

Mystica Mulier

School of Radiant Leadership

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Bellydancing & The Four Elements: A Movement Journey into Radiant Leadership

Your Handout To Review & Reflect Upon Before the Webinar

THE DYNAMIC QUALITIES OF THE FOUR ELEMENTS



EARTH: Grounded, connection to the earth, stability and solid support. The energy moves downward and the line represents gravity. Movement is linear, grounded, defined, and works with gravity.

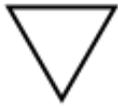
LEADERSHIP ATTRIBUTES: Stable; Trustworthy; Confidence in earthly endeavors; Authenticity; Grounded in practical matters such as finances, project & task management relating to goal setting, defining & attaining reasonable milestones.

SHADOW LEADERSHIP EXPRESSIONS: Lack of trust in one's judgement to make decisions; Poor management of finances; feet stuck in clay with close-minded thinking; Difficulty with follow through; Lack confidence with relationship to practical matters and nature; Feels disconnected or inauthentic in leadership role.

What EARTH qualities do you naturally embody in your daily expression of leadership? _____

Note any shadow leadership expressions or patterns of behavior that cause you from being the authentic leader you aspire to be?

What quality of the EARTH Element would you like to invoke more fully into your life? _____



WATER: Fluid, seamless, flowing. It is a nurturing, emotional energy. Pointing down shows how vessel of energy descends or moves inward. Movements are based on the circle, lemniscate, (figure-eight) & gentle wave, possessing qualities of rounded, seamless, fluidity and working with flow.

LEADERSHIP ATTRIBUTES: Flexibility; Emotional Intelligence & Self-awareness; Nurturing; Compassionate; Able to flow & adapt through change; Quiet Strength, Insightful Communicator; Attentive Listener

SHADOW LEADERSHIP EXPRESSIONS: Hesitant or afraid of change; Protected or closed heart; Passive aggressive; Quietly critical with body gesture; Overly sensitive; A lack of sense of humor; Uses gossip to covertly express opinions afraid to speak

What WATER qualities do you naturally embody in your daily expression of leadership? _____

Note any shadow leadership expressions or patterns of behavior that may cause you to not express your truth or prevent you from opening your heart to receive?

What quality of the WATER Element would you like to invoke more fully into your life?



FIRE: Dynamic, expressive, outreaching. Energy moves outwards. Movements are dynamic, kinetic, energetic, work with outreach Its shapes are based on the triangle, diagonals & movements that focus on creating an external point.

LEADERSHIP ATTRIBUTES: Charismatic; Energetic; Motivated; Optimistic; Bold; Fearless; Comfortable speaking opinions as well as public speaking; Natural presenter; action oriented; lights fires under people to get projects done

SHADOW LEADERSHIP EXPRESSIONS: Charismatically obsessed with oneself above anything else; spends too much time mirror gazing; speaks without conscious regard for others, actions are all about the short-term doing rather than long-term reflective or visionary planning; easily bored in small groups; burn out

What FIRE qualities do you naturally embody in your daily expression of leadership?

Note any shadow leadership expressions or patterns of behavior that may cause you to extinguish your leadership fire?

What quality of the FIRE Element would you like to invoke more fully into your life?



AIR: Energy moves upward. The line represents levity. Light, nimble, & liberated. Shapes are lines & waves. It can change rapidly with dexterity & ease. Movement is floating or gliding. Movement qualities also include, lightness, kinetic, lifted & expressing with freedom.

LEADERSHIP ATTRIBUTES: Natural ease; Freedom of personal expression; Integrator; Refined; Graceful; Visionary; Intuitive; Collaborative; An uplifting communicator; Adept listener; Synthesizes information to access creative ideas/solutions; Innovative

SHADOW LEADERSHIP EXPRESSIONS: Head is in the clouds and feet are not on the ground causing disconnection from the realities of the mundane practical world of caring for the well-being of oneself or family; Unable to ground visions in doable action plans; Speaks with head voice & not able to project self-expression with strength of purpose; flits from shiny object to shiny object without intended purpose

What AIR qualities do you naturally embody in your daily expression of leadership?

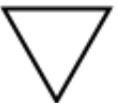
Note any shadow leadership expressions or patterns of behavior that may cause you to disconnect from your intuitive, inspired and creative self?

What quality of the AIR Element would you like to invoke more fully into your life?

On the lines below depicting the Four Elements, number their presence in Your Expression of Leadership with, One being most present, and Four being the least present. When the webinar is complete, note any other observations that revealed themselves to you.



EARTH: _____ Reflective Observations:



WATER: _____ Reflective Observations:



FIRE: _____ Reflective Observations:



AIR: _____ Reflective Observations:
