

Satius: The Pebble and the Pond

An Integral Coaching Newsletter For Improving Your Personal and Professional life.

FREE THURSDAYS IN AUGUST

I've dedicated Thursdays in August to the practice of The Work. The Work is process of inquiry using four questions. Developed by Bryon Katie, it is simple and direct. It is used to gain perspective on situations, beliefs or thoughts that hinder our performance at work or home.

This month, you can call or visit for a free one hour facilitation around a professional, financial or personal issue.

To reserve a time and date, [e-mail](#) or call me at 503.222.2282.

Web Sites

[Satius Blog](#)
[Whychus Consultants LLC.](#)

Greetings,

I hope that you are enjoying the summer and have found time for family, friends, and yourself. The other day, I was enjoying a nice lunch with friends and was asked why I felt leadership and the body were so entwined. I thought this was a good topic to address in this newsletter. You can read more about the link between our bodies, ourselves and our success below.

I hope that you enjoy Satius (you can find what Satius means [here](#).)

The Pebble and The Pond: How to respond as a leader

There is a famous Zen story of a Roshi, a pebble and a pond. The Roshi stood near a pond. He first dropped a pebble into the pond, taking time to watch the splash and the ripples, as they traveled across and back, over the blue-green surface. He then picked up a large stone and again dropped the rock into the pond, observing the larger splash. He then turned and left, leaving his monks to discern the teaching in his simple movements.

I understand this story as the perfect description of what leadership should be. A small pebble makes a small splash. A large stone makes a larger splash. The pebble never makes a splash like the larger stone and the larger stone never makes a smaller splash like the pebble.

The question for us is how do we free ourselves as leaders, to respond appropriately for each situation that confronts us?

Our Unconscious Stress Response

In Aikido, I've discovered that there are three types of people. I call the types Escalators, Disbelievers and

Mis perceivers. Each type has a particular blind spot when it comes to leadership and this blind spot is critical to how you work and act when experiencing the stress of conflict.

The responses are unconscious; it is our default response when under stress. We have two things working against us in stressful situations. First off, under stress, our response is to lose our center, narrowing our awareness to the single stress factor and changing our thinking from strategic to tactical. Secondly, our stress response has become habituated, making it invisible to us, until we have regained our balance (usually after the fact).

The Three Responses

Escalators - Escalators are typically high performers. When success or security seems to be threatened, this type goes immediately to fight mode. Because everything is a fight, peers, and direct reports, often become worn down with the constant battle. The consequence is this type rarely receives input, feedback or ideas on how to improve the business, the product, the service, etc.

[Read More...](#)

Meditation and Leadership

Equanimity- who among us hasn't longed to feel a little more calm and centeredness when everything around us is going haywire. Surprise, surprise, science has now provided scientific evidence that the beatific zen monk faces we see could hold a key to centered leadership.

A recent article on Livescience.com used brain scans to examine subjects brain activity as they viewed pictures of men and women making emotional expressions. What was discovered is that individuals who were of a more mindful disposition were able to more quickly calm themselves after naming the emotion that they observed.

What researchers postulate is that meditation practices often consist of naming thoughts and emotions as they arise. This naming allows the subject to observe and hold the emotion, as opposed to being held by the emotion.

If you have worked with me, you are familiar with [Ken Wilber's](#) four quadrant model, which is used as a foundation on how human's change. This model suggests that individuals who practice self-observations and awareness practice, gain

a perspective on their world view, producing significant changes in habits and patterns that previously were unconscious and invisible to us. You can find instructions for a simple meditation practice [here](#).

I hope that **Satius** has given you an appreciation for the importance of knowing your own unconscious response to stress and the importance of taking a moment and choosing how you want to lead, parent and live.

Sincerely,

Rick Watson

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