4 Ways of Leading in the World

As Me

Life is me

Posture: At one with all

Experience: Peace, spaciousness.

Beliefs: There is just oneness. There are no problems, and no one to "solve" them.

Key Question: No more questions — just knowingness.

Benefits: Experience oneness & nondualism. Unlimited freedom & peace.

ONENESS

Through Me

I cooperate with life happening

Posture: Cocreator

Experience: Allowing, flow, wonder and awe.

Beliefs: I am the source of all meaning I experience. Things are perfect, whole and complete. Life handles all apparent "problems."

Key Question: What wants to happen through me?

Benefits: Nonattachment. Unlimited possibility, plenty of everything.

SURRENDER

VILLAIN HERO VICTIM

To Me

Life happens to me

Posture: Victim

Experience: Blaming and complaining.

Beliefs: There is a problem. Someone is at fault. Someone should fix this.

Key Question: Why me? Whose fault is this?

Benefits: Experience separateness, drama as entertainment, and adrenaline high. Supports empathy toward others.

CHALLENGER COACH CREATOR

By Me

I make life happen

Posture: Creator

Experience: Curiosity, appreciation.

Beliefs: Problems are here for me to learn from. I created the problem, so I can solve it.

Key Question: What can I learn? What do I want to create?

Benefits: Personal empowerment. Define your wants & desires.

RESPONSIBILITY

Created with Jim Dethmer and Kaley Klemp. Based on the work of Michael Beckwith, Stephen Karpman, and David Emerald.

4 Ways of Leading — Applied to Everyday Life

	To Me	RESPONSIBILITY By Me	SURRENDER Through Me	ONENESS As Me
BODY	My body is not good enough. It limits and embarrasses me. I compare it to others.	I train, nourish and shape my body through my choices. It reflects my choices.	My body is a temple and I listen to how to care for it. I'm not attached to how it looks.	I am not my body. There is no separate owner. Body and awareness are not two.
CAREER	My career determines my worth. Opportunities depend on others. I feel stuck, overlooked, or pressured to succeed.	I build my career. I set goals, develop my skills and go after the roles I want.	I listen for where my gifts meet what is needed. I cooperate with opportunities as they emerge, without attachment to a title or path.	Work is life expressing itself. Who I am is not a role or an achievement. Being and contribution are one.
CHANGE	Change is done to me. I resist it and want to control it.	I create change; I'm the author of my life. I set the direction and drive it. I make it happen.	Change reveals the next step. I cooperate with what is emerging. I listen and respond.	Change is all there is. Nothing fixed is being changed. Nothing to gain or lose.
DISCIPLINE	Always too much or too little. It's hard; I "should"; "I have to."	It is necessary to be good. I choose it (to delay gratification). I use it as a tool to create.	It is effortless. Having and delaying gratification are equals.	Can you find the one who is disciplined?
EMOTIONS	Other people and circumstances make me feel this way. My emotions overwhelm me or need to go away. I suppress or vent them.	I take responsibility for how I meet my emotions. I notice sensations, question my stories, and choose how I respond.	I welcome emotions as movement through me. I allow them to unfold, listen to their wisdom, and let them pass.	Emotions arise and dissolve in awareness. No feeling defines me. All can be present within the wholeness I am.
FEAR	Fear happens to me and controls me. Something or someone is making me afraid.	I create fear through my stories. I feel it and choose my response. It is information.	I welcome it as sensation. It moves through me with ease. I listen to its wisdom.	Fear is a temporary vibration. Fear and love are the same energy.
HAPPINESS	It is a fleeting moment of pleasure (ice cream, vacation, sex). It depends on circumstances.	I choose to make myself happy. I make happiness if I bring the right ingredients.	It is here now. It has a deep lasting quality. I relax into joy.	Happiness is just another state, it is just one of many vibrations passing through.
HEALTH	My body betrays me. Illness strikes me. I have no control. Experts fix what is wrong.	I take charge of my health through my choices. My choices influence my wellbeing.	I listen for what supports healing. Wellbeing unfolds through partnership.	There is no sick one and no well one. Health and illness are passing states.
JOY	Joy depends on getting what I want. It is fleeting, and circumstances or other people can take it away.	I create joy through my choices. I make room for play and celebration.	Joy arises as I loosen control and meet life with openness. I allow it to move through me without needing to hold on.	Joy is the quiet fullness of being. Nothing needs to be added. Even sorrow can arise within this wholeness.

Created with Jim Dethmer and Kaley Klemp. Based on the work of Michael Beckwith, Stephen Karpman, and David Emerald.

4 Ways of Leading — Applied to Everyday Life

	To Me	RESPONSIBILITY	By Me	SURRENDER	Through Me	ONENESS	As Me
LEADERSHIP	It's a role; I have it or I don't. It comes with have tos, burden and incompetent followers.		There are skills/techniques to master which create good or effective leadership.		It arises in response to present need; no "one" is the leader in cocreation.		There is no one to lead and nowhere to lead to.
LIFE PARTNER	I need a partner to complete me. They make me happy or unhappy. Conflict is a problem.		I choose and shape my relationship. We negotiate needs and create agreements.		Love flows through me, not from me. I listen for what wants to emerge between us, with no attachment to a form.		There is no "other" to relate to. Who is loving whom? Love is the field we already are.
MONEY	Scarcity = never enough. I work hard to get it. My value is attached to it.		I want more. I can create more. It is a measure of my value.		It is abundant. It is an energy not a thing. Measurement is irrelevant.		It is just another form. It is given and received with freedom and joy.
PARENTING	It's my responsibility; I have to. MY children are vessels I put things in (data, values, skills).		Parent and child are equals. Children are responsible for their own wellbeing & success.		I ask what wants to happen in, as and through this being and our relationship.		Who is the parent and who is the child?
PREFERENCE	I don't have a right to one or I'm entitled to one. Compromise = no one is happy.		I value my preference & make it happen; win/win possible. Different preferences allowed.		I listen for preference and am not attached to the choice. I do not give it meaning.		Preferences arise without attachment. It is based on the present.
PURPOSE	What purpose? I should have one and don't. I just have roles I play.		My purpose: I declare it and go out & get it. Both takes energy & energizing.		Transcendent Purpose. No more wanting. I receive it through listening.		What purpose: Being and purpose are the same. Impossible to be off of it.
SEX	Sex is something I get or don't get. I depend on another to make me feel wanted or fulfilled. Sex comes with expectations and pressure.		I choose how I engage sexually. I ask for what I want and create the experience I desire.		I release the need to perform or reach an outcome. I listen to the body and allow pleasure and connection to unfold.		Sexuality is an expression of aliveness. Nothing is needed to complete me. Presence and intimacy are one.
TIME	There is not the right amount. I am stressed because of it. I'm overwhelmed, busy / bored.		I'm in control of my time. Time management & systems. I use it to do what I want.		I have plenty of it. There is only now — there is no past or future.		I am the source of it. It is an illusion — like all other illusions.

Created with Jim Dethmer and Kaley Klemp. Based on the work of Michael Beckwith, Stephen Karpman, and David Emerald.