

Leadership 2: WHAT IS A WALL?

Let us recap so we keep a sequence to our talks:

Last time we spoke about 1. Our attitude in life; the games we play to win and the games we play to play. 2. We said that when we play to play we are carefree, but when we play to win we are stressed and under pressure. 3. But that is still ok, as long as we don't turn it to "win at any price". 4. Win at any price = losing our moral conscience = losing our heart, and with that losing our ability to enjoy and be happy like children. 5. But this is not something new; what is new is the degree, and this is caused by the gap between moral and technological progress. 6. How? Because instead of becoming more humane as technology makes the world smaller, we became more distant and calculating. 7. The solution to all this is emotive education = bringing the heart back to life = finding balance. 8. It is young people like you who haven't completely killed your hearts yet and who are also intelligent, who have a chance to save the day.

Let us go to the WALL:

Like I told you I'm learning with you about "Leadership Programs" myself – but of course I know the 1st rule of any lasting Leadership: It is **interactive communication**. Generally we let people finish what they're saying so we can say what we want, without really hearing what they said or caring much about their opinion.

At the WALL:

Today we will try to communicate interactively with a WALL.

What is a wall? Nobody!?

Come on, get with it 😊 Freshen up; how would you say "what's a wall" in hip hop, house, rap or any of these tunes? 😊😊 Ok, yeah! Another, ok 😊

Come on now make a tune of it: Wazawall wazawall wazawall wazawall!?! More, again.

Bravo! So, now let me ask you again: **What is a wall?** Please!

- **Something blocking my way.**

Ok, so do I go back, or climb over it or go around it, smash it down? What?

- (response or not)

Maybe it has a door I can find before doing any of these extreme or radical things, right?!

But doors generally need keys don't they?

You see, when we meet something that blocks our way, **we need to STOP and think, not rush.**

Ok, what about this thing here. Is this a wall?

- It is, (or alternative answer)

(standing at an angle perpendicular to the wall) I don't see a wall, I only see a column. How can I know it's a wall?

- Come in front of it so you can see that it is wall.

Excellent! So I only really notice a wall once I'm facing it. And most of my life, I'm walking next to walls, but I don't notice them because they're not blocking my way.

Now you say this is ONE wall. Let's get a little more philosophical, I think it is 60 walls. Why?

- Because each piece is a problem that stands like a wall in our way?

Exactly! Each piece of the puzzle is an issue for someone. A kind of wall that stands in the way of their happiness. Maybe the artist who painted it, or the person who was affected by it? We may think that some walls are childish, but we are not here to judge? We should be concerned about our wall and what we think we must solve to be truly happy. A prison wall stands in the way of the prisoner's freedom. A sickness is a wall standing in the way of a child's going out to play, and so on...

Here is MY wall, the one I actually painted: I'm saying we must wake our hearts and help our young people to be alive and not like us. The wall in my way is people who think I'm annoying and want things to stay the same. If you've done a piece find it, and if you haven't, choose one you like, and do like me.

Now, to manage with this wall where I'm stuck, I'd better focus – but I'm distracted, I'm drawn up, down, left, right by all the other pieces; I discover that I'm not able to concentrate.

So I'm going to breathe deeply, come closer and really focus only on my piece, my problem, my wall; the one square that really concerns me, and I'm going to be Present (there's just me, breathing and my wall. I'm all here with my thoughts and feelings). Yay! I'm getting there!

Dam!!! I managed to close out these other distracting pieces, but then, unexpectedly, I'm going all over the place with my own thoughts: my science grade is bad, my parents are getting separated, I don't have a girlfriend, my gym shoes are smelly and need to be washed. I'm lost!

I realise that my mind is like a monkey jumping from tree to tree, all the time.

Ladies and gents, you've just met your first inner WALL: Distraction stopping Concentration.

How to fix this you ask?! This is not something you'll finish with in three sessions of Leadership, obviously; it's a lifelong project. If you realise that lack of awareness makes you go all over the place all the time, you will start finding ways of bringing you home, like reading or a hobby or even focusing on one project like we're trying to do at HYC... All these make you focus and help detach you from the 1000 distractions that you meet every minute of every day.

So now, a few years have passed, and just as you start becoming focused and taking control, boom, comes the **second WALL**. It is called the Machine. Because you are also part of the machine, turning all the time and unable to free yourself for the things you came to believe really matter, like true love, finding the real meaning of life, fixing the world, etc. You let yourself believe that these are childish things and that you should grow up and be like the adults and care only about becoming successful in money, sex and power. You only have to look at most adults in the routine of their lives to understand why this is called slavery to the machine. A second huge inner WALL blocking the way to Freedom.

Take a break while I get us some water. Please scan the whole wall. Scan it 4 times, with each time to find something different: 1. A piece you'd like to buy, 2. A piece you'd like to take home and fix a little to suit your personality, 3. A piece you'd like to burn, 4. A piece you'd like to sign.

Can someone volunteer to tell us your choices? Thanks; you've just introduced the final WALLS:

Wall number three is YOU: it is the chaos of our Personality. You are multiple, happy, sad, angry, worried, playful, flirtatious, silly, suspicious, optimistic... because you have essentially three people inside you, one who thinks, one who feels and who takes action, and they make some crazy combinations between them. The one who thinks, might say I'll buy this, the one who feels, I'd love to fix this ... In the morning you wake up and don't know which will take charge and when the next one will take over, etc...This third wall is the **chaos of the Personality which stands in the way of the balance.**

And while you were scanning the wall, you also met **your fourth WALL Ego**, which came down a little bit as you saw the possibility of others being better, whether artistically or in the global issues they chose. The terrible thing about this ego wall is that it blocks the way to any genuine understanding, since it is always finding excuses for our failures and blaming them on others.

So these my friends are the four great walls; they hold us prisoners and we are at the same time the jailer who hold the keys.

Is there a way out? Yes! But like I said, this is the project of a lifetime, not a short leadership program. For now all we need is to **understand this theoretically. Nothing is expected of you.**

Then maybe one day in a few years, we find ourselves **faced with a huge outside wall** "I got dumped by the love of my life, my soul mate..." or "My parents cut my finance lifeline, in the middle of my Masters in England...", and I fall in a complete moral bankruptcy.

These are big, **big shocks, which are enough to produce huge reactions of anger, hate, total dispersion, psychological imbalance and crazy pride.** Then after hating everything and everyone, it is possible, **not likely but slightly possible**, that while sitting in your dark room between hate and tears, a tiny voice comes from inside and says wazzawall wazzawall 😊. And maybe you will smile in the middle of your huge pain, which means that **you managed to step back a little from what you thought was a question of life and death.** If you succeed, you will laugh, and this will be the first day of your life as a genuine philosopher.

Right away you will realize that most walls do not exist to get in your way; they're humans like you trying to find their own happiness. And you will also realise that in certain ways you are a wall in the way of others.

Finally, you are no longer a robot; you have reached the possibility of interactive communication. It's not too difficult to understand that if you have come to this moment, where you are concentrated and not dispersed all over, nor even distracted by the Machine, and on top of this you're balanced between mind, feelings and action, and you don't have a super-ego that thinks it is always right and everyone else is to blame. If you have come to this moment, it should be easy to see that you are able to look into other men and women with understanding and compassion, and you can even understand animals and trees, because you're now like water that can take the shape of anything it is poured into.

Some of you will continue and as we go along you will be exposed to many things that can help you become deeply concentrated and balanced, but even those of you who will not continue, what we said today and last time, are tools that may one day be useful for you.