CORPORATE HARMONY

An Enlightened Approach to Leadership and Organizational Development

Hello again from Corporate Harmony and welcome to the Module 4 Week 2 'Conversation Starter'!!

You may remember from Week 2 of Module 1 that the practice of positive emotional thought is a learned skill …. Many of us do not come 'pre-wired' for it …. basically, our thought-habits are the product of our life experiences to date -- and the skill of what I call "Positive Presence" becomes a matter of learning how to think and then practicing how to think. Our proficiency for Positive Presence is different for each of us .... greatly dependent on our life experiences, on our beliefs, and on the paradigm within which we live. For many of us, our thought patterns are automatic and we give them little notice …. but if we want to give them notice, and if we consciously practice how we think, our brain will re-wire for that, and the new process becomes automatic again (unconscious, if you will…)… in really no time at all!

The fact that our thought-habits are the product of our life experiences to date is critical to our journey of self-awareness. A key understanding is that our subconscious negative mind-chatter has been created over a life time of experiences, many of which we were an unknowing and unwilling participant in. So our subconscious negative mind-chatter is often really no fault of our own. Until we become aware that it exists and until we figure out how to adjust it, there is no hope of any change at all. So please, understand that there is absolutely no reason to carry around guilt, or sadness about what you may have done, or said, or behaved like yesterday, or a year ago. Today is a new day. It is the day that you start!

Dr. Dan Siegel, introduces us to the ability of 'mindsight' in his book 'Mindsight – The New Science of Personal Transformation'. He explains it as "a kind of focused attention that allows us to see the internal workings of our own minds. It helps us to be aware of mental processes without being swept away by them, it enables us to get ourselves off the autopilot of ingrained behaviors and habitual responses, and it moves us beyond the reactive emotional loops we all have a tendency to get trapped in." He goes on to explain that there are many, many reasons why, for many of us, this ability does not come automatically – but it is something that can be cultivated, and therefore, well-being – in our mental life, our relationships, and our bodies – can be considered to be a learnable skill. It is a learnable skill that actually changes the physical structure of our brain and stimulates the brain to grow important new connections ….. Dr. Siegel goes on to say "How we focus our attention shapes the structure of the brain. Neuroscience supports the idea that developing the reflective skills of mindsight activates the very circuits that create resilience and well-being and that underlie empathy and compassion as well. Neuroscience has also definitely shown that we can grow these new connections throughout our lives, not just in childhood."

When we learn to turn our attention inward to our mind, we in essence 'invite' our thoughts and feelings into our mind and, rather than be driven by them, we can learn from them, we can calm them, and we can hear their wisdom. We learn to accept and celebrate our self for who we are right in this moment. And we can use our mind to re-wire our connections for greater well-being.

Dr. Siegel tells us "What Fires Together, Wires Together" … Under the right conditions, neural firing can lead to the strengthening of synaptic connection. These conditions include repetition, emotional arousal, novelty and the careful focus of attention." Hence, the more time we spend in the 'positive', the better. Our 'positive' moments need to be heartfelt, and learning new ways to look at a feeling and/or situation can truly be life-changing!

My friend and colleague, Natalie Ledwell, is a personal development coach and Law of Attraction guru. She runs a free online program through which she creates an environment where people can connect and be inspired to make positive shifts in their lives. Her show is, in my opinion, one of the best, so I invite you to go to the website to visit our Resource Page and sign up for Natalie Ledwell's 'The Inspiration Show' in Corporate Harmony's Online Coaching Library.

From Week 1 we remember that Positive Presence is the skill of adjusting and creating a positive and energized mindset within our self through conscious thought processes. We can assess our personal energy flow through our feelings. Feelings such as happiness and optimism can be linked to a positive energy flow, and feelings such as anger and frustration can be linked to a negative energy flow. We can control our feelings with our thoughts and it is through our thought process that we choose how to behave. And the bottom line is – the measurable result of a person's energy flow is reflected by one's choice of behavior.

Remember, acquiring the skill of Positive Presence is a slow and gentle process that begins with awareness … but it's also a process that must be doused liberally with forgiveness -- especially self-forgiveness -- as well as a good solid pinch of humor.

Remember, the more time we spend in the positive, the greater our capacity for achieving peak performance, for building and maintaining good relationships, and for experiencing good health.

This week's homework was laid out in Week 1 of Module 4 so please refer back to our previous 'Week 1 Conversation', and follow the instructions for the next 7 days!

So my friends, go to Week 14 in your Positive Presence Skill Building Journal, and until next time, let the skill of Positive Presence work for you.

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