

Handouts Prepared for Conscious Leadership: Is Excellence A Choice Presented: AORN Surgical Conference & Expo March 10, 2015.

## References

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3. Emmons, Robert. *Thanks! How Practicing Gratitude Can Make You Happier*. New York: First Houghton Mifflin Books, 2007.
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## **Definition of Terms**

*Consciousness:* A state of awareness, the thoughts and feeling collectively of an individual or of an aggregate of people; the fundamental sense of presence. Webster's Dictionary.

*Consciousness-Mental Awareness:* "Consciousness is both objective and subjective. Objective consciousness is a state of conscious awareness, equipped with will, decision, and discrimination. Its reasoning is both inductive and deductive, therefore it has self-choice." E. Holmes. *The Science of Mind A Philosophy, A Faith, A Way of Life*, 1938.

*Energy:* the capacity for vigorous activity; available power. A feeling of having an adequate or abundant amount of such power. The ability to act, lead others, or effect thing forcefully. Forceful expression. The capacity to do work. Webster's Dictionary.

*Faith:* "faith means a belief in the presence of an invisible principle and law which directly and specifically responds to us." E. Holmes. *The Science of Mind A Philosophy, A Faith, A Way of Life*, 1938.

*Fear:* "Fear is the antithesis of Faith. It is the negation of confidence. Like Faith, fear may be conscious or subjective and if it is to be eliminated it must be removed both consciously and subjectively." *The Science of Mind A Philosophy, A Faith, A Way of Life*, 1938.

*Intention:* An act or instance of determining mentally upon some action or result. The end or object intended purpose. Intentions-a purpose or attitude toward the effect of one's actions or conduct. Webster's Dictionary.

## Consciousness Tidbits

Enjoy them at [www.theconsciousnessplace.org](http://www.theconsciousnessplace.org)

### Drops before the Storm

Sitting on a balcony overlooking the Pacific Ocean that surrounds the Island of Kauai, I watched a rain storm pass by. I had this “ah ha” moment when I realized I was watching this from a dry balcony with dry clothes. This wouldn’t have been the case if I had ignored the drops of rain that came before the storm.

Standing on a cliff, I had been looking at a family of whales playing in the water and saw the storm coming in the distance. I ignored the clouds because I was so mesmerized with watching these beautiful creatures that it was only when the drops of rain fell on my head did I realize the storm was upon me. With a quick last look at the whales, I dashed to the protection of the condo balcony.

From the “dry” perspective I wondered how often do the “drops” of life fall on our heads to alert us to take safety or shelter, get out of the way, change course, make different decisions and we ignore them or delay responding. Those “drops” told me it was time to be somewhere else if I wanted to stay dry and warm. Maybe the signals you are getting are telling you to nurture yourself more, release yourself from a relationship, change jobs and much more. I had a choice-to stay in the rain or go to a dry place. You have a choice too.

Consciousness means we are present to the messages being sent and in this case the message for me was “you will get wet and cold.” When we are open to receiving the messages we can decide, using our consciousness skills, to do what is in our best interest.

In my experience, it was to stay dry and warm. Some might say this example is a no brainer-who would want to get wet? That’s true and the magnificence of watching whales play could have made me decide to get wet. Often we ignore the signals and signs to make more loving choices because we are caught up in the experience and often feel it is better or easier to stay “put.”

The next time you “feel” the drops of reality of your life falling on your head, take time to listen to your Inner Knowing, lovingly process what is best for you, accept that decision and then move to the dry, warm place where you are safe and can be true to who you really are.

Written by Suzanne Ward  
January 2012

#### **A Request:**

*I would like to make these CT’s available to you through an APP but I need to gather email addresses of those interested. If you are interested, email me at [suzanne@theconsciousnessplace.org](mailto:suzanne@theconsciousnessplace.org) and in the message line just put **Want CT’s** and I will add your name to the list. You can also visit [www.theconsciousnessplace.org](http://www.theconsciousnessplace.org) and sign up there.*

## How to Use the Consciousness Skills Presented on March 10, 2015

### 1. Power of Intention

Write a statement that is positive, directional and states clearly what is desired. For example.

- My Intention is to express my excellence at work today and share it with my patients and co-workers.
- My Intention is to share my definition of excellence at the morning report one day/week.

### 2. Writing My Definition of Excellence

In a quiet space write your definition of excellence. Remember excellence is a byproduct of all those Authentic Self Qualities that are already a part of you. *Remember you are already excellence.* This definition will be your guide on how you will demonstrate excellence in your life. Here is a definition that was given to me once and it really resonated with me.

“Excellence is when you care more than others think is wise; risk more than others think is safe; dream more than others think is practical; expect more than others think is possible.” Unknown. (Don’t use this one....write your own.)

### 3. Create a List of How You Demonstrate Your Excellence

Taking time to identify how you demonstrate your excellence is very powerful. Your list might include some of this evidence.

I listen well  
I am kind  
I remember what people like and then give that to them  
I let others cut in line  
I live my life from the perspective of the qualities of the Authentic Self  
I work in a loving way to remove any barriers that prevent me from demonstrating my excellence

### 4. Start a Gratitude Movement

Gratitude is the greatest multiplier. Start saying thank you more and telling yourself what you are grateful for and then tell others you are grateful for them and what they contribute to your life and/or work place. Then watch the miracles happen.

## Qualities of Consciousness

### Qualities of the Higher Self

Acceptance  
Courage  
Compassion  
Faith  
Honesty  
Integrity  
Open  
Reverence  
Service  
Willingness  
Wisdom

### Qualities of the Lower Self

Arrogance  
Apathy  
Ambivalence  
Contracted  
Depression  
Fear  
Gossip  
Hopelessness  
Resistance  
Withholding  
Closed

Add to this list as you learn more about your own levels of consciousness