

## The X-factor in Leadership

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There is an X-factor to leadership, generally only known and understood in part and hardly consciously prosecuted, which when understood will be vital for leadership in the future.

When Barack Obama won the recent elections in the United States with his slogan "Yes, we can!" it signalled to the world an era of new hope leadership. His charismatic speeches, compared to as an example speeches of John F. Kennedy, moved millions of people. And although the future will show if his words will become actuality, Obama seems to have that extra, that X-factor that characterizes all great leaders throughout history.

This article opens up leadership in relation to the vast and hardly discovered continent of the mind and the unseen influences, energies, signals, frequencies, radiations and atmospheres that cannot be seen with ordinary vision, but that perhaps shape and flavour our thoughts, feelings and actions more than we think...

### The Unseen aspects of Leadership

As I am writing this article, my mobile receives an SMS, without me seeing the signal that caused it... At the same time my wife listens to the radio, changes frequency and tunes into another station... It is strange, these signals and frequencies... Yet, most of the time we are completely familiar with the fact that signals we cannot see travel through the air, penetrate walls and windows, and activate and influence various machines.

However, when it comes to signals activating and influencing our own 'machinery' and the way we think, feel and act, we are far more hesitant in acknowledging this to be fact. Suppose, however, it would be a clearly proven fact that unseen radiations influence our behaviour. And that whatever we think and feel has an influence. Not just on us, but on everything that is in tune with us, or lives on the same frequency as us. Would this not cause a revolution in the consciousness of mankind?

And would we not, if this were the case, feel to a far greater degree that we are actively responsible for shaping the world we live in, and that we have a power within us that can create a true difference?

Over the last decades various scientists have indicated the existence of unseen influences upon our thoughts and feelings. Although ridiculed by some and made into heretics by part of the acknowledged scientific establishment, more and more scientists are discovering strands suggestive of all-pervading unseen influences. Today scientists are discovering how the food we eat can have a direct influence on our DNA and cause genetic mutation, literally from one generation to another.

Recent researches are showing that the way we think and the quality of what we think, influences us to a far greater degree than is given credence to today. And suppose that the way we collectively think influences the evolution of our species as well, now perhaps no longer happening upon us as in the time of the Homo Erectus, but caused and triggered by what we choose to think about?

## The Mind

Professor John Joe McFadden from the school of Biomedical and Life Sciences at the University of Surrey in the UK believes our conscious mind to be an electromagnetic field. He suggests our thoughts are made of the distributed kind of electromagnetic field that permeates space and carries the broadcast signal to the TV or radio. "Most people", he says, "consider 'mind' to be all the conscious things that we are aware of. But much, if not most, mental activity goes on without awareness".<sup>1</sup>

If McFadden is right, then the expression 'to load one's mind' becomes important. It suggests we can create consciousness and upload our mind with what we choose to think about and how we choose to think about it. And although we are most of the time not aware of what is on our mind, our mind might constantly radiate and permeate space and broadcast signals that can be received by other minds operating on similar natured frequencies.

Suppose hope is a specific influence or energy, and that by thinking of hope one connects to everyone else in the world thinking of hope. Hope might therefore be a high quality influence, keeping us mentally agile, open to the future and on our toes to try again. When one is filled with hope, it seems to defy the low quality influence of despair.

Is this what makes Obama a true leader? Has he, by the way he lived his life and assembled his mind, become a portal and broadcaster of hope, which is, when he speaks, amplified by the hope of millions?

## Leadership

It is said that what matters is not so much what one does, but the reason why one does what one does. Perhaps leadership of the future is no longer based in who is cleverer, knows more and who can outsmart the rest. Or in who can best warm or manipulate people, or who has the money, power, titles or schooling to obtain a leadership position. Perhaps leadership of the future will be first of all a question of motives. Why one does what one does might become an actual radiating influence, which can uplift and show the way ahead to others that seek to lead and enlighten themselves.

Perhaps true leadership is concerned with the problems people come across, as they develop, lending them the insights, influences and powers they need to make headway by themselves. To not control them, but to set them free, so they can form up their own mind. It might be that leadership can no longer be intellectual or be learned in a school or from a book, but that it needs to be an active, living exampleship.

Seen in the light of all that is mentioned above, leadership in the future would have a far greater awareness of mind states and what thoughts are allowed in self, knowing these will influence people in unseen ways.

## Mindful leadership: Matters to consider...

A mindful leader would think about and contemplate matters of importance extensively, and consider what kind of position to take, before something occurs. His or her stability will provide cover, an unseen mindful umbrella, that keeps negative influences and signals out.

Reacting blindly to things or leaving things up to chance, does not create a safe cover. The degree to which one can give cover lies foremost in what one will do or think and in what one won't do or think in any given situation...

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## Practical tips

Some matters to mindfully consider, what would you choose:

- ◆ To have judgement on others or to give them the benefit of the doubt?
- ◆ Doing something to please others or doing it for what one stands for?
- ◆ Trying to change others or changing oneself?
- ◆ To be coloured by likes and dislikes or to be unbiased?
- ◆ Self-win, team-win or human race-win?
- ◆ Soft, hard or according to what is needed and can be handled?
- ◆ Being sceptic or believing in others, so they may believe in themselves?

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<sup>i</sup> Source: the paper "Synchronous firing and its influence on the brain's electromagnetic field: evidence for an electromagnetic field theory of consciousness" by Johnjoe McFadden, Journal of Consciousness Studies, edition 16-May-2002