

The top half of the cover features an abstract, textured artwork. It consists of various overlapping geometric shapes like triangles, circles, and rectangles in muted tones of grey, beige, and light blue. The overall effect is layered and somewhat ethereal, suggesting a complex, multi-dimensional space.

A D R I A A N B E K M A N

THE CONSCIOUS SOUL

THIRTEEN SOUL QUALITIES FOR OUR CONSCIOUS BEING
IN THE HORIZONTAL HUMAN SPACE

IMO Publishing House

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INTRODUCTION

It is of the utmost importance for humanity to find new ways for nourishing our personal Soul.

In times of speedy technological progress and consequently the creation of a materialistic world context, we are challenged to find new ways for slowing down and reflecting on the sense of our life.

For generations it was self-evident that the Soul was active in creating survival (labora) and in pleading the spiritual world for its blessing (ora).

Today we ourselves have to create a healthy balance between action and reflection, between working and relaxing, between serving the other's Soul and caring for one's own Soul.

We will describe here 13 different ways for our Soul's nourishment.

As a basis for this we shall differentiate between our natural Soul and our self- created Soul. The natural Soul is connected to our inheritance, that what we have received by birth. The self-created Soul is connected to our own efforts for developing our Soul in the organized life we all live today.

There has been a shift during the past centuries in the way we balance these two Souls inside ourselves and between us. From a given and predefined existence we have moved to a self created and surprising existence.

This change is mirrored by our transformation- from a traditional life style of 'work and pray' to a dynamic and constantly changing life scene in which we are challenged to give our life fulfilment and a personal sense.

There are no given and common remedies for achieving a fulfilled and sense-full life. We have to find the path ourselves. But we can learn from experiences of others and transform them into guiding principles with which we can steer our life processes. The exercises of this book support this process of learning from experiences.

THE THIRTEEN SOUL QUALITIES

The thirteen Soul qualities you will meet here are in line with the circle of life as we have seen it described in various forms in the history of humanity. The ancient Chinese for example spoke of three Soul fazes: learning – fighting – gaining wisdom. The ancient Greeks describe seven-year cycles in which, through a crisis, a new phase starts. They correspond with the yearly cycle of reflective moments in the wider community one is part of and they correspond with personal biographical moments in life. Let's explore them together.

WAITING FOR THE NEW TO COME

The human Soul is not constructed as a harmonious Soul but she is paradox. There is no natural balance in the Soul like we can see and experience in nature and the cosmos.

The Soul is in tension and is constantly longing for peace and rest. The Soul expresses itself in the endless stream of thoughts, sometimes the arising of overwhelming feelings and emotions and the impulses that bring the person into action, taking steps. It is the individual “I” that has to deal with these paradox Soul phenomena.

Individual Souls meet other individual Souls and through dialogue these Souls have to find ways to deal with each other. That is the great challenge of today for all of us.

How can we steer our own life, our own inner world and how can we meet the other in a sense-making way?

One key attitude of the human Soul is the opening and closing of the Soul. Are we with ourselves or are we with the other person? If we are open to the other person, something new can appear in our Soul. We can connect and communicate with one another in a give and take way. If we close the Soul we are with ourselves and can reflect on what is going on inside us.

The best state of the Soul is when the Soul is awake and holding back. It is a state of conscious waiting for the new to arrive. If we concentrate on the essential questions we have and if we are open in meeting the other and listening to the questions of the other, we can experience something new that can enter into our own Soul. This is the next step in the process to bring my own question further.

The basic healthy inner state of the Soul is the state of 'Gelassenheit'. We wait for what is willing to express itself, is willing to appear. If the "I" of the other person reveals itself when we meet, then the new can come and express itself. It is the "aha" moment and the "I see" experience.

Exercise: Holding back and waiting for the new to arrive

A – B – C

Individual preparation: (10 minutes)

What is my actual leadership question I struggle with?

A present his/her leadership question

B and C reflect on the question: A listen carefully to their dialogue, making notes

A present an actual experience with this question

B and C reflect on the question: A listen carefully to their dialogue, making notes

A present the essence of what he/she was hearing from B and C

A, B and C reflect together on: did we experience something new together.

We do the exercise three times. (3 x 20 minutes)

LIVING OUT OF FREEDOM IN THE SOUL

The human Soul is full of all kinds of 'beings' that want to rule in the Soul. Thoughts, feelings and impulses are expressions of these 'beings'. They want to occupy the Soul.

We struggle to master these 'beings' and at times they can be so overwhelming that we lose control and are taken down a path we do not want to be on.

The essential striving of the Soul is to be free. To be able to experience this freedom there are two basic requirements that have to be fulfilled.

The first requirement is the unconditional love for all that we encounter and that is asking for our attention.

The overcoming of our fear makes it possible for this to happen. It is our own "I" that forms the basis for handling our fear. We can learn to stand on our own two feet, to form our own point of view and to face the reality we meet.

The second requirement is respect for all living creatures on this earth. We should not make ourselves superior or inferior to others.

The Soul can exercise these two conditions, love and respect in all kinds of life situations, and as such experience the state of the Soul as being free. There is then a special 'enlightened space' around oneself that others can observe and as such you represent a special light that shines on the situation one is in.

Living out of freedom is the basis for a fulfilled life. It is not only the experience of happiness but also the experience that life has

a purpose and is connected with that special impulse that you want to make real here on earth.

Exercise: What occupies my soul

A – B – C

Individual preparation: (10 minutes)

Reflect on an actual situation in which you felt a bit fear and did not feel a real connection to the others.

A share a leadership situation in which he/she felt fear and there was not really a connection between the people in the situation. What happened and what happened inside you is expressed. Especially is described by A how he/she relate to the other person(s) in the situation. What feeling comes up with the other person(s).

B and C reflect on the story of A and try to describe in depth how they experienced the way A told the story. A listen carefully to what sounds in the dialogue between B and C, making notes.

A try to describe what occupied the soul in the situation with an image and explore if this image is more often there in the soul.

A, B and C dialogue together on how to free oneself of this image in the soul.

We do the exercise three times. (3 x 20 minutes)

THE SENSE OF MY BIOGRAPHY

The Soul expresses itself as our biography as it develops during life. It is the life story we write. It is a story that unfolds itself in a surprising way and the older we get the more we can experience that the well being of our Soul is in our own hands.

The Soul biography can be described in three phases of life.

The first phase is a phase in which we are embedded in the circumstances that we meet and that are given to us. It is this family, this population, this culture, language and education that we are brought into and that we can start to master. We struggle and work ourselves into the fruits of humanity as it expresses itself in my life circumstances.

The second phase is the phase of going my own path, living my own life impulse and creating the life that responds to this. We get mixed up in many affairs, relationships, occupations, material circumstances and we have to deal with this. Progress and crisis go hand in hand.

The third phase is the phase of internalizing the life experiences and gaining insights and wisdom through that. One can support others with this self-created knowledge to take their own steps. Each phase is about 33 years long and this is based on the new mystery of life.

During the first phase we already prepare the next two phases. We design our life and discover our talents. The life goes with ups and downs.

In the second phase we absorb the fruits of the first phase, deepen them and prepare for the third phase. We ourselves carry our life and we carry the responsibility for supporting others.

During the third phase we make the fruits of our life available for the others and we can give them as a free gift. We make up the balance sheet of our life, we concentrate on the essentials and we round off.

This new mystery of life is expressed in three fundamental impulses of humanity.

The first impulse is the religious spiritual impulse in which each human being brings his pre-birth Soul impulse to the community and develops this impulse in their earthly life so as to take the fruits into life after death.

The second impulse is the emancipation of the human Soul in the society. The human Soul participates in the political and cultural life of the society. The human Soul becomes its own voice and can take its own standpoint.

The third impulse is the social – economic impulse. The human Soul participates in the world's economy as co-producer and co-consumer. The human Soul has full responsibility for realizing its own destiny, to support others in realizing their destiny and for the wider community to realize itself in a moral sense.

The individual Soul and the Soul of humanity are in a direct dialogue with each other inside a process of Soul development. The Soul of humanity expresses itself in each individual human Soul and the individual Soul meets and co-creates the Soul of humanity when it moves into the human world and becomes active.

The individual human being is challenged to steer their own biography by creating their own Soul development in dialogue with others one meets.

Exercise: Caring for the sources of my biography.

A – B – C

Individual preparation with the help of the following questions:
(10 minutes)

How did you arrive in the world in the first 33 years of your life?

What was a real decisive step that changed your life in the next 33 years?

How did you integrate the learning of these experiences in your own life wisdom?

How did the inner leadership in your biography developed?

A tell the story.

B and C listen and then reflect on the story with the question: can we see the leadership biography of A, what is the key element in this? A listen carefully, making notes.

A try to formulate: what is my leadership impulse and what is the key value for me in leading others?

We do the exercise three times. (3 x 20 minutes)

THE CHALLENGE TO BE TESTED

In trying to realize one's life impulse one meets challenges and one faces resistance by others. Through the influence of others like parents, teachers, colleagues, clients one tends to forget about the personal impulse and the destiny intentions one had coming to this earth. One is entering roads that lead to situations one did not want to be in. The life of human beings is not predestined, we have to find the way ourselves.

There are three Soul qualities that support the human being to accept the challenges you meet.

The first Soul quality is courage. We go out of our way to avoid challenges. It takes courage to face them, accept them, take them and handle them. Our courage can grow when we get more experienced in taking up the challenge. We begin to understand that in our mind we see the threats and misfortunes that can happen. In taking the step however, things show themselves different than expected and we can be surprised at how we act in the situations we come up against.

The second Soul quality is learning. We are able to learn from our experiences. Things are not anymore defined and we meet situations that only afterwards we understand the sense of. If we are willing to learn from our experiences we can grow as a Soul and become mature in handling the life that we meet.

The third Soul quality is accepting. We are faced with unpleasant situations and we can complain about that. If we are accepting, we no longer tend to communicate to others our disgust and disappointment, but we share with others the way we try to make sense of it and how the others can help us to deal with these unpleasant situations, then our Soul is strengthened.

In our life we face small and big tests. Are we good enough to pass or did we fail. As a child we get used to tests in the school situation. We have to meet the requirements and respond in an adequate way to what is asked of us. These school tests direct to a high degree the steps we can take in educating ourselves when we are younger. Later we are tested in the work environment, we are tested in our relationships and we are tested on our morality in dealing with confronting life situations.

The biggest test is the examination of our dedication to our personal life impulse. Do we really connect to this impulse or are we afraid to stand up to it and deal with it. This can lead to painful decisions we have to take to change and move on.

Exercise: My leadership challenges

A – B – C

Individual preparation: (10 minutes)

Describe a situation in which you were tested as a leader in the work situation.

What happened and how did you act?

What is characteristic in the way you handled the challenge? Did you experience courage to face the other and the situation?

What did you learn from it?

Can you accept the way you act in tense situations as a leader?

A tell the story.

B and C listen and then reflect on the story with the question: can we see the leadership challenge of A, what is the key element in this? A listen carefully, making notes.

A try to formulate: what is my leadership challenge and what is the key learning point for me in leading others?

We do the exercise three times. (3 x 20 minutes)

THE INITIATION

The Soul, in contrast to the Body and the Spirit, is not a finished product of someone else's creation. It is to a great extent our own creation. It means that it is the Soul that can develop, that can change and transform, and that can metamorphose and go to a higher level of consciousness. The Soul can go through a process of initiation.

In the early days there were initiation rituals in which the Soul was brought to a higher level of consciousness. Masters that were familiar with these initiation rituals guided this process. In this process the pupil had to pass the threshold and meet the spiritual World-Beings that were working on his Soul. Out of these practices were developed meditative activities that people could do to bring them over the threshold and meet the spiritual Beings.

The human Soul over generations gained the ability to develop itself out of the impulses the individual spirit, the individual "I", gave to the Soul.

Today the path of initiation, of reaching a higher state of consciousness, is a path that people can go on together. The other person becomes my teacher and can help me find the next steps I need to take to bring me further.

On the one hand it is the step in the life practices, meeting life's challenges in the situations I am in. On the other hand it is about dealing with the key ideas and concepts that can guide me in handling the questions I encounter. Through a continuous developing of these two Soul consciousness resources you can experience that one becomes more clairvoyant in the situations

one is in. You start to see more clearly, you start to connect to the whole and you start to see the forces that are working there.

The ultimate step in the initiation process is to enable us to see 'the second face of a person in the first face'. Not only is the face of a person an expression of all the specifics of this person, it is also the window to the real "I" of the person. I can appeal to this I and 'the second person' can appear and we have a real meeting in which Soul development can take place in a dialogical way. In meeting the great variety of people in your life in this way, you meet the world population and all that is alive in the Souls of all these others. This is the nourishment for our own Soul development, especially all of what others have developed on their Soul path and share with me.

Exercise: The Initiation

A – B – C

Individual preparation (10 minutes)

Name three persons that have been your teachers in life.

Describe the uniqueness of their personality.

What did they give you for your life?

How did you integrate their teaching/learning in your inner world?

A tell the story.

B and C listen and reflect together on what they experienced while listening to A.

A listen to their reflections and try to formulate the essence of the fruits of the learning from his teachers.

We do the exercise three times (3 x 20 minutes).

THE COMMUNITY EXPERIENCE

The Soul is longing for his home on earth. There is no more embedding in spiritual realities and there is no fixed and predestined existence on earth. The Soul moves in an unknown process. As our Spirit is embedded in the spiritual world and we are living in a body that is given to us, the Soul is in-between and has to find its own home.

It is the processes we are engaged in that create the home for the Soul. The natural processes like sleeping, eating, moving and resting are familiar to us. We do everything possible to enable ourselves to stay in these processes and to survive as long as possible in this earthly life. There are also man-made processes like working, learning, creating, speaking and listening that the Soul is living in. Thoughts, feelings and actions are taking place in these processes. Processes are rhythmic, repetitious events through which the soul moves. We go to work, we eat, we sleep, we dialogue with others, we learn and we travel. Connected to these processes are the different communities of people that I am part of. If I start a new process it means that I will move into a new community of people. When you decide to start a new sport and become a member of the sport club, you meet a whole new community of people with whom you share this passion for this sport. That goes for your profession, your life partners, your learning companions.

In these processes the Soul experiences communion. We come together, we meet, we share and we start to build up relationships. There arises intimacy and we start to see behind the curtain of the other person's Soul. It is amazing how quick one

can come to a deep connection with another person one meets in a new process. The ultimate communion is when people meet in the spirit of freedom, love and respect. In this meeting there is the quality of warmth and light.

Exercise: The community experience

A – B – C

Individual preparation: (10 minutes)

Describe three communities that you are part of.

One natural community, one organized community, your personal community.

What is characteristic for each of them?

Why did you choose to be part of this community?

A tell the story.

B and C listen and then try to describe the connection between A and his/her communities.

A listen and reflect on the descriptions of B and C.

A define the key characteristic of his/her relation to communities.

We do the exercise three times. (3 x 20 minutes)

THE TRANSITION

The Soul is able to transform itself to a higher state of consciousness. It is our own thinking, feeling and willing that can become a conscious Soul act. We cannot only live in the Soul and experience through the Soul, we also can start to steer our life through the Soul and develop the Soul.

How can we do that?

The first conscious act of the Soul is setting your own goal. It is an observable fact that people who live with personal goals are more awake and have more energy to handle life situations.

The second conscious act of the Soul is choosing your personal steering principles. When you have conscious steering principles that guide the way you act, you will find your behaviour, in the situations you are in, to be more appropriate. You become a transparent actor.

The third conscious act of the Soul is to really design your life processes in a way that they can unfold in a rhythmic and substantial way. To create this it is good to always think a bit ahead of time but in the situation to act a bit slow. This creates a strong presence in the situation.

The fourth conscious act of the Soul is to reflect regular on your life experiences and try to see the value of it. Ask yourself questions about your behaviour in the situation and what could be done better next time.

The fifth conscious act of the Soul is to invest in those events that really bring you further on your life path. It is especially important to support others in taking their step. This supporting others opens doors for your own Soul to grow and become stronger and more delicate.

Through these conscious acts the Soul starts to transform. The soul becomes more sensitive and is awake. It has a deeper experience of what is going on and it has a better connection to all that is happening. The other persons become more visible. The Soul also feels more at home in the process of judgement building. In dialogue with others the Soul can have a clear and intense judgement on what is essential to care for, what the consequences are of the acts that are done. In this way the Soul develops those personal stories that show the meaning of life and that can be shared with others to create more sense for life.

Through these conscious Soul acts it is the personal “I” that can appear more clearly in the situation and as such can become the steering authority in your life. It is also then that the “I” of the other person can appear and can be supported by you to find and take the right steps.

Exercise: My leadership transition

A – B – C

Individual preparation: (10 minutes)

A reflects on the 5 points:

1. Setting your own goal
2. Choosing your personal steering principles
3. A strong presence in the situation
4. What could be done better
5. How do I support others?

B and C listen carefully and reflect then with the focus: what inner transition in leadership could be taken up that would strengthen the outer performance as a leader by A. A listen carefully, making notes.

A try to define the transition in his / her leadership that could improve the leadership performance opposite others.

We do the exercise three times (3 x 20 minutes).

CONNECTING TO THE IDEA

The well being of the Soul is influenced by the way we are connected to the leading idea, the leading star of our life. It might be so that each human Soul has a specific idea to be realized in this life. Each life has a theme to work upon and it is a challenge for the Soul to discover this theme.

Your personal life follows a red thread of Soul development that you can discover by looking back and reflecting on what is speaking out of life as it is experienced. This goes through a process of daily awakening and sleeping. In the awakening we can find the impulse that we want to follow for that day. In the sleeping we can meet the impulses as they live in the invisible worlds we wonder around in while sleeping.

In the decisions we take in life we express the leading idea of our life. There are moments when we decide to take a certain road or to leave a certain road. It is in these decisions that the Soul can open up to new realities and discover what it is that the Soul can digest and internalize. The decisions we take repeat in a certain way the path we go. We often think that when we decide to go a certain path, the other possible path will close. But that may not be the case. It could be that the other path is still there but has transformed itself into a special quality that appears in the path we are on. If I decide to live together with a certain person as my life companion, it does not mean that all the others have disappeared. It might change the relation we have with the others and that can become an even better connection then it was before.

The leading idea appears in the profession we choose, the partner we choose, the children we get, the failures we experience, in what fulfils us and what confronts us. It is the main source of inspiration and it is the guiding star for our life adventure.

Exercise: The leading Idea

A – B – C

Preparation: (10 minutes)

What is the leading theme, the leading idea of my life, as it shows itself in important decisions I took like choosing the profession, choosing the life partner, choosing your hobby's?

A describe the leading theme and how this appeared in life decisions.

B and C listen and reflect.

A listen to B/C's reflections and try to formulate the leading idea even more clearly.

We do the exercise three times (3 x 20 minutes)

BEING INSPIRED

The optimal state for the Soul is 'being inspired'. This is a state of the Soul where there is a fruitful connection between lively imaginations the person has and intuitive steps the person takes. It means being connected to the two worlds in which we live: the world of the spirit and the world of the matter.

Inspiration stands between bringing willing into our thinking and bringing thinking into our willing. These are the two ways of schooling the Soul.

We are invited to start to think ourselves. Thinking is a soul activity in which we make lively images. We do this out of our memory and express them with the language we share. Memory and language are fruits of the Soul development we have gone through and these are connected to a collective memory and language development. '*We have to think it through*' is the expression of bringing the will into our thinking.

We are invited to act out of ourselves. We bring our thinking into the willing. We create intentions in which our motives connect to the results we want to achieve. '*We have to make a step*' expresses this.

By strengthening these two Soul moves we create an open space into our heart sphere into which the good can enter and out of which we can start to live in freedom. These are the two real human virtues, the real human values out of which the human being can become a conscious and responsible Soul. *Doing the good* is what we have heard from philosophers that reflect on the sense of life. It is that what will fulfil our Soul. To be able to do this we have to start to think and act in a free way. We have to overcome our conventions and illusions. We have to start to

create the images ourselves and find our own steps to take and by doing this again and again we achieve freedom in moving through these thoughts and acts and share them with others.

It is the burning flame in us, the passion for that which we strive towards all the time that is the source for inspiration. To be inspired means that we are pleasant companions for our fellow human beings. We also stimulate the other person to free himself and enter the free space in which we can do what really makes sense and what heals the world around us.

Exercise: Being inspired

A – B – C

Individual preparation: (10 minutes)

What is it that you want to achieve in your life?

What is the key idea behind it?

Why are you striving to this achievement?

A describe his/her strivings, the leading idea behind this and why this is important.

B and C listen and then dialogue together on what they heard. They listen especially to the will direction of A that sound in the story.

A listen to the B/C reflections and then try to deepen the story by expressing what happened inside during listening.

We do the exercise three times. (3 x 20 minutes)

WALKING TOGETHER ON THE ROAD

When we enter our path of life and start to take steps, we meet our fellow travellers. These are the karmic companions that we are looking for. Brothers and sisters in the blood are the first ones, brothers and sisters in the spirit follow. We meet our friends, our Soul companions for life.

In the natural communities in which we are born and raised we meet the persons that we have a natural bond with. This bond is the fruit of earlier common experiences. There is familiarity on the one hand but the Soul also wants to explore new fields and get new experiences. The person is looking for new Souls and for those that we can meet in our co-learning and co-operating with other unknown Souls. We enter the organized world as workers and consumers. We meet many people who have totally different backgrounds than ourselves but we learn to co-operate together, learn together. We start to see the world through the eyes of the unknown traveller that we meet. We go on a common adventure and explore new realities. This brings us new insights and we start to see ourselves in a new light.

Walking the road together brings us to unknown territory. We enter places and situations we do not know, they are strange to us. It can make us fearful of the unknown. However, when we come in contact with other persons and meet and share and get a bit familiar with each other, then we see that it is the “I” of the other human being that is evident and that we can trust.

Exercise: Walking together on the road

A – B – C

Individual preparation: (10 minutes)

Describe three of your friends: One friend out of childhood, one friend in your twenties, one friend now.

What was the key of these friendships?

What does that say about you creating friendships?

A describe his/her friendships.

B and C listen and reflect together.

A listen to the B/C reflection

A formulate the key of his friendships.

We do the exercise three times. (3 x 20 minutes)

THE COSMIC EXPERIENCE

All that is part of the cosmic natural world going through a repetitive cycle of existence. Everything repeats itself, appears and disappears. We are often not fully aware of this and we think that all is new and surprising. This is because life is fresh and wants to show itself in new experiences and new images. However, the questions we face and struggle with are questions that come back again and again.

The key questions philosophers have raised over the centuries are consistent. The answers they find develop themselves over time. The key questions that have no definite answer are the questions of our origin, our Soul and our freedom. Are we a Godly product as the bible tells us, a big bang evolutionary being as science tells us, just an accident or a wanted being? Is there a human Soul and how can we see this Soul existing? Is the human being free, is freedom a reality or are we predestined? These questions have no truth answer but they are our helpers for creating sense in our life.

The cosmic experience is the moment when we suddenly have a clear vision, an understanding, a fundamental insight in relation to serious life questions we have. After searching and struggling, suddenly something is revealing itself to us. It is evident and it stays with us all our life. These experiences are like the experience people have when they return from a near-death experience. We see ourselves from a distance, we meet the welcoming light, we are welcomed by those Souls we knew who have died, we see the value, the sense, we understand the 'why'. We are in a totally different atmosphere than usual.

Exercise: The cosmic experience

A – B – C

Individual preparation: (10 minutes)

Reflect on your origin, where do you come from?

Reflect on your inner drives, what is leading you?

Reflect on your feeling of freedom or being bound?

How is the state of your soul today?

A share his inner reflections with B and C.

B and C listen with heart quality and reflect together on A's revelations

A formulate the fruit of life.

We do the exercise three times. (3 x 20 minutes)

THE CLEAR INSIGHT

When the Soul is living in freedom and out of its own strength, when it is dedicated to its mission in life and it has the courage to face the challenges then the Soul is ready to receive clear insights. It is as if the sun starts to shine and we experience light and warmth.

We can have good intentions but our actions can have very different effects than we intended to create. It is the effects of our doing that gives us the leading clue on how to continue. It does not make sense just to continue acting when you feel that the effects are not those we intended to attain. Action and reflection belong together.

The path we can take to strengthen our view on things and to develop the abilities to realize what we see as a valuable contribution have two different dimensions.

The first dimension is that we explore in depth ideas and concepts that enlighten the forces that are working behind these ideas. Through the gate of the idea we enter in a living world of beings that have specific strivings and that want to contribute in many different ways to the human development. In dialoguing with others on these ideas we bring them alive in ourselves. When we act in situations we can apply some of the insights we gained and see what effect it raises.

The second dimension is that we bring ourselves into unknown situations in which we have to deal with unknown challenges. In dialoguing with companions who we share the situation with, we get a deeper connection to the issues that play and we come to new insights that feed our inner world of convictions, judgements and impulses.

When we reach the level of deeper insights that stay with us and that help us to observe realities we meet in a much clearer way, we start to see our responsibility and we see the opportunities to act in a sensible and valuable way.

Exercise: My inner leadership development

A – B – C

Individual preparation: (10 minutes)

Think about your favourite leadership concept.

Think about your leadership practice: what is always asking my attention?

A describe his/her favourite leadership idea or concept. How do you live and work with this concept, how do you develop it further?

A describe the leadership practice in terms of: what is always asking my leadership attention in leading others?

B and C listen carefully and try to define the connection between leadership idea and practice as described by A. A listen carefully and make notes.

A share the next step in connecting the leadership idea and practice.

We do the exercise three times (3 x 20 minutes).

BLESSING AND RETURNING

The Soul is longing for recognition. We want to be seen. It is a blessing to be seen. To allow ourselves to be seen we have to return to the origin and to our striving aim. In doing so we have to face the gate of birth and the gate of death.

Behind the gate of birth we can find the essential intentions, the great impulses, we want to bring to this world. All the spiritual forces have an interest in how we as human beings realize our impulses. They have high expectations as they brought us to this earth and gave us the freedom to take our own responsibility.

To carry this responsibility we have to concentrate on the other person, on the question the other person is carrying, the impulse of the other person. We can mobilize all that we have gained to make this happen, to support the other person in taking the next step.

Behind the gate of death we can find the workings of our being on this earth in this incarnation. Did we do the Good and did we live up to what we came here to do. It is a confronting process of seeing the failures we have had, the offending of the others, the neglecting of the others. We can see the fruits of the work as well.

All of this is not only a personal story. We are part of humanity. We stand on the shoulders of our ancestors. We can form the shoulders for the new generation to stand on.

Are we reliable shoulders, did we become strong enough to carry?

The human Soul came forth out of a common Soul. Over centuries human Souls have been striving to become individual

Souls. That is what we experience today. However, we have lost the natural connection to the other Souls.

This is what we have to do in the future. We have to support the other's Soul in its realization and we have to invite others to support us in taking the next step in our Soul development.

We can become free Souls doing the Good together.

Exercise: my leadership Impulse

A – B – C

Individual preparation: (10 minutes)

What is my leadership impulse?

What is the effect of my leadership on others?

A describe his/her leadership Impulse based on the experiences of the other exercises.

A describe the effects on others living and working with this impulse.

B and C listen carefully and give feedback to A that stimulate A to be a moral leader that is a blessing for the others that work with him/her.

A describe the fruit of this leadership research.

A make notes of this final reflection

We do the exercise three times (3 x 20 minutes).

DEVELOPING YOUR SOUL TO A CONSCIOUS STATE OF BEING

The human spirit, the human “I” is born in the Soul. The Soul is the home where the “I” can develop and become. The human Soul has suffered over the centuries as we did not have a clear view on the Soul and it’s becoming an individual conscious Soul. Taking the path as described here the Soul becomes a reality for you and you can start to bring your Soul to a conscious state of being.

GLOSSARY

Labora: The phrase pray and work (or "pray and labor", in Latin *ora et labora*) refers to the Christian monastic practice of working and praying, generally associated with its use in the Rule of Saint Benedict.

The Good: Plato suggests that justice, truth, equality, beauty, and many others ultimately derive from the Form of the Good.