



Wholeness

Opening

As we near the end of this series of pamphlets, we come to some kind of fruition on the development of our leadership presence. Maybe not so much on its actual development, but more on its complete unveiling. Because as we said back at the beginning, your potential to show leadership is already there. Most of us, consciously or sub-consciously, just do a pretty darn good job on covering it up or telling ourselves and others that we're deficient and wanting in a number of ways.

But as we do the exercises of unveiling, some of which we have covered here and some we have found in other ways along our path, we start to get to a point of wholeness. We recognize that we are whole. And in that wholeness we recognize our power and our potential. It's like that fruit pie sitting under a glass counter at your favorite café. When you look down and see a pie with a bunch of slices cut away from it, it seems somewhat less appealing. But when you see a complete pie, one with no slices missing--a whole pie--you just want to buy the whole thing. Wholeness is intrinsically appealing. And when we start to know ourselves as whole and complete individuals, that's when some pretty amazing things can start to happen.

The Problem—What's Missing?

For many of us, there is a strong feeling that something is missing in our lives, or maybe even that there are lots of things missing in our lives. Our commercially-based world doesn't help this, as someone is always pitching a product or a service that can help us improve some perceived deficiency. Our social media-oriented world goes even bigger on this, with people comparing themselves to friends and celebrities and concluding that their life is far from admirable.

We can fall into the trap of constantly criticizing ourselves, telling us that a big slice of our pie is missing, or that a particular capacity is not the best part of our game. There may be plenty of people willing to tell us this in direct and subtle ways, but we also have ourselves to contend with as we are often our worst critic.

But what if we actually have this all wrong? That we are instead perfect, peaceful, pure and powerful? That we are whole, that we exemplify wholeness? Imagine yourself as a beautifully baked key lime pie on display in a bakery counter, with no slices missing, completely and utterly whole. Now that is a beautiful image!

To hold this image of wholeness in ourselves and in our lives, we need to have a deep belief that this wholeness is our inherent and true nature. A knowing or faith that a wholeness underlies the image that we project to the world. This superficial-layer image of ourselves is the product of our egos. To get to the wholeness underlying us all, we need to suspend the ego or perhaps let more and more of our ego wash away. Perhaps this is the crux of what we are trying to do here, to realize that we are already whole underneath, and to do the work to unveil what lies beneath. Perhaps our leadership presence is in fact our wholeness, and when it is revealed, the leader that we are meant to be is seen by all of those around us.



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Credibility Story/Success Story

This time, we'll enlist an archetypal image. The image of a kid, a happy kid. Maybe eight years old or so, discovering and making some sense of the world around them, but not so old as to be wearing the weight of the world. When an eight year old goes out to play, they run freely, like a colt in a pasture. They howl with joy, they see the beauty in the clouds and flowers and the leaves on a tree. At play, in nature, they are having fun, completely and wholly. They are whole, they exhibit wholeness. A young kid immersed in their wholeness doesn't contemplate any deficiencies in themselves or the experience they are fully enjoying. That is what we mean by wholeness, the perception of you being fully whole.

Clear Statement of Solution

Perhaps the best way to achieve a high degree of wholeness is to cast your mind back to when you were a kid. You pick the age, one that you can remember but young enough to be in that zone of not worrying about the world or what people thought of you. Through this mental transportation to an earlier time you can find a space where you are inquisitive, happy, and unfettered by thoughts of lack or deficiency or social expectation. You can think of this as 'child mind', or what the Buddhists call 'Beginner Mind'. This is a way of being where you are immersed in your completeness, your wholeness, and the attendant full enjoyment of life that comes from being in that space. Find that space, and then hold it in place mentally. This is a practice, a wholeness meditation. When something arises that bumps you out of the perception of wholeness, simply go back to that mental space of wholeness. And similar to meditation, over time, the holding of that space gets easier to achieve and more resonant in its holding.

Statement of Benefits

The holding of an awareness of your inherent wholeness will bring you a level of confidence that will permeate throughout your day to day activities. Not swagger, which is often based on a superficial sense of being better than the other guy. But instead a confidence, which is based on a knowing of your wholeness, and of the equal wholeness of the other guy. This confidence can lead in turn to a lack of worry, and an unwavering belief that you have the abilities to do what you need to do to achieve your true purpose. And one of many other resulting benefits is the achievement of equanimity, where you stay calm and focused under pressure. If you have an unwavering sense of your wholeness, why wouldn't you stay calm under any situation the world brings to your experience?

Summary-Starting Points

In this final pamphlet, we have argued that in your actuality you have no flaws, and no errors. This may differ greatly from what you have been taught as a child, what your religion has taught you, what the world screams at you every day. But what if the inverse is actually true, that at your core you are pure, peaceful and powerful. Whole, completely whole. And day by day, hour by hour, you start to believe this truth and start to act as if it is so. But you are not this amazing entity on your own, you have this strength and completeness because you are a fragment of the Divine. Whole and perfect, as is the Divine. This is resonant with the concept of a holographic Universe, where the overall is whole and all the individual components are equally whole.

Suggestions for Practices Relating to Wholeness

The following suggested practices will help you to develop a stronger sense of your wholeness, if the related modality is integrated into your daily/weekly life. A description for each of these is given in the modality description file that follows directly after this pamphlet:

- Visualization
- Day Review
- Journaling
- Creativity
- Artists' Date
- Heart Connection
- Classical Music
- Mudras
- Attitudinal Shift—Kindness
- Radiating Inner Love
- 99% Silence-Iceberg
- Loving-Kindness

Closer Story

To wrap up this set of pamphlets, we use the concept of wholeness as a jumping off point to building a new approach to life. We have covered a number of interwoven concepts—Leadership Presence, living a life with a focus on the 4C's, mindfulness, empathy and wholeness that interconnect and interweave to create a foundation for an increasingly engaged and purposeful life.

Doing the related work on integrating these concepts into our daily lives through the modalities described in the following document will help any reader unveil the Leadership Presence within themselves. As we mentioned previously, this Leadership Presence is already there, it just needs to be unwrapped or unveiled. There are many kinds of different leaders, but what the world needs leadership on many fronts at this time to address the grand challenges that face local and global society. What is your purpose? And where will you lead and how will you lead to achieve this purpose?

Wishing you the best as you unveil your Leadership Presence for the benefit of us all.....blessings and peace to you on the steps forward.

