

Your Future-Making Opportunity

The secret hope about New Year is that some magic will happen – this year things will not just be better but be brilliant. What is the coming year about for you?

Our future, like the present moment, is what we make it. Consciously or unconsciously, we actively create the future. It took me a long time to grasp the full meaning of this because it's not the same as controlling or determining what happens. Neither is it the same as great project design and management.

Future-Making

Instead, future-making is being aware and open to what is happening now and taking the lead when opportunity, subtleties and synchronicity arise. Our leadership may be of others or of systems, but in future-making it always involves innerleadership (being aware of our actions, mind and purpose). We become part of the unfolding future and simultaneously create it.

While there is a dark side of life that is also being created in the world, 2016 is an exhilarating time to be around. Why? Because we are developing our collective consciousness now more than at any other time in the history of homo sapiens.

Mindfulness

Never has there been so much acknowledgement, awareness and practice of mindfulness, amongst the general population as well as corporate, social, educational, technical, scientific and political leadership. We are witnessing a rise in spiritual consciousness, drawing individuals together with common causes, no matter what the religious beliefs or lack of them.

Sometimes I hear the term “mindfulness” used as a synonym for “noticing things”. But it refers to far more. Mindfulness is a process of knowing, training and freeing the mind, involving increasing depths of awareness, discernment and insight.

The purpose is to advance our human development, wisdom and maturity of consciousness. Individually and therefore collectively. Individually is the key. It must start with us, since every one of us plays a part, and has a unique place in the unfolding and creation of the future.

Inner-Leadership

The question arises, Is the part we intend to play this year really worthy of us? Author Steven Pressfield warns, “Don’t cheat the world of your contribution. Give it what you’ve got.”

Put differently, mindfulness is an opening up, a creating, a touch of magic and getting on with it, with implementing personal potential. We naturally become future-makers through our acceptance and awareness of what is and taking inner-leadership before leading others.

And with that notion in mind, I wish you all a magic New Year. I wish you inner leadership, health, and happiness, to radiate out to the world around you like a wonderful, resonant song or a remarkable flowering of life.

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