

Eye of the Storm video transcript

In 1965 on my birthday a tropical storm started brewing in the Gulf of Mexico. Nine days later it made landfall and was known as Betsy, later to be known as Billion Dollar Betsy because of the level of destruction it left in its wake. My family did what needs to happen when you are in the path of a hurricane and, as the storm started to brew, we gathered together in the living room. We experienced together the fascination and a little bit of anxiety that comes with a huge storm and winds of 150mph, 155 mph, 160 mph, when the sound outside of the house was ferocious. And then, all of a sudden there was no sound at all. It was completely silent. The eye of the hurricane had come completely over our house.

My Dad said “Okay, kids. I want to take you out into the eye of the storm”. Mom, who had been born and raised in Louisiana said “oh, that’s not something you are supposed to do”. And yet, we soldiered on and went into the front yard, experiencing devastation we did not imagine. And then, together, experiencing a peace, a deep silence and stillness.

Why am I telling you this story? Because I realized in that experience how much like a hurricane my human nature is. How I could swirl around, cause all kinds of debris to fly, and yet always within me was this still, silent core that I could access at any time.

This stillpoint, as we know it within Generate Group Genius, has become the foundational piece of the personal and professional developmental work we do with you. It is in this core stillness always accessible to us that genius lies, that creative intelligence lies, that we can access information far greater than our life experience...that we can collaborate in way that supports the emergence of not one individual thought of on their own.

What are the benefits of understanding how this stillpoint works, how we can access it, and how we can work together from a place of stillness? The benefits are endless. Really, I say this from personal experience because I’ve never found an end to it. Groups continue to mature together and grow together. They mature because people understand that within this stillpoint lies personal responsibility and a deep compassion for human behavior that is going to show up within us and within anyone else we work with. We also recognize that when we collaborate from a place of stillness the sky’s the limit. Unbelievable creativity shows up, joy shows up, laughter shows up, delight shows up, and we are authentic together because this is a place of deep rest.

This stillpoint has many other names. Peak performance, optimal zone, flow. Many others. What causes the storm? Very often, our thinking causes the storm. Especially if we are thinking about the past or the future or are feeling fear or anxiety.

How can I move from the storm state to resting deeply? In the moment when you notice you are experiencing chaos, all you have to do is put your attention somewhere else. A common way of dealing with this is to put your attention on your breathing. Take three slow, deep breaths and

fully be present for them. Another option is to put your attention on your body. Do you feel heat rising? Tension? Anxiety? Put your attention on what you are noticing is happening in your body. Allow yourself to be fully present with the 'felt' sense inside your body.

Our next video looks at how we foster an environment that honors, facilitates and expands group genius.