



Ginny Whitelaw: Resonate: The Embodied Way to Make a Difference



Ginny Whitelaw is a Zen master, leadership expert and founder of the Institute for Zen Leadership, USA. Find out how to use resonance to make change in the world.

TOP EMBODIMENT TIP: Surrender difference and accept and feel our capacity to expand

What is Resonance?

- All energy is in vibration, and all matter is energy. Notice and see how what you notice shifts. Now is the time where resonance allows us to make the change we want. When resonance is broken the signals from and to the world are weaker. Energy creates form and form directs energy. The body creates the form for directing the energy.

Energy and Matter: They do not change at the same time

- The body changes more slowly than thoughts and it forms shapes and impacts the thoughts over time. Heart rhythms change our resonance. How we tune is how we train the head, heart and hara. Where the mind goes the body follows; acceptance is a neutral place in and through the body.

Resonance is the Link: The intersubjective experience and the world

- Centered Hara breathing changes state. You can explore this by practicing receiving a card and acting out through the body (fear, suspicion, acceptance & Universal acceptance). Reflect on what happens with the body in the above feelings. Surrender difference and accept and feel our capacity to expand. Charades works because we can get the signals of others.

How we Manage Ourselves and Feed the Field

- **Resonance is a practice of returning to who we are.** The ego identifies with fear and survival. Our willingness to face being uncomfortable helps us open to our capacity. Practice creates a new pathway and new space/capacity; it's uncomfortable. The pay-off of embodied practices is that they help us to return to full resonance and what is ours to do; integration of head, heart and hara by tuning our bodies and getting rid of our extra thinking.
- We see through things from the larger sense of who we are. The ego is useful but not the totality of who we are where we are aligned with the larger universe. Resonance supports relationships, teams and rhythm of larger change. Resonate with what is yours to change.

Resources

- ❖ **Website:** <https://zenleader.global/resonate>
- ❖ **Instagram:** [@ginnywhitelawiz](#) **Facebook:** [instituteforzenleadership](#) **Youtube:** [Zenflix](#)
- ❖ **Book:** [Resonatethebook.com](#)



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