situation that upsets, angers, or saddens you. How did you label it? In what way did you have to be right? _____

- Restate one thought in a short, simple sentence.

Question the thought. (p. 229)

- Is the thought true? _____
- Can you absolutely know that it's true? _____
- How do you react - what happens - when you believe that thought? _____

- Who would you be without that thought? _____

Explore the opposite of that thought. (p. 231)

- Example: John is unkind to me.

- Turn the statement around to the opposite. (e.g., John is kind to me.)

- Turn the statement around to the other person. (e.g., I am unkind to John.)

- Turn the statement around to yourself. (e.g., I am unkind to me)

Commitment 11: Sourcing Approval, Control and Security

What do you want? (p. 238-242)

Complete the following sentence: "At this moment, what has my attention is..."

Rewrite the sentence above as a want. "I want..."

Rewrite as "If only _____ would _____, I would have approval/control/security."

Wanting vs. Wants (pp. 243-244)

- If I don't believe I have security, I will _____.
- If I don't believe I have approval, I will _____.
- If I don't believe I have control, I will _____.

What if I believe that I am already whole, perfect, and complete, lacking nothing, and can move in the world from love and creativity?

Meditation: Sourcing from the Inside (pp. 245-247)

- *What do I want?*
- *Could I welcome this wanting, just as it is?*
- *Check your heart: Is this desire coming from wanting approval, control, or security?*
- *Could I welcome this wanting, just as it is?*
- *Could I let this wanting go, just for now, just in this moment as best I could?*
- *Could I rest for this moment as that which is beyond all wanting?*

Commitment 12: Having Enough of Everything

Believing You Don't Have Enough (pp. 256-259)

- There is never enough _____.
- The more _____ the better.
- There is nothing I can do about _____.

What is your measuring stick? What and to whom are you comparing? _____

Adjusting Your Reference Point (pp. 259-261)

“Sufficiency isn’t an amount at all. It is an experience, a context we generate, a declaration, a knowing that there is enough, and that we are enough.” – Lynne Twist

Make known to yourself the power and presence of your existing resources and your inner resources. Sufficiency is a context we bring forth from within when we look around and within ourselves.

- Time – Think of a time when every second seemed to last hours. Think of an occasion when time flew by and an hour felt like minutes.
- Money – Think of a time when you had a lower income. Did you experience more freedom? Imagine what would it be like to live on that amount of money.
- Other: Love, Energy, Space, Resources

Sufficiency Meditation (pp. 261-262)

- *What are you experiencing right now. Notice that there is enough.*
- *Attend to your physical body. Notice the wholeness of your physicality.*
- *Notice your experience of time. There is only now.*
- *Bring to mind anything you have been believing is scarce. Notice that when you are fully present, you have everything you need. When there is just now, there is always enough.*