

S01 - E38 - Rooted & Unwavering - Hylke Faber

Presenter 00:05

Welcome to rooted and unwavering a podcast and radio show which features leaders from all walks of life in conversations about courageous connectedness. How do we stay connected to our best selves, especially when we are challenged? What becomes possible when we truly stay committed to our own and others greatness also when we don't feel it? Join hosts Philco, Faber, transformational coach, facilitator, and award winning author of taming your crocodiles and his guests as they explore leadership greatness in today's episode of rooted and unwavering

Hylke Faber 00:45

Welcome to root and unwavering episode number 38. Root unwavering is where we connect up connect leaders more deeply to their innate potential. I'm your host Hoka Faber, and today, I'll be my own guest. Due to different circumstances, we are having no guests today. And I decided to use this opportunity to go a little deeper with each of you on this topic of connectedness, which is the topic of Ruden, wavering, and also the topic of the work that we've been doing for the last few years, and I, I wanted to use this opportunity to spend an hour together to connect more deeply to what's true about each of us. And also to find a way to bring that into work. So I want to talk to you today about connectedness. And why connectedness as a leadership and potentially a life orientation can be helpful. So what I've noticed, in the years looking at myself, on the balcony of myself and working with clients, is that there's often this in the beginning of a coaching conversation or in the beginning of a challenge, this sense of noise, lots of stimuli, lots of things happening, and the mind is running around. And we are not calm, we're not peaceful. Often we're not wise, our perspective is limited. And then invariably, as we take a step back, have you noticed is it as we take a step back, we get more clarity, we find more peace, and things that seemed so problematic just a few minutes ago, just when we went a little deeper inside of ourselves suddenly have lost that dramatic significance. We've, we've freed ourselves from this small minded emergency trap that our mind seems to construct. So it's actually not only our thinking or having more healthier thinking that helps us to be wiser, or even being able to regulate our emotions, better EQ, but it actually is about going to a place that goes beyond that beyond our thoughts and feelings, which are like to think about as connectedness, or CQ, or something that goes a little deeper than our immediate experience. It is allowing ourselves a space and we do this in meditation, or when we take a walk or something like that, we allow ourselves to the space to go a little deeper and to look what look at what's beyond the surface of the mind. I think about my own experience this week, yesterday, even I found myself getting a bit stressed about something I found myself varying feeling overwhelmed by the volume of work that is on my plate. And of course, as an entrepreneur, there's something beautiful about having a lot of things to do and a lot of clients who serve and then there's also this, the minds of took over. And the good news is that I noticed that. So



there is a part of me and a part of all of us that can notice when we are not connected. To notice that for a second when what happens in you, when you don't feel connected when you don't feel connected to yourself to each other to what's truly important. What's yours to do to your calling to your service was a bike and chances are that you feel stressed, maybe fragmented, may be a little disembodied By running around, doesn't feel so good. And yet it may be a very familiar state that we try to compensate for by even more clever thinking or running a little harder or whatever it is. And then think about what it's like to feel this deeply connected, to feel deeply connected. Well, for me, that's there's something about feeling in my body feeling very centered. It's about feeling a sense of peace and even a stillness. It's been described as the peace that passes all understanding. There's a sense of always an already Enos about it, it's there's a sense of presence, or what Whitman describes this as an unflinching sufficiency. And unflinching sufficiency, a sense of always being good enough. Imagine that, if you could just rest in this place that is even goes beyond thoughts and feelings. I know we're using thoughts to describe this. But the point to this place in yourself, as a leader, as a human being where you're always, you know, you're enough, you know, you're enough, you're know, you're enough. Connected leaders, then to be calmer, tend to be wiser, tend to be more compassionate, tend to enjoy work more, because they're less worried about what might happen next, because they know that they're okay, know what, whatever happens there, okay. So there's a sense of connectedness that happens. And also, there's a deep sense of empathy for others, like putting ourselves in somebody else's shoe. I remember sitting on a plane a couple of days ago, and the person behind me was putting their backpack in the overhead compartment. And we had been taught a few times that the flight was oversold and that many people weren't able to go to be able to have their carry on bag stowed unless we put our little backpack in the seat in front of us. And immediately in me, as I noticed, this woman putting her backpack in the stowaway area was like, Ah, how can you do this, and I felt very annoyed, I fell into judgment. I fell into judgment. So my empathy was gone for that moment, and I just could see this person as an enemy, as opposed to Buddha they truly were. The good news was that my body gave me immediate signals that I was disconnected, I felt stressed, I felt judgment. And I felt I needed to control the situation, in a certain way. So those kinds of three little Telltales obsession, judgment and control are good indicators that I'm actually not connected to my true self to my true self that's always here and already that's peaceful, compassionate and purposeful. Instead, I'm obsessing, I'm judging and I'm trying to control how do I find ourselves back? Well, in that moment, I, I just noticed that I was, as one of my friends likes to say flooded, I wasn't present anymore. So my task then was to not say anything, but to wait. And to come back to this place of peace. And as I did that, my my awareness opened up when I could also see the other person's face, feeling like they looked stressed out to me. I was like, Wow, am I glad I didn't say anything, because I really didn't need to add to their stress by my preachy sense of what I thought they should do. So being disconnected, we tend to be judgmental, we tend to obsess, like around in our mind, and we tend to try to want to control circumstances and when we're connected, we're more peaceful. We are probably more truthful. We're probably more loving, more empathetic, and probably more of service. And when I look at the world around me, and we are in election year 50%, I heard somewhere of, of democracies, the moment in this year, we're gonna go through election season and election season as such a power to polarize us as such a power to polarize. It's like, you know, what am I going to think of the person who puts a sign in the yard? That's



different from mine, different from my belief, will I still see this person as a human being Eating. Polarization is so intense right now we have all kinds of wars with our neighbors. Sometimes it's family members with people in other belief systems countries, the differences between rich and poor are so vast. There seems to be in deepening like fractures in our society. And I also noticed these fractures in teams when I work with teams, and I notice people are disconnected, it often shows up with people being in competition with each other, working in silos. Not having all kinds of judgments about each other, like how can this person still be so hierarchical or so dominant, or just as opposed to being empathetic. So when we're connected, we're able to let all of that go, all of those judgments, all that obsessive thinking and all of that controlling, we'll let that go. And we can instead come back to this place of, of peace. So I invite you to think about a challenge you're facing right now. And think about what it would be like if you allowed yourself to become totally disconnected, totally disconnected, when you let your obsessing, judgmental, controlling mind, totally take over? Well, let's do a little practice. Another challenge that I face, besides being busy, is that I work with a client team. And we have some disagreements about how to scope, the engagement. Well, when I am disconnected, I feel stressed about it, I'm going to be judging them for not doing what I want them to do. And I'm going to try to go even harder, like go even deeper, to get them to comply with what I want him to do what I want him to be so that that doesn't, that doesn't work. Now, for a second, think about what it would be like if you allow yourself to become come back to presence. And notice that to get to presence, we have to let go of something. And what we have to let go off, I find helpful to think about us letting go of our attachments. Like I have attachments that are attachments to well, how I feel what they do. And also what happens I think about them as I we it attachments, I think about them as I we get attachments. And those attachments get in our way. So if I'm very attached to, like in this situation with scoping a client project with how I feel, then I'm no longer going to be listening to what they need. If I'm going to be thinking about what I think they should do, or how they should scope, the engagement, then there's no, there's not going to be any space for constructive dialogue. And if I'm going to be super attached to them, doing it and the project happening in the way I wanted it to happen, I'm going to be controlling, I'm going to be attached to the aid, it's not going to work. So what I have to do is I have to let go of my eye, we and it attachments. That's what I have to do. And instead, when I'll do that, I can anchor myself into something else. As opposed to anchoring myself in my attachment of how things should go. I can come back to this moment. That's my first thing that's homebase. So, just notice, when you look at your challenge, what happens when you let go of any attachments of what you think should happen? Let go of any shirts, like they should do what I want them to do, they should like me, they, they they should. Or if you happen to I want to tap on this go over any attachments. Notice how that then opens a space opens a space for us to rest. So we can rest said Okay, is it okay to rest? This kind of a taboo in our world to rest so then we can rest and we can rest and then When we actually rest, we start to see the challenge with new eyes like, oh, wait, I can be present here. I don't have to be lost in the minutiae of my mind. I find it harmful helpful, then to think about three pointers that helped me to come back and stay connected and actually express this connection in this particular challenge, which is like, I can be truthful, I can be loving, and I can be of service. So think about that for a second. What does it mean to be truthful? What does it mean to be truthful? Well, let's think about what does it mean to be untruthful? And who is for means that to me that I'm lost in some kind of belief. And one of my core beliefs that I



get lost in is that I am not enough. I am not enough. I am not enough. That's one of the core beliefs that I get lost in that I am not enough. If you notice that in yourself, that you're not enough. I spent a lot of years in my life driven by this belief that I'm not enough. driven this by this belief I've overworked, not taking care of myself, ignored relationships. Spend a lot of life energy, trying to be special. Trying to get the grades so that I finally be enough. What would it be like to be without that belief and be more truthful? Because is it true that you are not enough? Well, in the eyes of who? In the eyes of Whoa. Are you not enough? Are you sure? Are you sure? Do you not enough? Would it be like if we practiced what Walt Whitman called unfailing sufficiency, if he practiced the sense that we are enough already, that we are enough already? What would that be like? That would be in practicing an aspect of our being an aspect of our truthfulness. And that truthfulness, then give space for looking at what's truly important to us what's really true for us. So I think about this situation with this client, who wants to scope the engagement a little different from me, I can come back to my truth, which is I have some values that I can focus on, which is I want to be truthful, I want to be loving and I want to be of service really want to be of service. That helps me to be clear, it helps me to be clear. So that's point number one being truthful. being truthful means we first have to that lets go of any thoughts we have about about ourselves that are not true. And again, the core belief, there's often that something about there's something wrong with us. There's something wrong with us, I'm thinking about a client that I was working with cocido was working with last week, and they were trying to very hard get approval from the people around them. And the more they were trying to do it, the more difficult it was for the people to work with them. And the less they were trying to do that the more harmonious they are collaboration with others became so interesting to become more truthful. And then naturally, the second point of connectedness comes into view which is to become more loving. What does that mean? How does that work in it at work? How do we become more more loving and why even want to do that? Well, when we look deeply into what we are, we might find that in us there is this like in our court. system what we are just look at nature. How Nature just takes care of itself. Seasons, the the rain the sun, this planet seems to be taking care of itself, even if we as humans make lots of problems. It does. It does. It's an expression of love, you could say you can see it that way, if love implies care. So how can I be caring notice what happens when you assert the muscle of being caring, when you assert the muscle of being caring, think about what that means. When you assert the muscle of being caring. In this situation with this client, I become more empathetic. I put myself in their shoes becomes fun to put myself into their shoes, and then being of service the third point there. When I put myself into service of somebody else, I want to uplift them, I want to help them rise to the challenge I want them to. I want to help them to be their best. I hope you find this contemplation helpful on how do we stay connected to ourselves, each other in our purpose in the three points that we've been talking about is being truthful. It's about being loving, and it's about being of service. So connectedness requires a deep sense of self honesty. This is something that many of us are not taught, most of us are not taught, we go to school, and we're taught to perform and to fit in, we go to corporations, and we're taught to perform and to fit in. We are very seldomly taught to find out what is it like to stand in our own two shoes. And the more we stand in our own two shoes, the stronger we become, the more truthful become we become, the more loving we become, the more service we become, the less we stand on our own tissues, the more we start to obsess, we start to feel insecure, we start to judge others, it's like that it's like a total it becomes



becomes life becomes really hard. So my invitation to you is to think about how can I connect to myself a little bit more. I was talking to an executive A while ago, and they had been a top leader in organization for a long time. And they started meditation a couple of years ago. They told me that the first thing that happened for them, when they set themselves down for meditation is they started to cry. They started to cry, because they thought that they they, they they they realize that what they'd given their energy to was actually not done. And that they didn't know themselves. So connectedness is about helping us to orient ourselves to really getting to know ourselves. With everything in it, like what would it be like to really get to know yourself? With everything in you? What would it be like to be able to be with yourself? That's the core orientation that we're exploring. And when we're when we're working with leaders, and we're thinking with leaders, I invite you to think about is how can I connect more deeply to what's true about me and not let go? Not not given to all these attachments that I've been learning over life? That keep me from being connected. We might notice that our attachment to things that are not us have built over life. And I want to share with you a little bit about my own history of attachment, and what I've learned through them and what happens when you let them go. And then also, I want to talk to you a little bit about how can you bring this connectedness very practical into a team setting, because what we've been talking about so far, could be seen as quite theoretical, or esoteric. And I want you to see the power of it, when we apply it into a team setting. But before we do that, I want to talk to you a little bit about getting to know all the things that we're not, because when we let it when we get to know the things that we're not, we can let them go and the space opens up for what we are. So if I think about my own what I like to call attachment history, it started off when I was a little boy. And when I was a little boy, I grew up in a place where I thought being safe was very important. So that was something I learned very early on, when I was like my first few years. And then very quickly, I learned that to be safe, being safe. How could I get safety was actually by getting a sense of approval from the people around me. Because if I did something, well, I would get this label of goodwill, you did, you did well. And when I didn't do it, well, I would be reprimanded in some way, which didn't feel very good. So I learned the attachment to approval. And then in elementary school, I became quite good at things, I became quite good at things. And I learned the attachment to getting some admiration and praise. And I found that admiration was a really great way to be safe. Because, hey, when people admire you, there's probably not so much that can happen to you, your servant is on this pedestal, and I get building my pedestal in my life. I became a French horn player, played music for 1000s of people. And you know, you get that kind of applause. Now you go from being admired to being a door to being special. And that became another pedestal for me to stand on. And all the while I became less and less connected to this presents to this unflinching sufficiency that we started off this podcast with to think about your own attachment history. So by the time I was 20, I was firmly embedded in being a special person. And then in my third in my, in my early 20s, I continued that I actually didn't follow my dream to become a musician. Because I felt the route to specialness and safety was quicker when I did that through money and business. So I actually went and worked in New York City for many years, I became a strategy consultant. And I was super hell bent on on price, and being the best and getting admiration. And so being being the best became like a label for me that I needed to attach to. And at some point, during my early 30s, those attentions became so intense, that I couldn't sleep anymore, because my whole mind was focused on that. You could say that's fierce



grace. And we often have those kinds of moments in our lives when our external armor of attachments become so heavy that it collapses onto itself. And in that process, I wasn't able to sleep anymore. Basically, my nervous system was giving up. And at some point, I found a way through which was meditation. And guess what happened? I became super attached to meditation and peace. And I almost completely left the world for a while and then that was in my 30s. After that, I developed an attachment to being in relationships with others. I didn't have a partner I You know, I didn't really have time to have a partner being so special all the time. But that lack was really starting to be cost cost costly to me. And so I developed this intense attachment on being with somebody and I became codependent. So another attachment, another attachment and that attachment in my 40s, I finally was able to let go off and start to basically see that throughout my life, I spent so much time being disconnected. Now looking backward, I am so grateful for all that. Because the the weight of this attachments become so heavy, that it almost forced me to let go and open up to something that's more true, that's more peaceful, that's more kind, it's more loving. So notice how these attachments build up over time. Think about your own attachment history, not from a place of judgment, but from a place of curiosity and say, Okay, what would it be like? If I, first of all could map that. And second, if I could let that go. All the spiritual traditions have this core element of surrender and letting go in it. And I know this is maybe a weird thing to talk about in a leadership podcast. But to me, that is a core orientation in leadership, maybe the core an orientation leadership, which doesn't mean we're going to be flailing. But we're going to be able to let go of what is not true. The word leadership comes from the Middle English word lease, which also comes means to die. So my invitation to you as you explore becoming a more connected leader, is to think about what in me what attachments in me, I need to let go off, I need to let die off. So that who I truly am can come to the foreground. We're gonna take a short break. And then after the break, we explore more how we can practice connectedness in a team setting. See you after the break.

32:25

You are listening to rooted and unwavering presented by growth Leaders Network, the leadership team and culture development company. If you would like to learn more about working on connectedness for yourself, your team or organization, please contact growth leaders network on LinkedIn. And now back to the show.

Hylke Faber 32:52

So we'll be talking about connectedness and how do we practice connectedness through connectedness? First with ourselves, which is what we've been talking about the first half hour. But the second question is, how do we do this in a team setting? Now, I want to share an example with you of a team that was disconnected. And then we can think about how we can apply those principles of truth, love and service to a a team setting. And how we let go of those disconnectors of obsession, judgment and control. So this team had been working together for a while. And there was a part of the team that already knew each other quite well. And another part was joined in later. And between the two there was an ongoing strife because they had competing priorities. One part of the team was very focused on quality. And another part of Team was much more focused on being adaptable, and being and speed.



And it turned out that the people in the team that were focused on being focused on quality were the old team and they got to know each other already quite well, that you could say that connectedness was quite high. And however, there was a lot of judgment between them and other team members. There was a lot of team judgment between them and other team members. And the question is like, how do you get beyond that? Well, I like to think about building team connectedness as being intentional about how helping the team navigate. There's three kinds of moments. There is white tough moments, easy moments, blue belt moments, little harder and Black Belt moments, really hard moments and how do we navigate through it? Each of those different moments. So why bulb moments might be about getting to know each other or appreciating each other a goal setting, blue belt moments may be about, you know, feedback and coaching, managing commitments. How making decisions together and blackbelt moments are about conflict, and hurt, and, and departures and all of these things. So, how did this team, develop connectedness, working through those different kinds of levels of difficulty level, different different teams situations? Well, first of all, starting with white belt moments, the first thing that the team did, was they practiced this getting to know each other. So what we did was one of many things we did was one of one of the things we did is we, we shared stories, we shared stories with each other, we became very authentic with each other, I just shared with you a story about my attachment history. We basically shared stories with each other about who we truly are. And those white belt moments of getting to know each other appreciation, goal setting, they require a truthfulness in the sense that we need to be authentic. Like otherwise, if we're not authentic, we're not here. And that requires love in a sense of being empathetic for each other, being able to put ourselves in the other person's shoes or just being curious about each other. And it requires a sense of service by staying focused on a service orientation, like what do we want to have happen here. So this team's focus was on, on actually getting to a higher place. So that was the the reason that they to stay together. And then we went into the more difficult moments that the blue, the blue belt moments off. One of the things we did was feedback and coaching. And giving feedback, and I love what Mary sales talked about in our Connected teamwork, somebody giving feedback is such a beautiful thing. And so often misunderstood. So in the team, what we did was, we help people to understand that when a person gives you feedback, they go through a lot of lengths to actually help you receive the feedback and help you get the feedback. And so that it requires, it requires a lot of effort to give feedback. And it requires a lot of effort to receive feedback. So we need to be able to be sensitive to each other in that. And then we practiced the blackbelt moments of hurt, conflict, and talking about the real things. And one of the ways in which we can practice connectedness there is by being truthful. And truthfulness in this case shows more of like being able to let go of images we have of each other. So for example, one team member thought that the other team member was not performing. Okay, well, that's a judgment. So what happens when you let go of that judgment, there is a space that opens up, there's a space that opens up so that the blackbuck moments require more of this, sort of letting go of this. Really letting go of what we think the other person should be. Also, it requires us to let go of what might happen in person on this team. Let the rest of the team members know that they didn't feel they could belong. And they had a hole and they really felt they didn't belong. And the team tried its best to get more belonging but in the end was interesting. This team member only got to a sense of belonging when the other team members allowed them allowed this team member to say okay, you don't belong and that's okay. So this team move through those



different kinds of moments. And when I think back of how this team developed its connectedness. It was mostly because they started seeing each other see Humanity again, they start to see in each other, that we are more than our thoughts more than our opinions. So we can meet there. So how do we develop connectedness as teams? Well, the first thing is to be a, be intentional about it to say, we're going to prioritize connectedness. Because if we don't have that, we will have nothing to stand on. And a beautiful way to build connectedness is by appreciating each other, which goes back to this sense of unfailing sufficiency. Imagine a team, being in this mindset of you're not enough. You are not enough, I'm not enough, you're not enough. In that team, you're gonna have constant struggle. As of as opposed to when you're in team enough. Things will be okay. You know that the other person's okay, you know that you're okay. You know, that there's really nothing to fear. And you can approach challenges as opportunities for growth, conflicts becomes just a confluence of different opinions. So there's a very different level of relatedness that happens when we are grounded in the sense of enoughness. To think about that for a second, what would it be like, if you could see your team, as already enough? Like, imagine every single person on your team, you could already see as enough? Imagine every single person on your team, you could already see, yes, you are enough. You are enough. But we'll be compatible. I think of a team, my mom. The first thing that does for me is it reduces fear. Because I'm no longer worried about what the other person might think of me or what I think of that. It's, you're enough already, you're lovable, I can appreciate you. And that's it. So there's a sense of I, this is good, we are enough already, there's nothing to worry about. And the next thing that happens in team enough is that when things don't go well, we are still well it just means that we are facing with a challenge that we just need to give some wisdom to give some care to so in a sense, what we're doing with Team enough we're helping people to step back from their attachment to their thoughts and feelings to a much deeper place. That's what we do in team enough in teaming up not enough we keep being busy and judgements and keep rolling around and all this stuff and that's what we do. So when we're in team enough we know that really there's there's no problem that needs to be solved so that we can accept each other we already accepting each other then you might ask how does a team enough set goals? Well, let's first think about how a team not enough sets goals. When your team not enough you set goals in partly driven because you think once you you achieve the goal you'll be enough you'll be feeling good about yourself so becomes an anxious striving. When you feel enough when you know that you're enough. What are goals? You could say goals become invitations to be of service, it's more like okay, how am I going to be of service as a team. Notice how different the energy is when I'm of service to something versus when I try to put something together for just number one for just me. So that's a very core orientation that we can have. When we are in team enough, we put ourselves in service, and we are not as attached anymore to me. So, to put all this together, what is being connected to ourself each other in our purpose really mean? It means that we ground in this deep place of presence where we allow ourselves to let go of our attachments, our expectations, and instead ground ourselves in this place of being deeply truthful, deeply appreciative, and loving, and deeply of service. And my invitation to you, is to explore that, what would that be like if you allowed yourself to be even more truthful? more loving, and more of service? And then we get to the question of how do you do that? Well, when people in ancient Greece, were working with their big problems, and walked for days and days to get answers, they would often go visit the Oracle and Delphi or not often, because it



was a big thing for them probably to do that. And we can still till today see the essence of the insight that they were invited to have upon visitation of the Oracle. And that was written upon the gate in Delphi, and it said, Know thyself. So, it wasn't what was said by the Oracle. But actually, the Oracle itself was a place for people to travel into, to get themselves get to know themselves deeply, more deeply. So that is what connectedness is really about, it is an invitation for us to get to know ourselves more deeply. That's where it starts. And that's where it ends, as far as I know, as far as I can see, how do we do this? Well, I believe that meditation helps a lot. When we meditate, and allow our mind and our attention to rest on something that's deeper than our immediate thoughts and feelings. We start to go down, we become aware of something in us. That is always here. But it requires tending, you could say, because our nervous system is so used to being out there, meditation helps us to go in. Now, some of us, maybe many of us say, well, meditation is not for me, right? There's no one recipe. It'd be terrible. If humanity was designed for only one recipe to get to know each other, it was meditation, that would be pretty awful. Even though meditation can be a very strong tool. There's all kinds of ways that we can get to know each other, we can, like take a walk, talk to a friend, listen to some music, sit on the porch, look at the sunset. There's endless ways in which we can touch base more deeply to what's true about us. So I've spoken to so many people over the years about helping to become more connected to themselves and they've shared their counsel to me. And sometimes I've shared my counsel to them. And invariably, it always comes down back to this one thing which is, know yourself. Know what you are. Sit with that. Sometimes go on meditation retreats wherever silent for five or 10 days and we just sit with ourselves and be spent some time maybe not five or 10 days, maybe you want to do longer, maybe just a minute. Sit with yourself. What is truly important to you. What is truly important to you. Who are you and don't look for look for an intellectual answer. Just think about Well, let let let your awareness just deepen and have just just deepen or just deepen. Notice what happens when you allow yourself to become really, really present? And then engaging into the world can become like an adventure. It's like, ah how can I use this moment as an opportunity for greater awareness, greater connection to what is true to with greater connection to what's loving and to be? What what's what's, what is what to be of service, you can use all of that. I work with a an organization, many organizations over time right now with an organization to change the culture to help evolve the culture to its next level of connectedness. And we go through very practical exercises, to help people to become more connected to themselves each other and their purpose. And it's beyond the scope of this podcast to talk specifically about what we do. But what I can say about that, is that invariably, it always comes down to more reflection, deeper reflection on what's really going on. Like, what's the pattern that we're in? How can we change this pattern to something that's more connected? How am I showing up in this pattern? How what can I contribute to change this pattern? How can I become more connected to my own shoes? How can I become more connected to the other person standing in their shoes? How can I become more purposeful and not let myself get disconnected by having, you know, by going off in some kind of ego pursuit of who I should be, but I become part of a bigger hole. Always the same. So this could be very exciting. This could be very exciting. So maybe today, as you take some time to reflect on this, this podcast as you if you've been listening, think about when you're feeling disconnected. As opposed to going out there trying to do more to think more. Even fix your feelings. Maybe it's just as simple as sitting with what is happening. As one of my friends taught me, what is give



you an opportunity to feel and sit with that. And open up to that. On the computer, there's this beautiful button called the backspace button. Go back in space, you know, allow yourself to go back in space, which doesn't mean you have to delete what came before but you can go you can allow ourselves to go back in space. And, and connect more deeply to whatever is true about you. Whatever is true about you. And you might find there's a stillness inside of us. And that stillness, we find wisdom we find compassion, we find service. And even the biggest challenges can be seen as just appearances. doesn't mean we're not concerned about them, but we don't get lost in them. Because what we are is infinitely bigger than the challenge. And this is we realize that what we see is maybe bigger than our ego. Self our small sense of self Our challenge is probably bigger than our ego sense of self. If we're lucky because it actually helps us to get beyond our ego and are what we truly are this vast Spence expansive awareness, stillness. This, this collective for part of however you want to think about that is so much bigger, so we're always bigger than the challenge that we're facing. So maybe With that, how can can we be bigger, connect ourselves to something that goes beyond the small making thoughts and feelings to something much bigger. And rest in that, that go into that, that go into that higher power, perspective and strength and connect from that place to whatever is on your plate so that what's on your plate comes an invitation to become even more embodied, and grounded in that all right, I think I've said enough for today. I hope you will enjoy the exploration of getting more connected to yourself to your true self. And as you do that, to seeing the true self and the other and then the service that comes from that. Next week, or next week and next podcast, it's been two weeks. We'll be here again with a guest. This time it will be Ashley Reed, who is the CEO of well list, which is a company dedicated to making health care better for people that may find it hard especially in this country to connect with it talking about another example of somebody who is practicing connectedness helping to bring bring more connect people to more to what they need, what they really need to get what they want to have to be healthy. Okay, well thank you for watching today. I hope you found something today in the connected teamwork podcast and in the sorry in the rooted and wavering podcast today that you find of of help. And you can find this podcast on Apple and Spotify and LinkedIn, YouTube and other places. That's it for now. Thank you for watching, and hope you enjoy this journey in deeper connectedness. You've been listening to root and unwavering where we help leaders connect more deeply to their innate potential. I'm your host hookah Faber. See you next time.

Diana Belluomini 57:32

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