

## *Chapter 4: Summary*

- Awareness is curative. Our process of learning occurs as a result of moments of inward-looking, be they as a consequence of crises or a result of contemplation.
- An important aspect on the road to awareness is the ability to see our own story in the midst of other stories and thereby gain deeper empathy for ourselves and others.
- Awareness is not self-indulging introspection. It is a gateway to personal transformation that helps us match our actions in the world with our deeper intentions.
- We are at home in the Universe. When we revive our leadership quest we are guided home, and as we become more whole, our self becomes less important. With more inner serenity we begin to feel the desire to serve the world more strongly.
- It helps us tremendously to acknowledge the demons of our fears, which may at times sit at our doorstep. Unearthing the patterns of our fears is important in understanding the way in which they have informed our leadership journey.
- Humility often arrives as the realization that although the world is far larger than we can comprehend, our contribution counts and it is possible genuinely to serve.
- The generative process of life and leading is a dance of creation, conservation and passing away. In this dance the energies of passion, commitment and contemplation (or rest) sustain life. It is worthwhile looking at how we balance these energies on our leadership journey.