

Chapter 3: Summary

- Life is about change, some directed consciously, some responded to unconsciously, but most of it simply experienced. We arrive at a crucial point in our leadership journey when we experience change more consciously rather than being stuck in reactive patterns.
- There is a rhythm of transformation that is particular to us. Recognizing and understanding it is helpful for the process of redefining our leadership contribution.
- Resonance with something familiar in us is an important factor for change from within. When we transform as a result of resonance we essentially reconnect with our core. We are voluntarily participating in the great feedback network of life.
- Finding our unique pattern between stability and instability helps to integrate experiences into our shifting identity. Inquiry and reflection are catalysts of this process.
- Disappointment and disillusionment are unavoidable parts of our leadership journey. How we integrate (particularly) feelings of failure and powerlessness has an enormous impact on the way we learn to handle power and influence.
- The only gateway to the transcendence of the feeling of powerlessness is acceptance – not agreement. This way the most disconcerting experience can help us to access a deeper sense of life in all its possibilities, including our own and other people's humanity.
- We cannot avoid the attraction to power on our leadership journey as the feeling of being powerful nourishes our sense of self. But we can observe and listen to the warnings. Any addiction to power separates us from our journey, from our deeper intention and ultimately from the world.