The Soul of Leadership
By Deepak Chopra M.D.
Reviewed by Marisa Ortiz - Global Professional Development

About the Author
Deepak Chopra, M.D., F.A.C.P., is co-founder of the Chopra Center for Wellbeing and the Chopra Foundation, world-renowned pioneer in integrative medicine and personal transformation. He is board certified in internal medicine, endocrinology, and metabolism. He is a Fellow of the American College of Physicians, a member of the American Association of Clinical Endocrinologists, and a clinical professor in the Family Medicine and Public Health Department at the University of California, San Diego. He is the author of more than 85 books translated into over 43 languages, including numerous New York Times bestsellers. His recent books include You Are the Universe; Quantum Healing: Exploring the Frontiers of Mind/Body Medicine; and The Healing Self.

About the Book
Inspired by course the author teaches at Kellogg Graduate School of Management, Northwestern University and written in 2010 while serving as scientist for Gallup.

*Introduction

*Part 1: L-E-A-D-E-R-S
1. L = Look and Listen
2. E = Emotional Bonding
3. A = Awareness
4. D = Doing
5. E = Empowerment
6. R = Responsibility
7. S = Synchronicity

*Part 2: Two Who Lead from The Soul
8. Jeremy Moon, Founder and CEO of Icebreaker
9. Renata M. Black, Founding Director of Seven Bar Foundation

*Part 3: Ten Principles of Leadership
10. A Template for Awareness

*Acknowledgements

The Book’s One Thing: To give everyone the skills and insights to be an inspired leader. At the deepest level, a leader is the symbolic soul of the group. Her role is to fulfill the needs of others and when each need is met, to lead the group on to fulfill ever higher needs, lifting the group’s potential at every step. The inspired leader’s power base comes not from other people but from her very being, and the path she walks is guided by her own soul. Its hallmarks are creativity, intelligence, organizing power, and love.

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Blue Sky Leadership Consulting works with organizations to leverage Strategic Thinking and Execution Planning and we encompass many of the principles in these books into our Four Decisions™ methodology and development of your company’s Growth Roadmap™. Need to grow top line revenue? Improve bottom-line profits? Build accountable and trusting teams? Improve cash flow? Develop leadership team members? Contact us for a free consultation
Introduction
We have never needed enlightened leadership as much as we do now. In the second decade of the twenty-first century, humankind poses a terrible threat to its own existence as we blindly tear great holes in the life-sustaining fabric of our environment.

Great leaders are those who can respond to their own needs and the needs of others from the higher levels of spirit with vision, creativity, and a sense of unity with the people they lead. Pg11.

Successful visionary: makes her vision manifest in the world. Invisible seeds planted in the silence of your deepest awareness become tangible, visible realities. As they unfold, you will manage their growth with passion and energy. The results you achieve will benefit everyone – you, the group you lead, and the world at large. On a planet challenged on every side with ecological deterioration, everything you achieve must be sustainable, which means supported by awareness. Pg. 12

Soul: an expression of an underlying universal field of consciousness. Your particular awareness, or soul, is like a wave in this boundless sea, unique for a brief moment in time before it falls back into the larger entity from it emerged. The soul takes on qualities that are essential to creation: creativity, intelligence, organizing power and love. Pg. 13

WHY THE SOUL?
Our souls offer the higher inspiration at any moment. With our minds we may see chaos, but the soul knows there is an underlying order, and seeks to find it. Until we turn to the quiet wisdom of the soul, we will continue to fall back on old habits and stale answers in response to new challenges. Mahatma Gandhi, Mother Teresa, and Nelson Mandela undertook their journeys based on the soul’s awareness (however much we clothe them in mythic status). They used this awareness to tap into a source of wisdom that remains constant throughout history and is available to us all. Pg. 17

Dr. Martin Luther King, Jr., offered an oppressed minority the opportunity to go beyond the need to survive in order to meet their higher needs for a sense of dignity and spiritual purpose. He offered transformation. Leading from the soul is neither mysterious nor abstract. Inspired leadership matches real responses to real needs. This is a skill that can be learned. You can do it, and so can I. We can meet needs at every level of a group’s outer and inner life, applying the same awareness to a family, or a community, as to a corporation. In the deeper reality of the soul, leaders and followers co-create each other. Pg. 18.

PART I – L-E-A-D-E-R-S
Look and listen on 4 Levels.
The Four Levels of Perception
1. Body: The stage of impartial observing and information gathering
2. Mind: The stage of analysis and judgement
3. Heart: The stage of feeling
4. Soul: The stage of incubation. Pg. 27

FINDING YOUR TRUE PURPOSE – Being in touch with the soul is the secret of great leadership. Pg. 30
Your Soul Profile Exercise
1. What is my contribution in life?
2. What is the purpose in what I do?
3. How do I feel when I have a peak experience?
4. Who are my heroes and heroines (from history, mythology, fiction, religion)?
5. What are the qualities that I look for in a best friend?
6. What are my unique skills and talents?
7. What are the best qualities I express in a personal relationship? Pg. 31.

Your Personal Vision. Pg. 32.
1. I want to live in a world in which ________________________________
2. I would be inspired to work in an organization that ___________________________
3. I would be proud to lead a team that ___________________________________________
4. A transformed world would be______________________________________________

To match your present work with your vision, answer the following:
✓ How does your work in the world reflect the vision you outlined?
✓ What do you need (from your team or organization) to get closer to your ideas?
✓ What can you offer (to your team or organization) to move it closer to your ideals?

Your Mission Statement – merge your values and your vision into a succinct statement of your overall mission in this lifetime. Enthusiasm = en-theos or “in God” in Greek. Inspiration= to breath and spirit in Latin. When you inspire others, you bring everyone into the spirit of your vision – you motivate them to breathe together in the same atmosphere. Pg. 33.

PUTTING YOUR VISION TO WORK – Focus on the precise need that will bring productive change. Pg. 34.

THE NEEDS OF THE GROUP – To be the soul of the group, a leader must correctly perceive what everyone needs and then put her perception into action. Pg. 35.

1. Safety, security
2. Achievement, success
3. Cooperation
4. Nurturing, belonging
5. Creativity, progress
6. Moral values
7. Spiritual fulfillment

WHAT MAKES A GOOD LISTENER? Pg. 38.
1. Not interrupting
2. Showing that you empathize: not criticizing, arguing or patronizing
3. Establishing a physical sense of closeness without invading personal space.
4. Observing body language and letting yours show you are not distracted but attentive.
5. Offering your own self-disclosures, but not too many, or too soon.
6. Understanding the context of the other person’s life.
7. Listening from all four levels: body, mind, heart, and soul.

Emotional Bonding – Emotions are the invisible allies of successful visionaries.

BECOME EMOTIONALLY INTELLIGENT
- Shared Enthusiasm – from “this is great for me” to “this is great for all of us”.
- Genuine Caring for Others
- Willingness of Build a Relationship – strongest adult bonds are between equals. All souls are equal.
- Reinforcing the Strengths of Others
- Increasing the Self-esteem of Others
- Nonviolent Communication – removing any sense of threat allows you to manage situations in away that fulfills people’s needs.
Conflict Resolution – Negotiation.

- You respect differences of opinion, even those that seem to undermine the success of your vision.
- You don’t need others to change in order to be happy.
- You are coming from a place of peace.
- You genuinely want to understand why others are resisting you, without passing blame or judgement on them.
- You want change to benefit everyone, or as many people as possible.

SPIRITUAL INTELLIGENCE – in touch with love, compassion, joy, and inner peace. These values are transpersonal. They belong to humanity as a whole. You come from a place of love, joy, and equanimity because you are in touch with your own soul. Pg. 56.

Awareness – the birthplace of possibility. At every moment, many paths lead forward. Awareness tells you which is the right one to take. Pg. 62. Synonym for consciousness. In the world’s great spiritual traditions, consciousness is considered an attribute of God and is therefore infinite and omnipresent. The divine sees and knows everything. Pg. 65.

The Seven Attributes of Consciousness

3. Coherence – receives streams of raw input from the five senses and forms them into a coherent picture of the world.
4. Intuition, insight – unclouded by personal bias; sees reality instead of illusion.
5. Creativity – encouraging others to see beyond the old ways of doing things.
6. Inspiration – rooted by love, compassion, faith and virtue.
7. Transcendence

Doing - Right Action in Every Situation

If you are aware, every situation will tell you which path right and which path is wrong.

1. Protector
2. Achiever
3. Team Builder
4. Nurturer
5. Innovator
6. Transformer
7. Sage and seer

Your Awareness Program

- Stop Struggling
- Keep listening to your inner voice
- Meditate in order to reach the core of your awareness
- Test your boundaries
- Remain centered
- Look beyond your personal beliefs
- Gather information from every source.
- Learn to have clear intentions
- Value inner peace.

The Spiritual Side of Doing

- The classic sign that a person is leading from the soul is that she stops struggling and lets life unfold. In Eastern spiritual traditions this approach is sometimes called “nonding”, which is considered more powerful than doing. You can accomplish more with less when you practice nonding. It is very far from doing nothing.
- The Eastern teaching about nonding holds that just as you can step aside from controlling your body, you can step aside from controlling your life. Your life will still work very well if you don’t control it. It will flow, unfold, grow and evolve. By allowing, you become the witness to what your soul wants, and because you trust your soul, what it wants
meshes perfectly with what you want. When that fusion takes place, being in the zone isn’t a matter of magical moments on the playing field. It’s a way of life.

- A successful visionary has reached the stage where nondoing is natural. Having experienced what it’s like to let life unfold on its own, she possesses a great advantage. Her approach to leadership can avoid the struggle, worry, stress and control that bring down so many cherished projects. Letting your soul do the work is the most efficient way to lead as well as the most spiritual.

### Empowerment.

The fruit of successful action. The use of power in entangled with its misuse. Leading from the soul means resolving these trouble-some issues by taking a conscious approach to them. With expanded awareness, one sees that the patterns of power are neither fixed nor inevitable. Each of the four principles can be reversed and transformed into something much more humane.

- Power accumulates
- The powerful rise only to fall
- Power corrupts
- Power is exceptional.

The Needs of Followers by Gallup research:

- Trust
- Compassion
- Stability
- Hope

### Responsibility – for your evolution and the evolution of others. Evolution is an unstoppable force. By aligning with it, you will benefit yourself and everyone around you.  

1. I am responsible for what I think
2. for how I feel.
3. for how I perceive the world.
4. for my relationships
5. for my role in society.
6. for my immediate environment.
7. for my speech.
8. for my body.

In spiritual terms, the situation is you. Every experience reflects your level of consciousness. The inner and outer world merge at the level of the soul. Being responsible ultimately comes down to accepting the wholeness of life.  

### Consciousness

1. Has organizing power
2. Makes quantum leaps of creativity
3. Moves naturally in the direction of growth
4. Creates order out of disorder

### Transpersonal power means going beyond the individual. This is the kind of power that exists within everyone at the level of the soul.

### Good Mental Habits

- Think clearly and concisely
- Weed out prejudices and personal biases.
- Examine your assumptions to make sure they aren’t secondhand or unproved.
- Explore every thought in depth.
- Pay attention to subtle impulses, focusing on them until they expand and unfold.
- See each thought in without judging or dismissing it prematurely.
- Walk around and see your thought from several angles.
- Be sure you aren’t influenced too much by stress, emotion, or the heat of the moment.
- Be above drama of the situation.
Synchronicity - the unseen intelligence that puts you in the right place at the right time. Successful visionaries expect miracles because they trust in constant support from the soul. It is natural and ways way to live. You allow your true self to unfold; then you can open the same path to those you lead and serve. Pg. 161.

If the soul is your link to this power, it can arrange any event in the time and space. The term for such arranged events in synchronicity. The basic definition of “a meaningful coincidence.” Really isn’t adequate to describe what happens. Coincidences link two unlikely happenings—for example, two strangers meet and have the same last name, or went to the same schools. A personal dream is suddenly given the chance to become reality. Pg. 162.

You can become a successful visionary, the goal that gives this book its reason for being.

The Path to Miracles
- Regard synchronicity as normal
- Look for hidden messages
- Go where you are guided
- Be here in the present
- Understand the harmony of contained conflicts.
- Encourage unity; discourage divisions.
- Align yourself with a new belief: “I am the world.” Pg. 164.

*Part 3: Ten Principles of Leadership

Only someone who turns for wisdom to the silent domain of the soul can thrive in the midst of chaos. Such a person will be remembered as a great leader. Pg. 213.

The world’s wisdom traditions define truth as a single speak that burns down the whole forest. If a leader is willing to be that spark, other will see the truth within him.

As a leader, you may find occasion to tell your followers why you wanted to raise them to a higher level, but in your heart, you will know that you did it for yourself. To walk your own path is enough. Pg. 217.
Actions

What thought, or idea had the biggest impact on you today?

What is your ONE THING? What one specific action you will take TODAY from what was discussed?

HOW will you implement this action?

Calendar of Events

First Friday – Wittigs 2018 Avenue B San Antonio 7:30 – 9:00 [Sponsor: UTSA EMBA Alumni Association]
- Jan 4th: Origin
- Feb 1st: Cilantro Diaries
- Mar 1st: Sleep Smarter

Wine & Cheese Wednesday – Wittigs 2018 Avenue B San Antonio 5:30 – 7:00 PM [Sponsor: Haworth]
- Jan 9th: The Soul of Leadership
- Feb 6th: SPECIAL EVENT – Oscar Night
- Feb 13th: Make Your Bed
- Mar 13th: Engaged Leadership

Second Tuesday – Wittigs 401 William St. Corpus Christi 5:30 – 7:00 PM [Sponsor: Wittigs & Haworth]
- Jan 8th: The Soul of Leadership
- Feb 12th: Make Your Bed
- Mar 12th: Engaged Leadership

Fourth Thursday – Haworth 2 E Greenway Plaza #100 Houston 11:30 –1:00 [Sponsor: Haworth & Wittigs]
- Jan 24th: How to Win Friends and Influence People
- Feb 21st: Mastery
- Mar 28th: Your Oxygen Mask First

Fourth Friday – Alpha Home 419 E. Magnolia Ave. San Antonio 8:00 – 9:30 [Sponsor: Alpha Home]]
- Jan 25th: How to Win Friends and Influence People
- Feb 22nd: Mastery
- Mar 29th: Your Oxygen Mask First