

## Guided Meditation: The Authority of Self-Awareness

"Find a comfortable seated position, either in your chair with your feet flat on the floor, or cross-legged. Allow your spine to be straight but soft... Rest your hands gently on your lap, palms up in a receptive gesture, or palms down for a sense of grounding.

Gently close your eyes... Take a deep breath in through your nose, filling your lungs completely... and exhale slowly, letting go of any tension you may be holding in your shoulders or jaw.

Again, inhale deeply... and as you exhale, settle deeper into your seat... allowing your body to become heavy and still.

We'll take one more breath together: breathe in awareness... breathe out distraction...

Simply notice the rise and fall of your chest and abdomen... the natural rhythm of your breathing... This is your anchor, keeping you present in this moment."

"Now, gently bring your attention to the concept of **authority**... not power over others, but your own sense of inner strength and self-possession.

Visualise the moment you might feel challenged, or when you are about to step forward to lead... Notice the feelings that arise...

Can you sense the presence of the **Ego**? It may show up as a need to prove yourself... a feeling of defensiveness... or a tight grip of control over the outcome... It may whisper, 'I must be right,' or, 'They must see how good I am.'

Acknowledge this voice, but do not judge it. See the Ego as a separate energy - a small, insecure part of you that fears vulnerability. Imagine it is standing just outside of you... separate from your true, calm core.

Just breathe... and let that voice soften and fade into the background."

"Now, we invite your **Authentic Authority** to step forward... This Authority is rooted in **Purpose and Service**, not in fear.

Feel your feet connected to the ground... Feel your core stable and strong. This is the seat of your genuine power.

Ask yourself: '**What is the true purpose of my action?**'

Is it to look good, or to serve the greater good? Is it to control, or to enable and empower?

See your authority as a clear, steady light emanating from your chest... This light is bright but gentle... It doesn't need to shout to be seen... It simply *is*.

This light of genuine authority includes **Humility**... It knows you don't have all the answers... It is open to listening... It is willing to say, 'I don't know,' and to take full responsibility when you are wrong.

Feel the quiet confidence that comes from knowing you are acting from your values, dedicated to the mission, and committed to others."

"In this place of authentic authority, set an intention for the day ahead...

**'I will lead with purpose, not with praise.' 'I will listen with openness, not with defense.'**

Carry this feeling of quiet, grounded competence with you... Know that your most powerful self is your most humble and aware self.

Take a moment to thank yourself for showing up today... for doing the inner work necessary for ethical action.

When you are ready, take three final deep breaths...

On the first breath, breathe in clarity... On the second breath, breathe in confidence... And on the third breath, gently flutter your eyes open, bringing your new, ego-less authority back into the room."

"And remember Every Moment Presents An Awesome Opportunity."