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LOVE UNBOXED and WOMEN OF THE NEW PARADIGM

GEMA RAMIREZ

CULTIVATING CONSCIOUS LEADERSHIP

9 Qualities of Conscious Leaders



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- 9 Qualities of Conscious Leaders -

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YOUR VISION

“Now is the moment to start to have Visions and begin to see the world you want to live in.

By writing about it and speaking about it, it becomes real. You are willing it into life, willing it into form, willing it into being. That is why you are here because you can. Create the Love, create the Happiness, create Joy beyond measure!”

- Isis Livingstone -

INTRODUCTION

What is Conscious Leadership?
Why Conscious Leadership?
How do we become Conscious Leaders?

The **CONSCIOUS LEADER** is the leader of the future, the leader who has transformed the world into the Paradise on Earth that today we wish for for our children and the future generations.

Travel into the future for one moment, if you may, and visualise a world where Humanity has become One, Conscious, Kind with Nature, Peaceful, Joyful, Respectful, Inclusive.. Global **CONSCIOUS LEADERSHIP** has done this.

In this ideal future, the **CONSCIOUS LEADER** has transformed businesses into Conscious Businesses that put people first, are up to date with environmental issues, create product and services that are not only not harmful for the planet and humanity, but bring innovative solutions that enhance the beauty of nature. The **CONSCIOUS LEADER** has created communities, families and environments that thrive and flourish with Joy, Inner Peace, Well-Being and Happiness.

If we can imagine such a future, it is possible. Everything we can imagine, we can create. You can now transform yourself into the LEADER of the future. You can learn the skills that will make you a **CONSCIOUS LEADER** who coaches and leads for **GREATNESS** in themselves and others, who will transform the world in the place we are created to live in.

Becoming a **CONSCIOUS LEADER** starts with the Conscious decision to be one. The skills that will take you there can be learnt. Go through the transformation into the real YOU, the **CONSCIOUS LEADER** that is already inside of you eager to come out and leave a huge impact in the world by developing your inner gifts, strengths and talents.

There are 9 main qualities that **CONSCIOUS LEADERS** possess. Developing those, working on the ones you are already showing and focusing on becoming that which is already within you, is the key to the transformation into the **CONSCIOUS LEADER** that will lead the world to **PEACE** and each individual to the **MAGNIFICENT BEING** we all are.



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#1 AUTHENTICITY



Conscious Leaders are Authentic Leaders.

AUTHENTICITY AND PERSONALITY

What does being **AUTHENTIC** mean? According to the Webster dictionary, being **AUTHENTIC** is 'being true to one's own personality, spirit or character'.

Being an **AUTHENTIC** and **Conscious Leader** implies being fully aware of your personality. To be **AUTHENTIC** means knowing yourself to your core, being conscious of who you are so that you show up as you and being aware of when you are not being fully you.

AUTHENTICITY means being honest. Some people 'work hard' at being authentic, this means they are not being authentic as true authenticity comes from the Heart, from a true and deep love for oneself and the recognition of the gifts that you own to give to the world. This authentic self cannot be rehearsed, cannot be faked. **AUTHENTICITY** is **spontaneous** and **magnetic**.

People are naturally attracted to authenticity and turned off by non-authentic people. Someone who speaks naturally, from their Heart, attracts attention and warms other people's Hearts. A speech can be prepared and still being authentic when you have learnt to listen to your Heart and the words come from your inner Wisdom.

Opening the Heart and **Living as your Soul** is being authentic. You cannot fall into the unauthentic trap when you live from your Heart, when you listen to your mind without prioritising what it has to say. When you embody fully your Soul there is no room for anything but **AUTHENTICITY**.



Children are authentic. They speak their minds and say things as they are, from the Innocence of their hearts and minds. Children are not programmed by society standards hence children are spontaneous and speak freely. To be authentic means going back to that **childlike mind-set** and begin to heal your deep wounds, the layers of protection that you put around your heart that prevent you from being *vulnerable* and totally *free*. Overcoming our fears, healing our past and letting go of our ego so that our Souls can drive fully the seat of our being into a brighter future.

Being Authentic is Being your Soul, naked, with no masks, embodying *Love* and *Compassion* as the true values of your Heart.

CONSCIOUSLY WEARING A MASK VERSUS BEING AUTHENTIC

Sometimes, the Leader needs to wear a mask, I hear, in order to empower and inspire change, the leader must wear different hats and bring about different personalities and archetypes. Yes, this may be a positive influence in other people's lives, to become someone else for the sake of development. Yet this is not the same as wearing a mask. When you wear a mask, you are being someone

you are not, you are not being true to yourself, you act in opposition to your core inner values and there is a feeling, there are roaring emotions burning inside you and physical feelings in your body that shout at you telling that there is something wrong. When you decide, consciously, to become someone else for the good of your team, displaying a different personality archetype for the sake of the development of others, this is not the same as wearing a mask, this is acting, it's becoming someone else to facilitate learning, this facilitation is always done from the same core values that drives your Soul and it is always done with the utmost care and compassion for others.



CAN AUTHENTICITY BE LEARNT AND TAUGHT?

Learning to be authentic cannot be done by reading a book or attending a seminar. Transforming yourself into your authentic self is a **process of inner development and evolution**. It's becoming conscious of who you are and striving to be your Best Potential that, as the potential of the oak tree is deeply ingrained in the acorn seed, your Best Potential is deeply rooted within the layers of your Soul. Being authentic is choosing who you want to be, what values you want to be driven by and work towards adding those into your mind-set. Being authentic is opening your Heart fully so that your Soul can fully reside in it to direct the game called 'Your Life'.

We cannot teach authenticity yet **we can inspire Leaders to become more authentic**, by guiding them on how to open their hearts and show up as the Beautiful, Full Beings that they are.

#2 COLLABORATION



Conscious Leaders are Collaborative Leaders.

COLLABORATION IN THE DIGITAL ERA IS RE-DEFINING THE MEANING OF COMPETITION

COLLABORATION is working together in a team or group of people towards achieving a goal.

We live in the digital era where online communities and groups are key to today's communication strategies, marketing and networking. These communities succeed when people collaborate among themselves. The digital era is making us aware of the fact that together we go further, we achieve more and go beyond each person's potential; the potential of a team is exponential to the potential of one of its members. **Conscious Leaders** know that cohesive teams are much more powerful than individuals alone.

Top corporations thrive in the online world where **COLLABORATION** has replaced competition. We have realised that keeping businesses in silos, where information is not shared and departments are isolated from each other, does not work anymore.

People are sociable by nature. We look for others to share our lives with. We are all interconnected and separation is an illusion. When we compete, we go against our nature. When we collaborate, we flow and let the love of the Universe flow through us, allowing our True essence to shine through and towards each other. When teams and groups work like this, they flourish and thrive, people are happy and results are beneficial for each one and the whole.

COLLABORATION takes the pressure out of work and gives meaning to people. When team members collaborate, they each put on the table the skills they are good at. When challenges and conflict arise, the supportive environment created by the collaborative leader, makes the conflict resolution more viable and a learning opportunity for each one involved.

BENEFITS OF A COLLABORATIVE LEADERSHIP

Conscious Leaders lead from a collaborative style build great value-based teams with **Trust, Commitment** and **Diversity**.

1. **TRUST:** For **COLLABORATION** to succeed and take place, team players must rely on each other's strengths as well as support those who are less skilled. When team members collaborate, competition takes place only with oneself, as each member is committed to improving themselves and be better each day. Trust is gained by leading by example, going first and showing your own vulnerability and authenticity as a leader. **COLLABORATION** happens when each member is aware that they cannot make it without each other.
2. **COMMITMENT:** to the team, to the task in hand and to personal development is paramount for the successful creation of a **collaborative environment**. People tend to want to collaborate with the people they feel comfortable with. This approach may hinder personal development as there is less chance of moving out from the comfort zone and also innovation if no new people are added to the mix.
3. **DIVERSITY:** **COLLABORATION** is at its best when we add **Diversity** to a team or group, as new ideas and points of view are considered. **Conscious Leaders create a culture of Inclusion**, where all ideas are accepted and considered and everyone has a voice.

COLLABORATION IS A MATTER OF THE HEART

True **COLLABORATION** is based on **Heart energy**. Conscious Leaders are **humble** to leave their egos at the door, making the wellbeing of their people the base of their leadership style. **Conscious Collaborative Leaders** lead the task, not the people. **People who collaborate together lead from the Heart**, looking out for each other's interests and development, with **love** and care. They are working in alignment with their Soul's desire and wisdom: the knowing that we are all interconnected with each other and the planet. When this happens, groups and teams perform at their highest potential, making individuals feel good about themselves as they are evolving and living on purpose. High performing teams are great assets for any organisation as they increase value and profits. In a Conscious Business, a high performing collaborative team is focused on its people's wellbeing and on a conscious cause, which bring solutions that are not only not harmful for the environment, but beneficial to it.

This is **Compassion**. **Collaboration brings Compassion into the workplace.**

Let's Co-Co-Co lead... Consciously, Collaboratively, Compassionately.



#3 INSPIRATION



Conscious Leaders are Inspirational Leaders.

PEOPLE REMEMBER GREAT INSPIRATIONAL LEADERS

I love the definition of **Conscious Leader** from my friend Floyd Carlson. He says in his book 'Conscious Leadership in Action!' that **great leaders are memorable leaders**. He explains how he remembers leaders who made a difference in his life, who changed his life or the life of others. In the same way I remember him as a great leader when he led a large team in a huge IT corporate where we worked together. In spite of Floyd being not a direct line manager of mine, I do remember the great team spirit and culture he created, I remember how he made me feel during the team meetings and I remember clearly the motivation and inspiration that other leaders below him and displayed and conveyed to the rest of the team.

Great leaders are memorable leaders. **Conscious Leaders are Inspirational Leaders** and as such, they are memorable. They say that people may not remember your name, your title, even your face, but they will remember how you made them feel. This is true **INSPIRATION**.

INSPIRATION is such a beautiful word. The word itself is inspirational. I love the feeling and the sound of the word. I hear it and I immediately feel inspired. The etymology of the word comes from the Latin 'inspirare', which means

‘breathing’. Breathing is indeed the instinctive action that keeps us alive. No wonder the word is so powerful in itself. It’s the breath of life. Take breath in... take life in... inspire... This is also inspired by another great leader’s inspirational work, Lance Secretan.

Remember the last time you felt inspired? How were you feeling? What were you doing? Where were you? Who were you with? Take a moment and think about it...

SOURCES OF INSPIRATION

INSPIRATION comes when we are fully connected to the authentic being that we all are. Inspiration is the Soul in action. We feel inspired when we are relaxed, when we feel at ease, when we feel peace within. We are inspired by beauty, by art, by poetry, by music. We feel inspired when we are in love, when we feel love from someone or something. We are more open to inspirational moments when we are by the sea, in the mountain, in nature, in solitude, with people we admire. Inspiration comes from the Heart, not the mind. Inspiration is not part of the thinking process. Inspiration comes and then the rational mind notices it. Inspiration comes before thought.

INSPIRATION is contagious. When we hear inspirational speeches or videos, we feel it inside in our guts. **INSPIRATION** touches us to our core and connects us with other people. **INSPIRATION** is the language of love, the expression of the soul, the act of God.

INSPIRATION comes in many ways. Some compose music, others write poetry, others share their love, others speak, others perform, others dance, others sing... all forms of art are inspired. Many writers I know say it, ‘It is not me when I write, my book has a life of its own, it was written by something bigger than me, I was just there capturing the word and impregnating them on paper’. We have seen singers lost in a world of their own when they sing. We have seen actors deeply engrossed in their character when they act. We have seen painters in trance-like states with the brush in their hands. We have experienced the feeling of being in cloud 9 when we are in love. Inspiration is not from this world. Inspiration is the language of the Universe translated into a human experience.

INSPIRATION IS THE VOICE OF THE UNIVERSE

Do you remember how you felt when someone you admire said something that touched you? Inspiration comes as a wave of Divine Love and interconnects people's Hearts with the force of the cosmos. Inspirational words and actions are Love inspired... call it God, call it Goddess, call it Universe, call it Universal Intelligence, call it Source, call it Love... Inspiration comes from something bigger than us through the clear channel of our Soul when we are fully connected with our true selves. That feeling that you felt when you heard inspirational words from that special someone, that feeling is god's energy transmitted to you through the other person, through their beings, through their voice, through their writings... When you feel inspired, when you feel that feeling of being inspired, you have been spoken by Love, by the Universe through someone who was willing to be used as an instrument of Love.

Conscious Leaders are Inspirational leaders. They are connected to their *authentic truth* and they are *compassionate* and in *service*. Conscious Leaders are servants of the Universe, hence they are channels of the Essence of the Universe, of Divine Wisdom, of Universal Truth, of the Energy of Love. When you are in the presence of a Conscious Leader you are in the presence of someone who is devoted to be a conduit for this energy for you, for others. This is the feeling that you feel when you hear inspirational speeches, when you read inspirational prose and when you see inspirational acts of love and kindness. **Conscious Leaders are channels of Love** through them and towards you. What other reason do you need to become a Conscious Leader yourself if you are still doubting?

Imagine a world where everyone chooses to embrace Conscious Leadership as a way of being... In a world where all people choose *responsibility* for their own wellbeing, live from their *Hearts* in *Love* and *Compassion*, doing *good* for others and the planet and channelling the energy of Love through their beings for their own wellbeing and to *inspire* others... A world where everyone chooses to be a Conscious Leader is Paradise on Earth. Start creating your own piece of Heaven and choose Conscious Leadership now.

Inspire others with your example. Be Love. Feel Joy. Emanate Peace.

#4 ONENESS



Conscious Leaders operate from the perspective of ONENESS.

ENVIRONMENT IS STRONGER THAN WILL

When I learnt this distinction ‘Environment is Stronger than Will’ from one of my mentors, I adopted it as one of my daily mantras.

“Environment is Stronger than Will” means to me that the environment you are in, the people you surround yourself with, the influences you have in your life, are stronger than your deepest desires and inner motivators for change. Your environment will drag you down and destroy all good intentions of your weakened will. For example, you strongly desire to incorporate running to your daily routine, you buy the shoes, you get the app, you purchase the running gear, you set the empowering mind-set... then someone around you says the black magic words “I don’t know why you bother, so much work for nothing”... and there it goes, your will disappearing rapidly down the drain, your shoes gathering dust, your sport gear growing smaller... and your hopes for being a runner shattered like a fragile glass ball out of a Christmas tree.

I’ve been observing myself through this distinction and through carefully looking at myself through it and living it, I believed it to be truth.

TRUE FREEDOM

I loved the Key Monastery in Spiti Valley in the Himalayas. I fell in love with the image of it in a NLP course brochure and I immediately decided that I had to go there. I travelled to India, almost died in the attempt to trek through the desert just to be there... and I did... and I met the Dalai Lama's spirit (that's for another story) and I felt totally at home. I often travel back there with the VISA of my mind in the airplane of my Heart and the wings of my Soul; I imagine I live there, in PEACE and HARMONY with the Buddhist monks, meditating all day for World Peace, with the only task of covering the few basic needs... Paradise... In fact, I often do this in my retreat home in Glastonbury, where I bury myself in my own solitude and enjoy the freedom of my Soul's full expression; there, where I am not confined by the thoughts, energies and emotions of other people, I feel expanded in a multi-verse where only I exist to express myself to myself in absolute Unconditional Love and total communion with the Beloved within. When I'm there, I sing at the top of my voice, I dance until I'm out of breath, I pray, I meditate, I laugh and I cry in between the most powerful Coaching sessions I can offer in that Pure state of Oneness. Bliss...



Yet my inquisitive Mind and adventurous Heart push me out of that space, because for me that space is my comfort zone. Then I find myself again immersed in our beautiful world where I'm at the mercy of other people's energies and thoughts and feelings... where I don't know any more what thought is mine, where my sensitivity and empathy made me feel lost and have a hard time managing all those energies floating around. I absolutely love going around

meeting people, discovering remote places, I adore it, then I always return back home, to my safety heaven, and recharge and be me again. At home where environment and will are one with no interference from the outside world.

This has been the norm for a while. I got used to this. Going wild out in the world then returning to quiet in the solitude and comfort of my own Home.

And I kept observing how this distinction is so true... I believed that 'Environment is stronger than Will' therefore I kept experiencing it. Until one day when I was 'in the zone' feeling blissful and carefree, my Soul, bless Her, asked quietly... "Are you truly FREE?".

Three words that rocked my world to the core of my Beingness. How clever is she. My quest towards Freedom or Enlightenment is a non-stop process and my Soul makes sure she is on top of it.

No, I was not truly FREE. That was my answer. I was limiting myself to the belief that 'I had to be alone in order to be able to experience the Fullness of my Being', because I could only be me when the environment was not disruptive of my Inner Peace. As soon as I was in a non-supportive environment, this changed and I was not able to fully connect to the origin of my Soul, to the openness of my Heart, to the Coherence of Mind and Soul. I was not free. A Free being is ALWAYS connected no matter what. And I was only connected when I was in a supportive environment.

But, I KNOW that environment is stronger than Will, it certainly is like this. When you surround yourself with people who are not vibrating at their highest because they have negative attitudes and thoughts, when you enter a space where the energy is not pure because people are emanating anger or jealousy or any other fear, this certainly affects you, indeed... but then again, I know people who are not affected by their environment. Even my teacher who taught me the concept of environment being stronger than will is not affected by this distinction, at least I don't feel he is, he deals with many people in long training sessions over many days and there is no change in his energy level, he is not affected by the environment, and everything goes on during those long training sessions. The same person who taught me that environment is stronger than will, is unchangeable by his environment... My other mentor, she is the same, her Joyful nature is not disturbed by the environment she is in, she is in a constant state of Love and Joy that is infectious...

My spiritual teachers have also been that way, their auras were so powerful that their presence would transmute all pains and sorrow, bringing joy to some people

sometimes for the very first time in their lives. I know their Wills to be so strong that nothing can shake them out of their integrity.

So, how do I solve this puzzle? How do I become unshakable by the environment? How do I break the rule that 'environment is stronger than Will'?

I kept observing... and started questioning myself... Environment is Stronger than Will... or is it?

ENVIRONMENT IS STRONGER THAN WILL... OR IS IT?

I took care of it. For years, I surrounded myself with open Hearted people and visited places with high vibes. Raising my vibration with meditation, inspirational work and isolating myself from non-supporting surroundings. Yet there are people and places that remain in your life, for different reasons. It was only when I found myself fully immerse in such an environment and observed my energy going down and adapting to the lower vibration of the environment, when I started this going back and forth to my safe place in Glastonbury. Until I had to stay in the non-supporting environments for longer and longer periods. My energy level was harder to manage.

It was then when one day the realisation came. In order to be fully FREE, I must allow my Soul to be at her full expression at all times, regardless of the circumstances, regardless of the vibration around me, regardless of the unsupportive people around me, regardless of the thoughts that come, regardless of the feelings that arise that start closing the Heart... Regardless of it all, the main priority is to keep the Heart and Mind open and coherent. The main priority is to vibrate at the melody of Love and Be the Love. Only this will set me free and permit the presence of my Being to be there at any time, in an infinite, eternal conundrum of Love, Joy and Peace. I must be in a state of High Consciousness at all times.

So I started singing like I did in my safe place, in my comfort zone. I didn't wait to feel like singing to start singing... If I didn't feel like singing, then I would sing anyway. Instead of waiting to be Full to express my Soul, I started modelling my own Soul when She is fully in me when I am in my Heaven on Earth spot in my hidden away cottage in Glastonbury. I started to dance even when there were people watching. I started to meditate even in the midst of chaos. I started to smile to the unsupportive comments of others, understanding that those comments are only the perception of themselves based on who they are, they had nothing to do with me, expressing compassion to my own doubts and to the fears of others. I started empathising with all the thoughts that crossed my mind,

mine or not and watching them pass by. I started acknowledging all emotions and loving them. I started practising constant conscious awareness. I started forgiving and forgetting my own judgements. I started to be Conscious and Leading myself Consciously to be the full expression of my Authentic self each moment. And I released judgement, and as I released judgement I became more and more empty. And the emptier I became, the more space my Soul had to play through me. I started embodying the Love of my Heart, the Power of my Soul and the Will of Love.

Environment is Stronger than Will... absolutely it is. However, when your Will is the Will of Love, there is no environment anymore, for you are One with everything and everything is in you. When you are the Will of the whole Universe, you live beyond your own reality and no illusions of an outside influence can shake your core anymore. This is what these masters of reality do, they constantly channel and are in tune with the purity of their beings and nothing can touch the Oneness of oneself with everything that is.

CONSCIOUS LEADERS LIVE IN ONENESS

Conscious Leaders are One with everything. In the **ONENESS** of All There Is, they learn the power of their own emptiness so that only the Will of Love, the Will of the Universe, the Will of the Universal Intelligence, the Will of God can work through them. Conscious Leaders leave their own egos at the door and walk with the Hearts open, in full Integrity and in total Congruency with who they are at the core of their being. Conscious Leaders know that, to be catalysts of transformation in others, they must walk their walk in total Oneness with the Universe. It is their Love, the Vibration they emit and the attitude of Service that trigger exponential change in people. **Their Will are Stronger than any Environment because they become the environment, they Create the environment, they are the Environment.** In such an environment, created by this powerful Conscious Leader, Your Will will never be stronger than Their Environment, as this Environment is created in Oneness and it includes you and all you are. This is their Secret.

This is Ultimate Love and Exquisite Compassion.

Conscious Leaders are walking examples of Pure Love, Divine Will and Extraordinary Spiritual Power.

This Buddha nature is the ultimate aim of the Conscious Leader. This is my aim. For me, for you, for Humanity.

#5 PRESENCE



Conscious Leaders are PRESENT.

HOLDING THE VISION

I used to feel overwhelmed with work. As a **Visionary**, holding the global vision for every single human being to become a **Conscious Leader**, I was living most of my time in the future. Even though in my personal life I have been present and aware and I practice conscious awareness in everything I do, when it came down to work, I used to feel overwhelmed by the amount of work to do, by the huge mission I have set myself to achieving and frequently, this overwhelm turned into procrastination and frustration.

It was during an accountability exercise after a course where I created my vision board that I realised I was being present during the daily tasks as I was being held accountable for the task I said I was going to do. It was then when I realised that I was becoming less and less overwhelmed as I was more and more present in each task I was doing.

Focused attention and discipline, not getting distracted, was bringing me to the present moment while still being able to hold my Vision for the future.

I have been studying and practising meditation for many years. I encourage my students, as one of my first spiritual teachers showed me, to live as meditation, this is living in conscious awareness of everything that is happening within and outside of you.

Working is no difference. Meditation is not quieting the mind, it's not controlling the thoughts, I find that impossible and maybe only a few people can fully do it. True meditation is keeping the mind busy so that the Self can be at Peace and truly be aware of itself.

The mind is clever and wants to be busy. The mind warns us of the past, it reminds us of the mistakes we've made so that we don't do them again... The mind tells us what to do and what to avoid... it's always looking out for us, basing its judgements in past experiences, programming and learnt behaviours. It's the mind's way of protecting us for repeating the 'mistakes' of the past that hurt us.

When we know this, we can then use the mind as a tool, not the other way round. It takes years of conscious practice to be able to say to the mind, yes, but no thank you... do this instead and I will just be present.

Being aware of the mind and its power is a wonderful tool for being present. **PRESENCE** is being in the here and now and this is only possible when the mind is busy doing its thing, otherwise, the mind takes us to the past to remember past events and feel anxious or to the future, to dream and to tell us what we need to do and we feel overwhelmed. Only by practising the art of being here and now, of being Present, we can then focus in what life is bringing us each and every moment.

Conscious Leaders are **Visionary** and their vision takes them right into the future, dreaming and holding the vision for their teams, their families, their communities, the whole of humanity... but *Vision without Presence is only Day-Dreaming*.

Vision with Presence is powerful. A Vision is Dreaming the Future NOW, in this moment. The future happens now and is created from the now moment. If we keep dreaming and living in the future, we are not creating it in our reality, we are merely dreaming it. When we embody a vision and live each moment as a step into the vision, we are walking the vision, we are entering the realm of the magnificent manifestation of our incredible future.

This is very important for the **Conscious Leader**. As the Leader consciously creates the vision, he or she lives in the present each moment, holding the vision. The main job of the Conscious Leader is to hold the vision while they are Present creating it, each and every moment.

Holding the vision while being present is being multidimensional. This is the ability of a deliberate creator who walks the path she is dreaming and creating at the same time. When creating the vision, the leader creates the future. When being in the present, the leader creates his life. When the leader holds the vision while living it in the present moment, the leader is bringing the future she has already created into the present moment, hence bringing her vision into reality each moment.

LIVING IN THE PRESENT IS MANIFESTING THE VISION

The **Conscious Leader** is aware that the future can change. She is aware that the vision created is only one of the infinite possibilities that are there. The vision she created is the vision that was more accurate at the time of creation depending on the level of consciousness of the leader, the present circumstances and the amount of love that the leader holds in her heart. As the leader walks by each day, living her life in the present while holding the vision, the leader is developing into someone new every day, the leader is developing into the person she must be to manifest that vision, as the vision is bigger than her present, she must become someone she is not, a better version of herself to be able to bring that vision into reality. And as she does that, as she evolves, in a multi universe of infinite possibilities, the future may change too. The vision is only one of the infinite possibilities for every given moment and the Universe knows better and can deliver better things than the ones the leader originally planned out.

PRESENCE is the key to *manifesting a magnificent future, an extraordinary life*. **Vision** with **PRESENCE** is creating the future and bringing it to the present moment, then walking a path to an unknown version of the original vision. As we walk the path towards the vision, an array of multiple versions is created each moment, where every decision from the leader creates a new vision, a new future, from the present step.

So imagine how crucial it is, how important it is to do every single action we do consciously. If every decision is influencing our future, our vision, we must be fully aware and present during every decision we take, holding the vision and living the present. Every single moment determines whether the vision gets

accomplished or not, every single moment defines the future, redefines the vision.

Conscious Leadership is walking the present moment in full awareness of every step, of every decision. **Conscious Leaders** hold the vision with care as an obsession, with impeccable purity in its definition, only that way they can ensure that each moment is taking them to that future and not deviating them to another reality. At the same time, they keep an open mind and an open heart to follow the loving deviations that the Universe may provide.

Conscious Leaders are Powerful Creators of beautiful, revolutionary and empowering realities for all.

#6 EQUANIMITY



Conscious Leaders are Equanimi.

I love the word **EQUANIMITY**. It's one of those words that I like the sound of and I like the shape of the word. It has depth and intrinsic meaning. It is intriguing.

EQUANIMITY is being detached with *love* and *compassion*. **EQUANIMITY** is not the same as indifference; **EQUANIMITY** is compassionate, loving kindness and unconditional love at its best. **EQUANIMITY** is letting go of emotional, mental constructs and judgements and accept what is without question, without falling into the drama of the situation, yet observing and acting from love and compassion with detachment.

When a **Conscious Leader** arrives to a place of **EQUANIMITY**, he or she is truly leading consciously. **EQUANIMITY** is one of the most supporting qualities a leader can have. When the leader is coaching, mentoring, advising, directing someone from a point of total love, listening with compassion and detachment with emotional or mental reactions, the leader is offering divine love to the person in

front. Not reacting emotionally or mentally is acting with wisdom, the wisdom that truly empowers, awakens and transforms people.

Leadership requires courage and practicing Leadership with equanimity and compassion requires even more courage; being aligned with your spiritual self and being conscious both take a lot of courage.

WHY DOES EQUANIMITY TAKE COURAGE?

Firstly, because not everyone may understand when the leader is being compassionate, not everyone will match the level of detachment that the leader may be displaying, not everyone will feel as loving towards others as the leader. Yet the leader leads and goes first, showing the ways of the Heart with loving kindness.

Secondly, leading with equanimity and compassion takes courage because the leader must greatly transform him or herself to arrive to the point in her life when she feels true compassion and can act from true **EQUANIMITY**. This spiritual transformation is frequently slow and not easy, constant and never-ending. This takes a huge amount of courage, determination and passion for one's growth. This courage gives way to Spiritual Power, the holder of all the qualities of the Soul.

EQUANIMITY feels the pain and success of the people around yet it does not engage in it. Being equanime is understanding that all is well, that things are as they are yet acting from love and compassion always and in all ways.

Living in **EQUANIMITY** is living in **mindfulness**, observing the world, accepting things as they come without reacting yet welcoming every experience without judgment. Taking action then does not come from need, it comes from **Love** and **Service**.

NON-ACCEPTANCE OF THE PRESENT MOMENT LEADS TO UNHAPPINESS

I love listening to the weather conversations in my small town in the South of Spain... not too different from the weather conversations in any other town in many places. We normally enjoy good weather there, with very warm summers and pleasant winters, with only a few spells of rain and cold. If the summer is too

hot, people will say 'oh it's so hot, it's unbearable, I look forward to the evening cold breeze'. In the evening, it's too cold for some and they will say 'oh, it's so cold in the middle of August, what kind of summer is this?'. The 'levante' wind will come pushing and pulling with an intense force, then people will say 'oh this wind, it makes me feel so tired and light headed, when is it going to go?'. The wind passes by, like everything else in life, and the heat comes back, then they will say 'oh, it's so hot, it's unbearable, the wind was actually cooling it down a bit'. The winter comes 'oh, gosh the long winter, summer was so short, and now it's so cold'. A summery day comes in the middle of winter 'oh no, it's so hot, it's supposed to be winter, what am I supposed to wear?'. It's winter and rain comes one day 'oh no, it's raining, I cannot go out, the day has been spoilt now, I cannot wait for summer'. This is the picture of daily life for most people in all situations.

With this constant moaning and complaining about what is happening NOW, people are never happy with what they have. They feel it is always greener on the other side but they don't realise that there is no 'other side', that when you arrive to what you perceived as 'the other side' before, it is 'the other side' now, and at some point, from the mind-set of complaining and not accepting the present moment, you will wish you were back on the original 'other side' again, because the past is then remembered with less clarity, bad things forgotten and it appears to be better than the present moment, which it is still in front of you. This is not living in the present moment. It's not accepting what is. It's living in the mind, it's day dreaming in a perceived world how our mind tells us how it should be outside. When people think like this they do not live in the real world, they live in the stories they tell themselves, they live in the past, they live in the future and no one of them exist, only the present moment exists. They moan and complain without feeling that life is happening through them in this moment only. We all feel like that at some moment in our life, or in some aspects of our life.

Living in *Conscious Awareness* and *Leading from the Heart* means we are aware of this as return to the present moment as much as possible when we find ourselves drifting into a mind made-up reality.

The **Conscious Leader** is aware of this and decides to live mindfully and with **EQUANIMITY**. This is why the **Conscious Leader** is *present*, listening to the what is that every situation brings each moment with pure, loving detachment and acting from love, not need.

Mindfulness and **EQUANIMITY** come hand in hand together. The more mindful we become, the more **EQUANIMITY** we embody and vice-versa, you cannot have

one without the other one growing by itself. As you practice the one you already have or the one that comes easier to you, the other will grow over time.

Both practices, **EQUANIMITY** and **Mindfulness** will teach the **Conscious Leader** the art of **Forgiveness**, the art of **Gratitude** and the art of **non-Judgement**. Both qualities require the leader to learn to train the mind to non-judge, as the leader decides to look around herself with the eyes of **EQUANIMITY**, with detachment and compassion, judgmental thoughts may still arise and with the skill of mindfulness she can then observe the thought without feeling connected to it. **Gratitude** and **Forgiveness** can help keeping the judgmental thoughts at bay and transform them into thoughts of love and compassion. **Gratitude** will open the Heart and convert judgement into acts of loving kindness. **Forgiveness** will also open the Heart, removing bags of emotional and mental garbage and transmuting the judgmental thoughts into pure feelings of love and compassion. This is truly healing and the basis of the great transformation that the **Conscious Leader** will go or has gone through in order to embody **EQUANIMITY** wholeheartedly.

Conscious Leaders will not attach themselves emotionally or mentally to any circumstance, because they know that only from detached love, from **EQUANIMITY**, can they *empower* and *transform* the person who is object of her leadership.

True leadership aims towards **EQUANIMITY**. Leading from emotions and mind is not efficient as it is not leading from *Love*. Great leaders learn to manage their emotions and their thoughts, use their Spiritual Intelligence by driving themselves through the gates of **Gratitude** and **Forgiveness** to arrive to the core of their **mindful and equanime Conscious Being** that they are, and always have been, deep inside.

#7 TRUST



Conscious Leaders Trust and are Trust-worthy.

Coach John Wooden, one of the greatest coaches and mentors of our times left a legacy that teaches people how to live a successful life based on core fundamental **Heart centred values**. He showed us how to play the game of life. He based his teachings and mentoring in facilitating an environment where people could flourish and thrive to be the best version of themselves. By doing that, he knew that people will commit and play to win. He left us the pyramid of success, which contains the basis to build this successful life in anything we do, by transforming ourselves into honourable people. His father gave him a creed that he always carried around with him: the four things a man must learn to do to achieve his dreams:

1. To think without confusion clearly
2. To love his fellow-men sincerely
3. To act from honest motives purely
4. *To trust in God and heaven securely*

Trust in God and heaven securely... to achieve anything in life we must **TRUST** first. A leader must **TRUST**... period. Leadership equals Trust. For a Conscious Leader, **TRUST** has many levels.

1. **Unconditional Self-love**: when the leader starts to loving him/herself unconditionally, they trust themselves, they trust that whatever they do and say is congruent and comes from a place of authenticity and integrity.

2. **Trust others**: once self-love comes and the leader loves himself, trust in others is possible, because we can only do for others as much as we have done ourselves. We cannot love and trust others if we cannot love and trust ourselves first.

3. **Live in Flow**: Trust in the Universe. When the leader loves unconditionally he knows that he can trust in the force of the Universe to deliver his dreams. He sets the intention strongly from his loving Heart, he starts and takes action and he leaves the how-to to the Universe to deliver, following intuition and the nudges of his Heart and Soul, with the input from the Knowledge of the Mind and Wisdom of the Heart.

4. **Embody Trust**: The Conscious Leader arrives at a point in his development when he just **TRUSTS**. There is a space of *Oneness*. He has learnt to trust himself, others and the Universe and see that there is no difference. He has embodied **TRUST** and has the wisdom of knowing that embodying **TRUST** means loving himself, others and the creation as a whole.

WHEN THE LEADER TRUSTS OTHERS, OTHERS TRUST THE LEADER

This is the secret, it's trusting others first. We have heard it many times, the leader goes first, and there is no difference when we speak about **TRUST**... to build **TRUST** in others, the leader sets the example and **TRUST** first, creating a culture of mutual respect. I **TRUST** you first, because I **TRUST** me and the universe, because we are one. **TRUST** and **Respect** are gained by trusting and respecting first. Whoever goes first is the leader, whether he is trusting or not. So as a Conscious Leader, go first and grow into **TRUST** and self-love so that others can trust and love you.

“He who does not trust enough will not be trusted.” – Lao Tzu

HOW DOES A LEADER SHOW TRUST?

TRUST is a basic characteristic in both *Servant leadership* and *Conscious Leadership*. The **Conscious Leader** seeks to *Coach* and *Transform* their people and these skills are based on **TRUST**. Developing others requires a great deal of letting go of oneself and provide guidance, mentoring and coaching so that others perform to their best. The **Conscious Leader** puts others first, behaves benevolently and compassionately towards others. The Conscious Leader is vulnerable because they show authenticity, congruency and integrity. This is showing **TRUST**. **Conscious Leaders** display ethical behaviours which ultimately lead to **TRUST**. All this helps the leader to build credibility at a personal level. **TRUST** then will follow. **TRUST** requires the *Conscious Leader* to display *Transparency, Honesty, Integrity, Authenticity*, high levels of Dignity. When leaders step up as leaders and specially as **Conscious Leaders**, they will be at the forefront. The integrity of the leader, the capabilities of the leaders, the results of the leader and the intentionality of the leader will be observed at all times as the factors that others will consider when deciding to **TRUST**. Ultimately, the **Conscious Leader** makes the transition from 'me' to 'us', from 'I' to 'we'. This is key that others will unconsciously test the leader on when checking for **TRUST**. *Consciousness is community*, does not think on singular terms. Even when we are not aware of it, we admire in others the qualities of *Generosity* and *Altruism*, of putting others first. People feel secure when they are with such a leader who puts other people first, as the basic need of feeling secure and loved are covered.

TRUST is built by Loving, Sharing, Giving, Putting others before you, Being Vulnerable and Trusting first.

#8 INCLUSION



*Conscious Leaders are **INCLUSIVE**.*

INCLUSION INCLUDES 'EVERYTHING'

The word **INCLUSION** goes beyond *Diversity* and *Equality*. Both *diversity* and *equality* tells us about a problem that needs to be addressed by bringing more of what it is lacking. If we say that a Leader or an organisation's values is *Diversity*, we are saying that they are focusing on bringing more diverse people because they haven't got it at the moment. If we say one of their values is *Equality*, they are saying that they focus on equal opportunities because at the moment they have differences. However, **INCLUSION** includes everything. There is no judgement in the word **INCLUSION** like there is in the other words, Diversity and Equality, **INCLUSION** involves no judgement, it includes everything and everyone regardless. This is the closest to **ONENESS** a leader or an organisation can be.

Lance Secretan said it so magically like he always does: "Exclusion hurts, Inclusion Inspires". **INCLUSION** inspires because when a leader who is inclusive has in his or her team many different perspectives, many different angles coming from different people who comes from all different backgrounds, colours, races and

cultures, this is an incredible environment of growth, learning from one another and creativity. Simon Sinek says '**INCLUSION** brings Curiosity'. When you work with other people who are unlike you, you are curious about how they think, how they live, their backgrounds and this translates into a more open and evolved working environment.

THE ONE ENEMY OF CONSCIOUS LEADERS WHO WANT TO BE INCLUSIVE

However, there is a silent partner that plays against the **Conscious Leader** who aims to be **INCLUSIVE**. This is your subconscious. The subconscious plays along and when you are not aware of it, the subconscious mind chooses to be in the company of people who are like you. You unconsciously feel more comfortable around people who think like you, are like you, share your values, share your challenges... this is your tribe, the ones who understand you. And this unconscious bias is a real challenge when the Conscious Leader is not aware of it, because it will close doors to the openness and inspiration of being with other people who are not like you.

INCLUSION requires being conscious of how the mind works because by default the mind will choose to be with people who are like you, in all areas, it will make you prefer people from your own gender, your own race, your own nationality, or not, but either way, having these unconscious preferences is bias. Our mind makes unconscious decisions without us knowing unless we are aware that the mind does this. The mind wants to protect us and makes life easier for us and even though most of the time the mind will fail to make our lives easier, it will do it anyways because that is its job. It is the **Conscious Leader's** responsibility to be conscious and aware of the tricks of the mind and lead the mind instead of letting the mind leading him or her. Just notice how quickly you start judging the next person you hear talking, watch your thought and analyse what your mind is telling you... this is unconscious bias... maybe you will judge the person because of the accent, the way they look, the way they speak, their gender, their race...

There is no solution for unconscious bias but being aware of it, knowing it is there and that our minds do it, then be in charge of the decisions and take time to make them, analysing the reasons behind making those decisions, the real reasons.

A recent study tells us that leaders are not good at assessing how equipped they are at analysing their own level of *unconscious bias*, with senior leaders being the more inclusive.

INCLUSION GOES BOTH OUTWARDS AND INWARDS

When we think of **INCLUSION** we may have the tendency to think of the visible differences, the outside factors that differentiate people. Yet **INCLUSION** means far more than cultural differences, race, gender and even opinions.

INCLUSION means accepting other people's emotions too. An **INCLUSIVE** Conscious Leader creates an environment where people are free to express their emotions, to feel good at work, creating an atmosphere of trust where people feel open to speak up with respect and honour. Susan Davis in her book 'Emotional Agility' says that, "when people are allowed to feel their emotional truth, engagement, creativity and innovation flourish in the organisation".

INCLUSION includes diversity of emotions. When **Conscious Leaders** are trained to be *Emotionally and Spiritually Intelligent*, they know that their emotions are information, telling them something about how they feel and about the environment. It is the wisdom of the **Conscious Leader** that stops to look down into the depth of the emotion. It takes courage to do this, to look at the emotion with curiosity and compassion for one-self. It is wisdom and courage to turn the emotions that do not serve the own values away and keep the emotions that are aligned with the values that are followed.

INCLUSION includes you, the **Conscious Leader** and all that you are. The first one to be included is you, with your strengths and your failures, with your values and your challenges, with your emotions and your fears. A **Conscious Leader** loves herself to the point of full acceptance of who she is. A **Conscious Leader** is aware of her unconscious bias and works towards minimising their effect. A **Conscious Leader is Emotionally Intelligent**, manages her emotions transforming those that are not aligned with her values and reinforcing those that are. A **Conscious Leader is Spiritually Intelligent**, is compassionate and loving towards herself first, including and accepting all of her in any environment she is in and extending that love, compassion, acceptance and **INCLUSION** to all others, nature, the planet and the whole Universe.

INCLUSION is Universal. It includes every single thing because everything is **Consciousness**.

#9 GREATNESS



A Conscious Leader aims for **GREATNESS** in themselves and others.

INNER POWER

When we think of **GREATNESS**, maybe the first thing that comes to mind is to move towards achieving something bigger than us, something greater, to accomplish extraordinary things. For some great leaders **GREATNESS** is the pursuit of external power, to conquer, to dominate. For a different type of great leaders, **GREATNESS** is the search for inner Peace, happiness, Joy and Enlightenment. These leaders who seek **GREATNESS** by developing the Power of the Soul are **Conscious Leaders**.

GREATNESS is different for each person, it depends on where they are in the evolution towards their Consciousness, **GREATNESS** will have different meanings for each personality.

A **Conscious Leader** has attained or is working towards reaching a high level of consciousness that goes beyond Love and Joy and into **PEACE** and *Enlightenment*. Such person knows that his or her **GREATNESS** depends on how far within herself

she goes. For them, **GREATNESS** has nothing to do with external power, with recognitions, with domination of others, with persuasion, with influence. These **Conscious Leaders** who seek **GREATNESS** from within have found out that, the deeper they go into the essence of their Soul, the more they can help others, for one can only help others as far as to where you have gone yourself. In other words, in order to support someone to learn to manage their emotions for example, the **Conscious Leader** has learnt to manage her own emotions first, and she clears her emotions frequently, being a living example of what she can support others with... another example, in order to help someone relieve their stress with mindfulness, the **Conscious Leader** learns to manage her stress with mindfulness and conscious awareness... To sum up, in order to support others becoming a **Conscious Leader-Coach**, you first become one yourself, working on the inner strengths of the Soul, aiming to be a better person each day for yourself and for the authentic service to others.

*I kindly invite you now to stop for a moment and meditate on the following question... what does **GREATNESS** mean to you?*

Any change starts with a decision to change. Once the decision has been made, it is necessary to comply to a high degree of commitment in order to achieve that change and make it sustainable. Becoming a **Conscious Leader-Coach** that Leads and Coach towards their own **GREATNESS** and the **GREATNESS** of others is also a decision that requires a high level of commitment. There is no difference.

Your own definition of **GREATNESS** will give you the clues of whether you are prepared to go beyond anything you thought possible, accept that the Universe is there with unlimited possibilities on a silver plate ready to serve them to you if only you open yourself up to surrendering and acceptance.

PRACTISING SELF-LOVE

This huge change, this commitment, this acceptance of limitless possibilities requires self-love. By observing many people through coaching and healing them I have realized that, at the base of every single issue that people have, whether it's emotional, physical or spiritual, there is a prominent lack of *self-love*. This inability of loving certain parts of ourselves brings deep rooted issues up to the front which manifests as emotions undealt with, physical problems, spiritual blockages. The root of most challenges are blocks to one's ability to accept

themselves fully. We live in a world where we are constantly exposed to comparisons, we are sold images on how to behave and look, we are told what to eat and drink, we are manipulated by the media in such subtle ways that most people live in a made up world created by the made-up standards of others. These comparisons are lethal for self-esteem, self-love and self-confidence. It is the responsibility of the Conscious Leader to go beyond these unreal, superficial standards, embrace themselves fully, with their perceived flaws, negative traits and darkness and love all that they see, applying loving kindness, care and compassion to one-self. **GREATNESS** starts with one-self. Having *GREAT LOVE for the self* is the basis of achieving **GREATNESS** in all others areas and to inspire others to find their **GREATNESS** too.

INSPIRED ACTION

GREATNESS... GREATNESS is a choice that requires *Inspired action from the Soul*. Most people go through life in a sleep state, ignoring the gentle nudges of their souls, pretending they don't hear the interior voice of their intuition and mistaking synchronised events for lucky chance. Yet there comes a point in the lives of these people, most of us, maybe you, when your Soul starts making louder noises and clearer demands that you cannot ignore any longer. After years of abusing your body with the wrong substances like too much sugar, of killing your minds with hours in front of a TV set, of storing unresolved emotions in your body, of creating a grey cloud of dark energy made up of worrying, negative and destructive thoughts around you, suddenly you grow tired of being exposed of non-supportive external factors such polluted air, contaminated water, constant noise, that affect all your internal systems.... And the moment finally arrives when holistically you are at a turning point and your Soul starts to intervene... then you start thinking that there is something else to life, that you are so much more than what you have been made believe you are... You start tapping into the **GREATNESS** of your Soul from that tipping point of emotional overwhelm and the moment of waking up starts to arise in you... This is **INSPIRED ACTION**, that comes from within, from unanswered questions that your Soul has started to ask with that quiet yet persistent inner voice.

This inspired action towards **GREATNESS** is the calling that many people feel inside. Many ignore it, because they know deep down that it will take great effort to leave what's comfortably uncomfortable and they prefer to stay put in their made up lives, with eyes closed to what is really going on. The brave ones answer the call and start the seeking adventure that will never end and that will inevitably

take them to the removal of the layers of lies, programming and conditioning that have hidden away the treasure that their true authentic self is; this adventure will irrefutably take them to the discovery of the **GREATNESS** that resides inside of themselves and to the **REALISATION** that they have always been that.

The **GREATNESS** that we seek, we are already. The journey towards **GREATNESS** is one of conquering, finding, realising, discovering what was already there all along. And this journey follows the road of the Heart, it's an inner journey to the depths of the Soul.

This is true power. *Spiritual Power* is attained with the realisation of who we are. External power is satisfaction for the ego. And the deeper we go within into the avenue of the Heart, the cleverer the ego becomes in hiding and personifying the traits of the Soul. It requires conscious awareness and practice to differentiate the ego demands from the Soul desires.

THE WAY OF GREATNESS

There is no end towards the path to **GREATNESS**. For **GREATNESS** it is not a destination, it is a way, it is the path itself, and it is a path with no end. **GREATNESS** opens the door to infinite possibilities, hence there is an infinite path ahead that goes within, deeper and deeper, following the profound road to One-Self.

In this path towards the Self, embodying self-love and taking inspired action from the callings of the Soul, one eventually finds that the true meaning of **GREATNESS** is not about becoming something else, it is not about YOU, because you are already everything you are seeking. Realisation is the inner knowing that **GREATNESS** is about seeing **GREATNESS** everywhere, in oneself and others, in the environment and in every person, in nature and in man-made realities. **GREATNESS** is encountering your own **REVERENCE** for all forms of life and recognising the **UNITY** in **ONENESS** with all Creation.

GREATNESS is *the way of the Heart, in unison with the Mind and Body as ONE*. The way of **GREATNESS** is the way of the Conscious Leader.

The way of **GREATNESS** is led with Love, Joy, Compassion, Laughter, Service, Equanimity, Empathy, Grace, Gratitude, Honour, Healing, Creativity, Magnanimity, Humbleness, Wisdom, Freedom, Oneness and **PEACE**.

GREATNESS is who you are. Choosing to become a Conscious Leader sets you in the way of becoming that magnificence which you have forgotten you already are.

The qualities of the Conscious Leader summarise into One: **GREATNESS**. **GREATNESS** is Authenticity, Collaboration, Inspiration, Oneness, Presence, Equanimity, Trust, Inclusion... these are all qualities of the One that leads from the Heart for these are qualities of the Soul.



CONCLUSION

*Choose **GREATNESS**.*

*Start leading yourself and others towards **GREATNESS**.*

*Make a huge impact and leave your imprint as a legacy
that will leave Humanity a little bit better just because
you were once part of it.*

– Gema Ramírez –

GRATITUDE

Deep Gratitude to all the Conscious Leaders, Mentors, Teachers, Friends, Authors and Great people who have inspired me with their Love, Heart Knowledge and Wisdom to create the content for this booklet. Some have been named in the content, others have not. The inspiration and contribution is equally important and relevant.

Eternal Gratitude to you, my spiritual teacher Isis Livingstone, who left me the legacy of her life work and teachings. From her Pure Heart, mine was healed and reborn into the deep Essence of my own Soul. All I do, is to follow the path she started and continue walking on it towards finding her again.



Love is all there is.

Isis Beloved

*WHAT IF the way you live your day affected the
Whole World?*

*WHAT IF the kindness and compassion you show
and the thoughts you have would change the fear
patterns and death wish of a Planet?*

*WHAT IF you were the one that decided our
future was to create Heaven on Earth?*

*How would you live each precious moment, feel
each loving embrace and shine love and joy to all
life?*

*WHAT IF my Dear, Dear Friend, it was you all
along?*

- Isis Livingstone -

DO YOU WISH TO TRANSFORM INTO A GREAT CONSCIOUS LEADER-COACH?

Join the [Consciousness Academy](#) newsletter, study the free content and work with me.

At the Consciousness Academy we inspire Conscious Leadership in everything we do. We hold the strong belief that Conscious Leadership is the solution for the challenges that the world is facing today, from climate change, to gender equality. Embracing Conscious Leadership, one persona at a time, can change the world for the future generations to come, it can give meaning to YOU when you become the GREATNESS that you are deep inside.

Conscious Leadership changes the world by changing YOUR world. Gandhi said, 'Be the change you want to see in the world'. We cannot change the whole world, yet you can change your inner world and the world around you by transforming yourself into the Leader of the future, the one that will transform all that we don't like about the world today.

We change the outside by changing inside. This requires great commitment, yet the results are incredible.

Are you ready to transform into the EXTRAORDINARY Leader you have inside?

Do you hear the call from your Soul wanting to take YOU to the next step on your personal and professional development?

Are you willing to invest what it takes in YOU?

If you answered 'yes' to the questions above, you are ready to take the next step.

Contact us and find out how we can work together.

Contact us **NOW**: info@gemaramirez.com

For more information, visit: www.ConsciousnessAcademy.Global and www.GemaRamirez.com and www.WomanFivePointZero.com

