



Pamela Ann Burkhalter: The Needs and Gifts of Living & Leading from a Place of Conscious Connection



Pamela was a Swiss Hong-Kong Chinese lawyer who is now in the business of sparking awareness. She focuses on injecting the world of organisations with more humanity and hosting meaningful dialogue with gentle clarity, love and ambition (with no BS). She works with organisations and teams which want to create a better world.

TOP EMBODIMENT TIP:

We are so much more than our body. When we are strong at our core, everything frees up and we can deal with adversity.

The Pillar in the Flower Model: A Simple Model

- This model can be used as a door opener for people to begin inquiry, discovery and awareness. Particularly suitable for those who are not necessarily geared towards reflection.

The Lotus Flower: Not For the Faint Hearted, But Gets Results

- The lotus has many petals and grows from muddy waters and blossoms. We need to dig in the mud and do the work.

Horizontal Elements of the Model: There Are 8 Different Aspects to the Horizontal Plane of the Model

- Context - we are driven to react to changes rather than being strong from the inside out;
- Petals - these represent all the aspects of our personal life;
- Physical - this is about physical self-care of our bodies;
- Emotional - we need to move from disconnection to connection, empathy and understanding;
- Mental - we need a good balance of stimulation and challenge for a healthy mind;
- Spiritual - we need to make sense and meaning from our life and work;
- Boundaries - we want to be able to set boundaries and have healthy detachment
- Culture/Environment - many cultural norms influence our lives.

How to shift:

- We need to be aware of all of our patterns and influences and act accordingly through awareness. Once we recognise when we are not connected, it is important to take action to find balance.

Vertical Elements of the Model: When we are in balance, we are centred, in flow and experience synchronicity.

- The vertical elements can be considered from both below and above.
- Below - refers to nature and connection with the earth
- Above - refers to what is above and beyond our consciousness

Resources

- ❖ **Website:** pamelaburkhalter.com



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