

The role of Meditation in self-Consciousness and Leadership.

Leadership is a tool that helps to execute a certain individual or organizational idea, plan or strategy into practice. Leadership is an essential component of an individual, a society, community or a country at large. Every conceived plan needs an effective leadership for its timely implementation. Leadership facilitates the implementation of a given plan in a given time and space. Leadership enhances efficiency and effectiveness of an action plan.

Who is a leader?

Ideally every individual assumes the position of leadership. Leadership is an essential component of a society. The existence of leadership dated Back to the beginning of existence of human kind. Even animals exercise a primitive form of leadership. Any idea, plan or strategy needs a leader who can put it into action. Therefore, in this context everybody is a leader. The scope and depth of leadership skill required may vary depending on the person's position, responsibility and assumed tasks. Every task needs a leader for its execution no matter how big or small the task is. For example, a 4 years old kid that has a task of going to school in the early morning is a leader for this task, of course he/she is very much dependent on the leadership he received from his guardians but he still is part of the leadership for the task of his own schooling. A woman in a rural community of Africa, Asia or in the jungles of Latin America who has the responsibility of feeding her family, who must wake up in the very early morning and walk miles or kms to fetch water and cook food and feed her family is a leader on her own right. Similarly, a soldier who must keep the peace of his country by serving a watchdog roll at the frontiers and borders 24/7 with a tremendous bravery and alertness is a leader at its best. The President or PM of a country who must give command of execution of various issues ranging from building infrastructure and fostering his country into a new horizon of technological development to indulging his country into an inevitable reckless war is also a leader. War for me is an "obsolete" way of leaders to sustain themselves in power. Therefore, according to my view only the scope and catchment of play ground or responsibility differs otherwise everybody is a leader. I am a leader, you are a leader, they are all leaders out there face them.

The role of meditation in self-consciousness and leadership.

Meditation is a physical and mental exercise that allows the physical and mental unity. Meditation is process to momentarily shut up the brain activity and trying not to think about nothing for some time. It is a momentary emptying of all the ideas and thought which are going on in the brain. In other words, it is a momentary formatting of the brain. The result is refreshing and restarting the brain again. This mental exercise helps to enhance self-consciousness.

What physiological changes happen during meditation?



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I assumed that during meditation the brain not only shuts momentarily but also the brain secretes psychoactive chemicals that facilitate momentary brain shut up. Post or during meditation the brain trained itself to focus on the most relevant and most important issues and make the person to make the “right” or conscious decision in line with the planned action. It maximizes high level of thought about a certain issue.

Are all leaders who meditates good leaders?

The answer is yes, and no. Meditation doesn't provide good ideas, well thought strategy or methodology of execution. Meditation is only a tool that makes our brain to be focused on a certain line of idea. However, there is no guaranty the idea we are focusing post or during meditation is good or bad. For example, all the good and bad leaders we know in history such as Nazi of Adolf Hitler and even Osama Bin Laden used to have the practice of meditation. However, when we evaluate what they did to humanity after meditation is a total chaos and destruction. On the other hand, Mahatma Ghandi, Mother Theresa, MLK, Malcolm-X, JFK, Nelsen Mandela, Pope Shenoda III of Alexandria, Pope Jhon Paul II of Rome and Tenzin Gyatso, the Tibetan Dalai Lama are also known to meditate and did great beneficial things to humanity. This takes us to the conclusion that meditation isn't good or bad by itself but it can be a good tool depending on the idea, plan or strategy we have in mind. What matters is the base line theory, idea, plan or strategy we have in mind to perform. Meditation only helps us to be focused on what we want to do. Someone who has very well thought strategy and well-designed methodology of implementation can benefit from meditation.

Otherwise even a popcorn meditates before it popes. Aphorism by Sisay F Ambaye