



Dr Joel Levey: Embodying Wisdom at Work



Dr Joel Levey is Co-founder of Wisdom at Work and The International Center for Corporate Culture and Organizational Health at InnerWork Technologies. Explore ways we can source personal and collective wisdom in these VUCA times.

TOP EMBODIMENT TIP: Embody the awareness that you are awake as soon as you wake up, then turn your mind to gratitude, and clarify your intention that you want to carry into the day.

Introduction:

- We are in VUCA times, Volatile, Uncertain, Complex and Ambiguous, at times absurd. In these times of complexity and uncertainty, **to develop our capacity to be fully present** is a revolutionary spirit. We all have a window of tolerance before we go to a place of constriction and self protection, stress and overwhelm, loneliness and rage.
- The moment we go into overwhelm and lockdown, **our traumas get triggered**. Then **neurological resources shut down** and we **stop linking** and we go into **differentiating**. Then we start othering and harming, hurting, exploiting and colonizing and then the whole thing goes down the graph.
- So many of the challenges we face in our world are because of **disembodied, mindless beings, operating from superficial dualistic othering states of consciousness** that are destroying our world and our own bodies.

Differentiation and Integration:

- “We experience ourselves, our thoughts and feelings, as something separate from the rest. A kind of optical delusion of consciousness. This kind of optical delusion is like prison for us, restricting us to our personal desires and to affection for a few persons nearest us. **Our task in life is to free ourselves from that prison by widening the circle of our compassion to embrace all living creatures and the whole of nature in all of its beauty.**” Albert Einstein.
- Wellness can be scientifically defined as a state of integration. And **the state of integration is where all of the differentiated parts of the system are linked with each other** so that energy and information flows between those parts of the system.
- So the more we can do that brings us into wholeness, open our field of awareness to embrace our joys and our sorrows, our lightness and our darkness, our pleasure and our pain, our clear and fuzzy, and bring it into the **wholeness of our being**, then the more likely it is that we will be available to be attuned and sensitive and empathic with others, and respond with creative compassion.
- The more you listen, the more **you will hear**. The more you hear, the more **deeply you will understand**. Curiosity keeps the mind open.

Resources

- ❖ **Courses:** send email to subscribe to newsletter to: Levey@wisdomatwork.com
- ❖ **Website:** <http://WisdomAtWork.com>
- ❖ **YouTube:** [Wisdom At Work](#)



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