



Seeing True to Break Through

Thoughts from Ron Chapman

May 2009

Hola!

Welcome to a number of new recipients of this newsletter! We're in the midst of exploring the path to greater expression and higher levels of leadership and humanity. Especially we've been examining how we get beyond our "selves" to something greater, whether that is important work or relationships, the well being of others, or the expression of elevated principles.

Last month's newsletter spoke at length about revaluing, which first acknowledges that we have values which consistently direct us whether we are aware or not. And that if we revalue those, our direction and efforts can find new expression. For example, if we value first and foremost the creation of a great home or work environment our actions will consistently mirror that. If for some reason we desired to devote ourselves instead to working on behalf of social justice, we would need to revalue. Otherwise our efforts would never be wholehearted.

That last word is this month's focus ... wholehearted ... for this is a matter of the heart!

Our values do not reside in our heads, i.e. in our intellect. Certainly our intellect is the means by which we attempt to describe or express them, but the intellect is only a translator of that which is held more deeply within us. Let's just say for simplicity it's in our heart.

Here's an example. In a series of conversations over the past few months with a woman I've come to greatly appreciate, it is very apparent she is wired for community. Everywhere she goes she plugs into whatever community she finds, authentically comes to understand their beliefs or orientations, and then quickly becomes a bona fide member of the community. I asked her how she came to be that way. As she told me stories from her life it became very apparent she's been this way all the while. Somewhere deep within her is a community orientation ... a value. And from an intellectual perspective, she is often oblivious to it. It resides in her heart or her soul. As I said above, she is wired for community. And the truth is she cannot readily express why or how that is. It does not reside in her intellect.

Why is this important?

The self we are expressing is a function of values held deeply within us. They are elusive, so our efforts to understand them can be challenging. I used to describe this work as trying to put your finger on a bubble of air in the water. And yet if we are to revalue, as the key to finding new direction that can transcend our “selves,” we must become acquainted with our inside orientation.

Think of it this way. If our heart (our most deeply held values) is not wholly in something, we are half-hearted, which is highly descriptive of the results we experience. And this takes us full circle to a point from an earlier newsletter. If you want to know what you value, look at what you are doing and what you are drawn to. If you want to know if you have revalued, look at whether those have changed.

So if we are to value something greater than our “selves” as a way of demonstrating greater leadership or humanity, we must get down to the heart of the matter. We need to:

- Invite ourselves to come to a greater or higher orientation
- Notice whether we succeed or not through our actions
- Honor the results no matter the outcome
- Get curious about those results and the underlying matters of the heart

As always, I learn from your learning. So send me your thoughts and experiences.

All the best ... which could not be otherwise!

Ron

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