



Yoga Practice #2

This issue of the Yoga of Leadership explores the power of our focus and the way we define our organization to set our direction and cause profound changes. How we see ourselves determines how we present ourselves to the world and thus influences our feedback -- the reflection back from the world. There are many phrases that point to this dynamic. "Where you start is where you end up," or "We create our own reality" -- perhaps not instantly but moment to moment and gradually over time.

This is a conscious activity. How much effort and consciousness will you bring to your daily life? How much focus are you willing to invest in yourself -- the quality of your life, your relationships, your wellbeing? Learning about organizational change starts with experiencing the fire of personal change. **Spark that flame with your Wish to Grow**

A Meditation using your Wish To Grow

1. Start wherever you are at this very moment. There is no need to change your immediate circumstance for this yoga practice.
2. As you read this meditation, pay attention to your breath -- to your in-breath and out-breath. Your breath is the primary tool of yoga. It is the first and foremost tool in discovering and cultivating health in and around you.
3. The sound, feel and regeneration of your breath will take you nearer to your heart and your core. This is where you will find your true self and cultivate your Wish To Grow.
4. The Wish to Grow is a phrase that my meditation teacher, Swami Chetanananda, uses to talk about the power of our inner focus to change our lives. The phrase may be different for you.
5. The Wish to Grow is a tool and like the sound of our breath, you can use this tool to discover your inner condition and assess its clarity, integrity and your satisfaction with it.
6. Take a breath and relax as you exhale. Be aware of your posture and adjust your body as needed. Focus your awareness as your breath in the center of your chest and in your heart.
7. Ask your inner self, "What do I want?" and listen for the reply. Ask again and again leaving time for your inner self to reply. Each time take the feedback and ask from a deeper, clearer place in your heart. If you are familiar with the organizational tool, "The 5 Whys" then you understand the iterative nature of this tool. Each time you ask and receive an answer, you take that answer and ask for a deeper more honest, more fundamental and meaningful response.
8. Your heart knows your truth and as you get closer your body will let you know. Your emotions may well up. Your focus may become clearer. You may have the satisfaction on finding that true place within yourself. This may take a long time, in which case keep asking and hold your focus.
9. Your asking may lead you to the simple answer, "I wish to grow. I wish to grow as a person. I wish to be a good human being. I want to learn. I want to find the inner peace that comes from knowing who I am and living my life in accordance with that knowledge." Your inner wishes may be different.
10. Just as companies set aside time to rediscover their core business and purpose and to reassert their mission and vision, we individually need to renew our mission and life's purpose.
The Wish to Grow is a powerful wish that doesn't dictate any one particular path but rather asserts a value for growing and learning. This wish leads us toward a life strategy of learning and openness.
11. This yoga routine practiced regularly will inform you of what is proper and appropriate action and help in your decision-making. It will support the development of your identity and direction. It will help to stabilize your body, mind and emotions as the same time.

Thank you, Swamiji, for helping me to appreciate in the most profound way that we are all in this together.

© The Yoga Of Leadership. Healthv Systems. www.healthvsystems.net. 503 695 5678