

## Essentials of Corona Leadership

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1- Essence of the work is to rest in your being, sensitive to the energetic field of the group, sensing when to let be and when to intervene in the process, intent to sustain the energy flow and vitality of the group, and attending to that always and in all ways. From this place of being you are free to act, or not, and the coherence of your welcoming presence catalyzes the life of the group.

2- Be patient. Let the energy build and have faith that it will. As it builds, stay on it and welcome the resistance, which will always arise and see it as part of the rising vitality of the group. The stages of the Corona will emerge, so don't impose them. Rather, be curious as to how they are emerging. Each group will have its own "soul rhythm and timing".

3- Learn to be comfortable with the Unknown and study in yourself what keeps you from this. Think of leading as a form of meditation, resting in stillness and opening to the Mystery that is flowing through the group. You are the midwife, or midhusband, to the flow.

4- Be sensitive to the dimensions/levels of the group experience. Where are different experiences coming from? Consider how much attention to give to each in order to fuel the whole. Some experiences need to be largely ignored, though always honored; others need to be invited in. How do you know the difference? Some are only personal, some are shared among members of the group, and some are teachings for the group as a whole. Truth reduces fear and reveals love, but what is the truth, and how much truth is in each experience, and how much is avoidance? Of course, if the avoidance is made explicit, then it becomes truth. You need to be able to make these discernments as well as possible, and also know that you can never be sure. Resting in the field helps: risking acting and then studying the response also does. Don't try to do it perfectly; rather be willing to learn from your approximations.

5- Let yourself be human and an observer/participant in the group. Watch for standing outside the group—the traditional leadership stance—and keep sensing the field and your connection to it. Better to be too far in than too far out, but the trick is to find the balance point so you can both participate

and observe and then act from both perspectives, as is needed. Your silent, active presence is participation.

6- Look for the ground of love emerging, but watch out for pre-mature imposition. The way to true love may be through darkness, struggle, and chaos. When light and dark are held equally, love will be there, and you can start by modeling this in yourself. The love is inherent in the human system, and given half a chance, it will show up.

7- Take the soul seriously. It really is there, a vital pulsing force in the field of the group, which is seeking fuller expression. This faith will be tested again and again, but as you work, it will grow stronger.

8- Curiosity and playfulness as a leader. Even wonder. All these qualities evoke the soul and give it room to move in the group. Combine this with the occasional need to protect the field and the group and steer it in certain directions and then be curious again about the effect of this. The main thing is to stay open and alive yourself to how all this is working, Remember that small steps allow the flow to be more even, and nothing is missed. “Go slow to go fast”.

9- Spectrum of perspective as a leader:

BigPicture—context (social,  
organizational, national, global)

Intermediate—tasks, issues

Immediate—emerging patterns

Present moment—here/now experience

10- Empty yourself of expectations in order to be with what is in the moment. You still hold the intention for the group to go deeper, to become more connected, but you do not know how that will happen at all. There is a paradox between emptiness and intention. Bohn expressed it in the guideline “nothing to do”. Emptiness opens the field for the soul’s intention, so you cooperate by intending this and staying empty of expectation.

11- Once the group is moving, the process is working, then ride with it and teach others to do so, both implicitly by your example, and explicitly through teaching specific skills that will help. The idea is to develop a group of people who can hold the flow for, and with, each other. You are helping to build a “group presence”, or “shared ‘I’”, and, once there is a critical mass

of this in the room, you can relax and ride, always keeping an eye on what is happening.

12- Keep a balance between light and dark, so to speak, or make sure that the full range of experience is welcome. You will see the process doing this on its own, so the main thing is not to get identified with either pole.

13- Practice bearing the intensity and vitality of the group's experience and see where you cannot do this yet. Remember that it will always be imperfect and incomplete, there will always be something new emerging that will generate disharmony and that the experience of a healthy group is more and more complex. Welcome complexity, and actually complexify the experience, if need be, by bringing in other perspectives, or voices. Allow surprise and the unexpected.

14- In working with the stages of the Corona Process, be sure not to close prematurely on the intensity of the third phase, which will always include some tension. The "capstone" will emerge in its own time and holding/complexifying the intensity to its natural release contributes to this.

15- "Circle as teacher". Anne Yeomans coined this phrase. The learning is coming from the experience of the group, not from you, though you contribute to it in important ways as leader and as participant. Work with the group so that the members teach each other from their experience and understanding, and the group teaches them all, including you, from its experience and the collective understanding that emerges from the living process.

16- Practice both focused and diffuse awareness and how to do both simultaneously. This means attention to details moment to moment and at the same time taking in the whole group at a glance, so to speak. Your awareness both embraces the group as a ground and focuses on the "figures" that are constantly coming and going in the process.

17- Think of this way of working with groups as dancing, or surfing, where we are trying to hear the natural rhythm and music of the process as it unfolds, and attune to the vitality of the group and help it come alive. We do this with our bodies and intuition and then back it up with feelings and mind. Practice embodiment in this work and let your humor and sensuality be part of the mix. It is serious and deep work, and playful and passionate also.