

## Resilient Enlightenment: From body, heart and mind to Spirit

Recession prods the slumbering giant of Spirit. Freed briefly from the tyranny of greed, leaders – awakened from the dash for cash – are testing for meaning and purpose in life. If Spirit in Action is the goal, Resilient Enlightenment is a practical, current, integral and evidence-based map. How might we get started on the journey?

BODY! HEART! MIND! Clearly articulated, tangible elements of life and leadership, we engage physical vitality, emotional intelligence and cognitive discipline every day. However, they are mere tools for a greater purpose – one that requires rigorous exploration and perseverance.

Those who ask what life demands of them can become responsible leaders. But to know WHAT to do means you must know WHO you are thereby becoming a response-able person.

You can choose not to address these questions or you can simplify them to “make money” or “feed the kids”. The consequence is that you might never know who you really are nor make the contribution that this world cries out for.

### 1. An Awakened World

Instantaneously connected, kaleidoscopic diversity, in touch with all great philosophic traditions, powered by science and technology and guided by our compassion for others, this world has never held such awesome potential. And danger! We cannot go back. We must progress with wisdom and courage.

Enlightenment is the call to action that unites ecology, business, dignity, politics, science, health and spirit. This is the stunning adventure ahead that millions of people are signing up for – to improve themselves and better our world. It will take strong bodies, big hearts and clear minds.

### 2. Waking up to Spirit

Spirit is that which transcends and integrates body, heart and mind. Spirit is the life force that pushes us forward, deeper and closer. Spirit manifests when we shine with enthusiasm, glow with purpose, and feel the embrace of the universe as not separate from us but one with us.

Yes, there may be a source of universal Spirit and perhaps that is simply the glorious force of life. You must seek your own answer. In all of us there is an essence of self – a unique spirit – that is a reflection of a greater reality – Universal Spirit. If we mistake ourselves for our body, our impulses or our thoughts, it is harder to find this spirit.

With insight and effort we can develop our tools so that they shine – Michael Jordan of the body, Mother Theresa of the heart and Einstein of the mind. But far too often one dimension can dominate and distort. In finding a sense of self we must develop and balance all three and find the emergent spirit.

This spirit of ours seeks a clear view of reality (Spirit) and a way to connect meaningfully. Spirit Acts in peace, kindness and joy. Spirit thus acts against suffering in self and all sentient beings.

### 3. Ascending versus Descending

Traditionally, there have been two paths of Enlightenment. The Ascending path, found in some Christianity, Islam and Yoga, is focused on heaven and liberation. The ascetic who shuns worldly experience and perfects consciousness chooses to abandon common life and seeks reward in heaven.

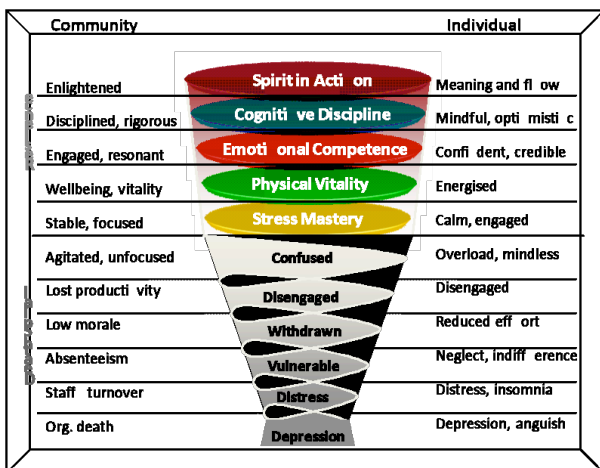
The Descending path rejects heaven and chooses to live fully in the chaos of life, love and pain. With a wider range these include many shamanistic traditions, Jesuits, some Buddhists and most of us moderns. Some seek a continuous stream of happy experiences and others devote their existence to relieving the suffering of others.

For those of us in the real world of leadership, parenting and work, we recommend both paths. The inner journey of reflection, contemplation, balancing and self-development provides clarity of perception, self-knowledge, character, purpose and energy. With tenacity and 10,000 hours of discipline your separate self starts to drop away, liberating you to be one with the Spirit that you always are.

However, for most the inner journey clarifies and fuels our purpose in the real world of action. It gives us the strength and hope to reach out and make a positive impact on others. How we balance the inner (ascending) and outer (descending) is a personal decision that shapes your destiny and your legacy. Think it through.

#### 4. Resilience and Practical Realism

Resilience is designed as an evidence-based map of the terrain, a reflection of your progress and a prod to take the next step. Our method honours and embraces all paths but explicitly prefers a movement from depression and anguish towards more meaning and flow.



#### Resilience Institute Diagnostic & Development Framework

All upward movement and mastery of the upper levels is Enlightenment. Acceleration is more likely if one can bounce back from the death spiral and invest a little energy in each of the upper levels. We can make easier progress if we work from our strengths and honour our styles.

Gaps create blind spots such as excessive discipline, Pollyanna optimism or other. Try to bring light to your shadows.

A modern practice of enlightenment must embrace diversity and science, respect tradition, test for delusion, nurture health and enrich life – our own and that of all beings on our planet.

#### 5. Optimism, courage and hope

The work of enlightenment appears demanding and self-sacrificing. The inescapable responsibility that comes with putting your Spirit into Action is frightening. The easy call is to put it off.....

Yet, we sit on the cusp of an enormous adventure in human connectivity, awakening and responsibility. We can move from exploiters to stewards of our planet and our experience of life. The problems have never been more scary, unpredictable and overwhelming but our power to act with wisdom, love and skill is limitless.

Boiled frog or hero's journey? That's the question.

The hero's journey is one of optimism, courage and hope. These three become your code of consciousness and communication – the emotional bridge from despair to enlightenment. Treasure them! Promote them! Never surrender!

#### 6. Driving progress

If you are still with us you will be asking how to start and keep the journey alive:

1. Build body, heart, mind and spirit into your integral daily practice
2. Learn to meditate and lock it into your day
3. Seek a group of fellow travellers
4. Read and research the heroes of this journey
5. Stay real, enjoy life and be grateful
6. Do small things to impact others positively

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