

# GROWTH EMOTIONS

Leadership | August 2024



Have you ever wondered how today's billionaire family business founders felt when they arrived in a new city with no money, leaving behind their childhood in a village with their parents and siblings?

Can you feel their pain, lostness, fear, next-several-hours-of-no-meal?

Can you imagine and feel for few breaths their state of minds and hearts?

They had all been gifted with horrific surroundings that one would dare to step in today. They had been presented with unprecedented uncertainty, and much more including deprivation of even food, somedays with only one improper meal!

How did a man, accompanied by his wife and possibly an empty bucket, arrive in a new town with very little money, only to face the daunting task of scaling a dark mountain to meet their basic needs?

However, these remarkable creators, as I would describe them, have built incredibly successful businesses with significant size, scale, impact, and the ability to touch the hearts of millions within a span of 30 to 50 years.

### **How?**

Well, there can be many takes on the mystery but not even the creators know the truth in their humility.

Allow me to share a few perspectives after meeting such magnificent creators. I want to share some truths with you that I've discovered through my deep client work on their families institutionalisation using my process of heads, hearts and souls, which I created serving them for nearly thirty years.

These truths will empower you to take control of creating the life you desire. Interestingly, these Chairpersons I worked with, haven't been aware of these truths in times when they were living out of them in their challenging times.

Even today, these truths may remain deeply ingrained in their subconscious. I refer to these immensely impactful truths they lived out of as '**growth emotions**'

**I have listed a few of these growth emotions below, and you can discover the rest in my upcoming UK edition of the book titled "Leading—from the intersection of spirituality and science," available this winter.**

## Growth Emotion 1: Generosity

This is not at all about philanthropy or charity. Or any support and impact to the community or planet earth in any environmental or ecological form. Not at all.

These are merely surface-level effects that outsiders notice. However, beneath the surface, the man who once lived in a 6 by 6 space under a bridge was strengthening these powerful emotional muscles in his extreme vulnerability.

So, the true generosity begins with the below answers to questions which demonstrably the creators under duress lived:

- Are you open (that is, being generous to self), to listen to your inner voice? Can you acknowledge your inner voice even in moments of strong temptation to go astray, be mistreated, or when you are at your most vulnerable?
- Are you generous enough to value your you-ness? Or you get busy in appearance to others and what they see in you and other BS such as the same.

- Being generous to yourself is a powerful growth emotion. It opens the doors to self-trust and self-reliance. Without these, money may come but true prosperity will not come and certainly not growth.

## **Growth Emotion 2: Love**

This is the miracle creating emotion which isn't emotion alone.

It's a bridge between your free soul and fearless heart.

These creators have paid attention to love in four dimensions – love to self, love for others (not only family), love for God (or Universe or Higher self whatever you like to call the supreme force) and fourth, love for life.

When you embrace unconditional love for all four aspects, a powerful force emerges. It allows your mind to create without being hindered by safety concerns.

In fact, you give birth to a belief which is so powerful that it turns your emotion of love into devotional force of faith that is magic force of all manifestation.

## **Growth Emotion 3: Unity**

This is not unity among brothers as much as the unity they developed among their head, heart, and soul. This is the key. To deliver the best of who they are which is reciprocated by the universe in kind and pleasure of material in equal amount.

Delivering their truest best is impossible with scattered or misaligned head, heart, and soul. But to align these powerful devices you have at your disposal to command universe to give you what you want requires you to surrender.

Surrender to the scary unknownness of tomorrow with faith in self, god, others, and life.

Surrender is only possible when you stand at the intersection of spirituality and science.

You ought to believe that what you are to create that you never created before cannot be created with what you already know. You are to embrace the fact that 'I don't know' is the space where all answers are.

Thus, openness is key and unity helps you to execute actions which you had never done before.

## **Growth Emotion 4: Kindness**

The ultimate growth weapon you have at your disposal of choice is kindness. In the world where fast paced, shrewd, smartness and other elements is what parents gets worried if their child demonstrate them or else they be legged behind.

Teaching the act of kindness to your child along with awareness of consciousness and use of intelligence is by far unleashes a rare power you can bestow your child with.

These creators had in them the kindness to their core. They had been kind to themselves when they climbed dark mountains and yet the distance seemed impossibly long to them.

They had been kind to themselves when they left the sight of the shore and sailed forward seeing no land whatsoever in any direction.

They kept going.

They kept singing songs and dancing with their fears producing a rare spirit of kind hearted steel nerved alpha males.

## Growth Emotion 5: Commitment

Nothing worthy can be built in life without commitment. I am not talking about commitment to others or dreams. I am talking about the ultimate commitment between you and yourself.

There is no other commitment that is greater than the commitment you make with yourself - What you value? Who you are? What you love? Who you love? These are all internal choices and no matter what other person involves feels, you are defining yourself from the commitment you have given to yourself for what you love (dream), who you love (person), and why it all matters (purpose).

Your commitment doesn't permit you to get affected with any change in feeling or position of external factors, individual or similar.

It's your commitment and you value yourself close to God himself because you are mature enough to realise that God is nowhere but in us, not as soul as some kind of confined tiny thing somewhere hidden in heart or head but a ubiquitously present in every cell and every atom of ours. It's the consciousness. Its pervasive. You feel it all the time.

So, commitment is quite key to the being-ness of creators. They intuitively or morally or ethically maybe but just don't allow themselves to disrespect their commitment they made with themselves.

They take this very seriously irrespective of other people cheating them or do any heinous act. They stand for what they love and hold true to.

That's such a powerful emotion that they have for this word, commitment that nothing can stop them achieving whatever they want to achieve.

*The one thing these creators holding emotions of commitment never do is associate them with anything or anyone without spine. They are courage bearers, and they inspire courage and there is no place for people without it.*

If you are choosing to create a life you truly believe you deserve then go through each of these growth emotions. Understand their depth. Feel their power. Practice them. Own them. Be them. Delve into their depths, harness their strength, and embody them in your daily life. With these emotions ingrained in your consciousness and heart, nothing can impede your progress. Nothing can ever stop you if you have these emotions.

But you must remember, nothing starts until you make a resolve, a one-way decision. A decision such that from the very moment of you deciding all your directions practically begins to change including what you eat, think, sleep, walk, travel, space, people, books, everything must reflect the decision of one-way kind. To manifest the life you truly desire, embrace these emotions fully.

The decision sets a new course for every aspect of your life – from your thoughts, actions, and interactions to your environment, relationships, and habits. Every facet of your existence should align with this resolute decision.

Initiating change begins with a single decision. So, to create it all first starts with a decision. Your emotions for manifesting the decision as above will follow and flow in as gift from the universe to sail through the unknown. Its majestic. It's worth it.

