

## **Tapping into Charismatic Self: How to Lead with Magnetic Authenticity**

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### **Introduction**

As leaders, we routinely assess the health of our organizations and businesses. We consider our economic base, market base, and political base. But, how often is our energy base factored into the equation? If mentioned at all, energy is typically reserved for discussions of meditation and spirituality, as if our souls are left behind when we go to work. Yet, energy is the primary base that charges everything in our lives, whether material or spiritual, personal or professional.

Charisma is highly-charged energy. Authentic leaders tap into it naturally. To its original definition of “a divine favor or gift,” the word, charisma, was given a secular meaning as “a quality of things and persons by virtue of which they are specifically set apart from the ordinary, the everyday, the routine” (Word Histories, 1991, pp. 102-103). A charismatic person is thought to exude an aura of grace and healing to which others are magnetically drawn. As blessed creations, each of us has been—you have been—graced with its gift. Charisma is your innate energy base, but like most of us, you probably have not learned to access it.

Everything in the universe is charged by energy, including human beings. As such, you emit waves or vibrations of electromagnetic energy that attract to you people, situations, and events with vibrations similar to yours. Tapping into authentic self resets your energy magnet, attuning it to your charisma. Tapping empowers you to transform your energy, move it toward a state of innate grace, and attract the charismatic gifts that are your inheritance in this lifetime.

Participants in this session will increase personal charisma through a) a basic understanding of energy, b) an understanding of and ability to activate the Law of Attraction, c) the use of an innate, emotional guidance system, d) the creation of a positive, magnetic focus, and e) the application of the tapping technique.

### **Energy**

Subtle energy circulates through the body along pathways or meridians. Invisible to the eye, differences in energy can be felt as well as detected by high-tech equipment. Just as you do not see the wind blowing through a window or the electricity flowing through a television set, you know they exist by their effects.

Everything and everyone radiates energy. Each individual’s energy is attuned to a slightly different vibration than another. Your natural vibration fluctuates according to your state of health, i.e., how readily you adapt to the environment, whether at work or at home (Eden, 1998). Just as light at different vibrations gives different colors and sound at different vibrations gives different tones, your energy at different vibrations results in different outcomes.

Working with energy can seem strange to those raised in a Western culture where focus is on the physical and literal, to the exclusion of the non-physical and subtle. Yet,

all cultures and philosophies have a name for energy: chi or qi (China), prana (India, Tibet), yesod (Kabbalah), ki (Japan), baraka (Sufi), waken (Lakota), orenda (Iroquois), megbe (Ituri Pygmies), and Holy Spirit (Christianity). It has been defined variously as one's vitality, the healing life force that flows through the body, and the animating essence present in all things (Borysenko, 1997, Eisenberg, 1995, Jonas, 2005, Shealy, 2000, Starck, 1998, Stein, 1990, Weil, 1995).

According to Donna Eden, an energy medicine practitioner, each human is “a matrix of subtle energies that support, shape, and animate the physical body” (1998, p. 16). Libby Barnett, Reiki Master/Teacher speaks to energy's purpose, saying, “Life-force energy is the essence that gives vitality to form. It is the primary activating energy of life and the underlying creative intelligence of the universe that organizes our world...supporting optimal development and fulfillment” (1996, p. 1).

No matter what it is called or how it is defined, energy is the enlivening force of your life. When it is abundant, you live fully. When deficient or blocked, you live in a compromised state. When depleted, you die. More than quantity, however, it is how the energy is charged that makes a difference.

Every person is born positively charged and attuned to the high vibrations of love and joy. In this natural state, your energy system has a balanced vibration. As a result, you experience “physiological orderliness, psychological equilibrium, and emotional stability” in your life (Barnett, 1996, p. 2). When the body radiates a joyful vibration, you are in tune and able to receive the gifts from your Inner Self (Myss, 1996). As Hicks states, “That is, in fact, what inspiration is: You are, in the moment, a perfect vibrational match to the broader perspective of your Inner Being, and because of that alignment, you are now receiving clear communication, or Guidance, from your Inner Being” (2006, p. 36). In other words, when positively charged and attuned, you are charismatic.

All systems, including humans, seek health—a restoration of balance and harmony with the world around them when equilibrium is lost (Eden, 1998; Eisenberg, 1979; Myss, 1996; Weil, 1995). The daily world is a constant impediment to energy's natural flow (Eden, 1998). An impediment is anything that alters your natural vibration and creates an imbalance or distortion that limits your true capacity and, in turn, depletes your charisma.

Your energy matrix is porous and rapidly absorbs vibrations from things and people in the environment (Eden, 1993, Myss, 1996). While all vibrations from joy to complaints are contagious, it is the low-level, negative vibration that devastates your charisma. Accepting a low-level vibration into your system, your life assumes a negative charge and you begin to live in fear—fear of not being good enough, talented enough, wealthy enough, beautiful enough, skillful enough, articulate enough...the list of limiting beliefs is virtually endless. Because our society is not taught how to monitor and manage energy, a downward spiral is typically created when impediments are encountered, from pollutants, food toxins, and chemicals to electromagnetic fields, stress, and thoughts. A Chinese text written in 400 BCE states,

“In the old days, people lived to be one hundred, but now they are not in control of their spirits, their emotions, or their thoughts. They do not know how to find contentment within. For this reason, when they reach fifty, they begin to deteriorate” (Eisenberg, 1979, p. 309).

When things are not going “right,” changing your vibration to a higher frequency will bring you in closer alignment with the true vibration of your authentic self. How can you change your frequency to a higher level?

### **The Law of Attraction**

There are three basic laws that govern the universe: a) *The Law of Magnetic Attraction*, that which is like itself is drawn to self, b) *The Science of Deliberate Creation*, that which I give thought to and that which I believe or expect—is, and c) *The Art of Allowing*, I am that which I am, and I am willing to allow all others to be that which they are (Hicks, 2006). An ancient Chinese teaching states, “You may not completely understand the working of fire and wheat, yet you probably do not deprive yourself of bread.” Correspondingly, we are never deprived of the three laws. All three are in effect, even when we are ignorant or not consciously aware of them. But, by being aware and applying them consciously, you can use the laws to increase your charisma in any setting.

The tapping technique works with the first law. The Law of Attraction has been variously described with an adage (viz., birds of a feather flock together) and as a self-fulfilling prophecy, Galileo’s law of inertia, Newton’s law of equal and opposite reaction, and the law of three-fold return. Its essence is simple to grasp: Like energy attracts like energy.

The Law of Attraction states that we are each responsible for our personal state of health, well-being, prosperity and, yes, charisma. Most of us spend our days observing, and then responding, to the world around us. Applying the Law, your focus will shift from observing the external to taking control over your internal world.

The Law of Attraction works with mental energy. Thoughts and emotions each emit vibrations, one signaling intent and one powering attraction, respectively. While the Law uses both, emotions are of primary importance (Gallo, 2002, Hicks, 2006). Tapping allows you to deliberately clear low-level emotions and activate a positive charge to draw prosperity into your life.

The universe is inclusive and conspires to make our wishes come true. The Taoist, Mencius said, “Where the will goes, the chi [energy] will follow” (Eisenberg, 1979, p. 310). In other words, what you hold in your mind activates a corresponding, energetic vibration within you. The Law of Attraction responds to that vibration and works to bring more of the same to you, even when your focus includes the very thing you do not want.

Our society has mistakenly been conditioned to seek weakness and unfulfilled gaps in a quest for improvement. If you seek abundance, but focus on what you lack or do not want (e.g., “I don’t want to be poor anymore.”), you actually attract more of the

negative by focusing on it. With repetition, the pull becomes stronger and, in this case, a downward spiral is set in motion. As Hicks explains, “In this attraction-based universe, there is no such thing as exclusion. Your attention to it includes it in your vibration...By focusing upon this unwanted thing, or the essence of it, you have created it by default” (2006, pp. 30, 31). As matter follows energy, your body and life follow your mind’s direction. Focus on flaws, become more flawed. Focus on weakness and become weaker. Focus on abundant aspects of your charismatic Self and radiate charisma.

You were born with a positive charge. Self-sabotaging behaviors and limiting beliefs reverse the charge. Thoughts like, “I am unworthy” or “I am afraid to take the spotlight,” are akin to putting your batteries in backwards. Working against your Inner Self, you will still be able to function, but your progress will be slowed or dysfunctional (Barnett, 1996, Craig, 2006, Look, 2005, Myss, 1996).

The Law of Attraction operates in the powerful here-and-now. It does not recognize the past or the future. Every thought or feeling you have occurs in the present moment and triggers the Law to bring more of the same into your life. For example, if you re-live a negative event from a meeting that happened two weeks ago, you signal the Law of Attraction to bring more of that same energy into your life *now* (Hicks, 2006).

Switching your mental focus changes what you attract into your life. When you change your focus from scarcity to the abundance you possess, you will automatically raise the vibration of your energy. Increasing charismatic consciousness activates the Law of Attraction to bring even more charisma into your life (Hicks, 2006, Look, 2005, Vitale, 2005). How is the correct focus determined?

### **Emotional Balance versus Static**

Pay attention to what you are feeling. Emotions are the guidance system that indicates your state of attunement. It tells you whether you are in the act of co-creating something you want or something you do not want (Hicks, 2006). When you feel positive, you are attuned with your Inner Self. You can feel confident that whatever things, people, and situations stimulated the good feelings are aligned with your life purpose. Positive emotions that produce high vibrations include appreciation, bliss, delight, gratitude, joy, and love (Look, 2005). Charisma is a high-vibrational form of energy.

Negative emotions, on the other hand, signal a deviation from your Inner Self and life purpose. Emotions that slow your vibration include anger, anxiety, depression, envy, fear, grief, guilt, hatred, helplessness, irritation, jealousy, resentment, shame, worry, and any traumatic memory. By recognizing what you were thinking when you received the negative guidance signal, you can re-focus your magnet away from limiting beliefs and self-sabotaging behavior. The purpose of monitoring energy is not to deny negative emotions, but to notice them, decide if you want to clear them from your system and, if so, tap into your charismatic self (Craig, 2006, Look, 2005).

Gary Craig, founder of the Emotional Freedom Technique (EFT), states that the cause of all negative emotions is a disruption in the body’s energy system (2006, p. 17). Carol Look states it this way: “Resistance to receiving any of your desires is caused by a low-

level, staticky vibration” (2005, p. 5). In other words, when focused on some unwanted person, thing, or event, your energy becomes imbalanced by static flowing through your system. When static distorts your vibration, you feel ungrounded and emotionally upset. Charged with static, you become inauthentic and cannot exude natural charisma.

Because all negative emotions are caused by disrupted energy, all static can be removed in a similar manner. Tapping allows you to acknowledge and release negative vibrations from your system. Once balanced, your energy is opened to receive the flow of your innate charisma.

### **Tapping**

EFT, or tapping, is based on the same principles as acupuncture and acupressure that stimulate trigger points to restore balance (Jonas, 2005). Tapping near the end points of your energy meridians can produce profound changes in your emotional and physical health can be experienced. Unlike acupuncture/acupressure, no knowledge of meridians is required to use this technique.

Tapping involves no surgical procedures, needles, pills, chemicals, pushing and pulling of the body, or analysis and reliving of painful traumas (Craig, 2006). You need not understand or even believe in the effectiveness of tapping for it to work. Simply by performing the procedure deliberately, your energy system finds greater balance by releasing mental stress and physical pain so you can live in greater attunement with your natural, charismatic self. Many times results are felt in a matter of minutes (Craig, 2006, Look, 2005).

Tapping is a self-health technique intended to assist in restoring a balanced flow of energy. While still considered experimental, it has been used by a wide range of health professionals around the world. To date, EFT and other energy therapy techniques have yielded exceptional results with psychological and physical issues. Each person who uses EFT must agree to take full responsibility for all aspects of self-health and well-being and is required to advise others similarly. EFT is not meant to replace appropriate medical diagnosis and treatment or mental health therapy. You should continue to take any medications as prescribed by a physician or licensed health professional unless determined unnecessary in consultation with your physician/health provider. If you are being treated for a condition, you should discuss your use of EFT with your provider, so its use and effects can be included in any decision-making process. I have not experienced any adverse side effects when applying these techniques when the treatment protocols and suggestions were followed. However, that does not mean you might not experience or perceive negative side effects.

The tapping procedure is performed in the same sequence every time it is used. It takes only a few minutes to complete. Tapping involves the following standard sequence: a) a procedure to raise the energy vibration, b) a set-up statement to narrow the focus as the Law of Attraction is activated, c) the neutralizing (negative) tapping sequence, d) the manifestation (positive) tapping sequence, and e) a finishing breath. With this simple technique, you can clear low-vibrational energy, eliminate sabotaging

behaviors, and remove energy blocks that limit your leadership potential so your charismatic self might be expressed.

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