

# The Awakened Leader

Much has been written about the “conscious leader” or the “mindful leader,” but until very recently, we could only speculate about the *fully awakened* (or, simply, *awakened*) leader because this type of leader was so rare that she/he—or rather, their fully awakened state—remained unrecognized as something different than the state of the conscious (or mindful—we’ll use these interchangeably in the rest of this article) leader. There are two reasons for this lack of differentiation: 1) Conscious leaders very often attain high states called “awakened states” which resemble the fully awakened state of the awakened leader, and 2) The permanency of full awakening guaranteed by a physical state shift in the brain was suspected by brain researchers, but until now couldn’t be conclusively proven—more about this later!

## What is Awakening?

Yoga, meditation and many other practices (and some psychedelic drugs) can produce temporary states of very high consciousness, some of which are very euphoric. Over time, many of these practices can actually help the mind become quieter. Long-time meditation practitioners, such as Buddhist monks, actually achieve some changes in their brain functioning whereby some sections of the brain become quieter and other parts become more active, resulting in greater presence and higher states of consciousness. This results, however, from many years of consistent discipline and practice. You might say, many years of the mind managing the mind.

Awakening, on the other hand, is an actual state change in the brain’s “wiring,” rather than just a change in its activity. Awakening can be instantaneous or it can evolve over a few months time. In either case, however, the state change cannot result from practices: the mind cannot truly change the mind’s neurological makeup. There are many recorded instances of spontaneous awakening, usually happening at totally unexpected times—one reported instance happened while driving on a Los Angeles freeway! Less frequently recognized are the cases of evolved awakening as the changes are only slowly recognized as being permanently different from the prior state.

In sum, true awakening is a “declutching” of the mind and happens only through the grace of the Divine. While the mind is still present once awakened, the awakened individual is no longer driven by the mind, but rather may choose to invoke the power of the mind (to solve complex problems, for example) only when desired.

## What are the Characteristics of the Awakened Individual?

When the mind is declutched, the awakened individual is liberated from a number of activities of the mind—activities that the mind pursues to run away from who you truly are: your higher self. The most obvious of these activities are psychological suffering, psychological fear, conflict, psychological hurt, dissatisfaction, judgment, attachment, pleasure seeking, day-dreaming, self-images, self non-acceptance, thought interference, boredom, loneliness, emptiness, imperfection, craving, and concepts.

Each of these activities of the mind has perverse effects on one’s emotional state, attitudes, beliefs, and behaviors. To go into each is beyond the scope of this article, but they have the cumulative effect of draining large amounts of your energy and shielding you from truly experiencing all that is around you and within you.

Once awakened, these activities of the mind begin to slow and eventually recede partially or completely as the individual goes into higher and higher states of awakening. As this happens, your ability to experience reality without interference increases dramatically. You become truly present with life.

### **What are the Characteristics of the Awakened Leader?**

Free from the activities of the mind, the awakened leader experiences everything through a lens of absolute clarity and full presence. In other words, the awakened leader no longer colors the situations she encounters with the biases and filters of the mind. She no longer suffers from doubt about her decisions or fear of making far-reaching choices, yet has the clarity to see the true consequences of these decisions and choices. He no longer is attached to the outcome of those decisions and choices and so is free to respond quickly if the actions taken are not achieving the desired outcomes.

She experiences others as they are and with compassion, yet deals directly with issues and challenges as they arise. He does not judge others in the sense of fixing his opinion about them, but rather judges each situation freshly and exactly as it is.

He clearly foresees the consequences of his actions and decisions and the impact of these on customers (for a business leader), suppliers, employees and colleagues, the community, and the world. She therefore has a strong drive to take actions which are not harmful and which create positive outcomes for all affected by these actions.

All of this is a natural consequence of awakening. These characteristics are natural and inherent in the awakened individual. They are not the result of practice or learned behavior, but rather are the result of the clarity and presence which the awakened individual brings to every experience.

### **Next**

The next articles in this awakened leader series will interview awakened leaders, to understand how they experienced awakening, how it has affected their personal and organizational lives, and what it has meant to all those around them. The first interview will be with Dr. Susan Simpson, a Canadian psychologist who founded a series of clinics throughout Canada and who is leading early research into the neurological brain state changes of awakening. Stay tuned!

### **Postscript: How Do I Awaken?**

Until now there has never been a time in history when awakening could be given on a large scale. A few spiritual leaders were able to give devotees awakening after many years of spiritual practice by the devotee. Now, however, with the shift into the Golden Age, it is possible to awaken through attendance in a course offered by Oneness University in southeast India. The next course, part of a three-course series, will be offered from October 21-28, 2013.