



Margaret Wheatley: Who Do We Choose to Be?



Margaret is a leader in many roles as a speaker, teacher, community worker, advisor and author of nine books evoking her belief in generous and creative leadership in community. Margaret describes how to train ourselves to embody the qualities of generosity, compassion, altruism, and insight to truly listen to others and step forward as peaceful warriors in this world.

TOP EMBODIMENT TIP: ‘Taking your seat’ for whenever in a difficult situation: Notice that you have a body. Locate yourself where you are. Ground yourself with earth energy, an upright spine, connecting with heaven energy.

Peaceful Warriors: **Peaceful warriors train to integrate generosity, insight, altruism and compassion into the body.**

- Peaceful warriors train in living compassionately with despair, without becoming lost in grief. We are in our current situation due to past decisions. Become informed. When we are informed, we are open to heartbreak. An open heart makes possible a kind, compassionate, generous, wise response. Humans can train to be the best representatives of the finest qualities: fully aware, fully awake and without fear.

Meaningful Work: **Peaceful warriors protect life and offer their gifts to others.**

- Big scale change to systems means local change via meaningful work close to home. We firstly work with ourselves. We then can work locally. We honour despair as a sign of our awakesness. As warriors we stay in presence, we look around, we see what work needs doing, and we can relieve suffering. Despair can be transmuted into meaningful action.

Aspiration and Mission: **Train to be of service and surrender to contributing locally where there is need.**

- What is the work that needs doing? There is a shift from setting our own intention to what I need to do here, where I am, with what I have, with people locally. Purpose can be constructed to help us reach wholeness, and a vibrant sense of meaning. However, to be a true presence, we need to be present to what the world needs, not to what we want. The world is rich in opportunities to serve.

Embodiment: **Train and be a trustworthy, authentic, reliable presence in difficult situations.**

- Embodiment is a gift from you to others and to the world. Be present to the needs of others, ready to respond with a rich combination of skill level and gifts, and stable enough to be able to contribute. Be prayerful, well-trained and ready so you can trust yourself to be in the presence of someone who needs you to be a good listener, so that they can remember who they are. We can then ask “What’s needed here?” when we truly listen.

Resources:

- ❖ **Books:** *Who Do We Choose to Be? How Does the Raven Know? So Far From Home; Walk Out Walk Home; Perseverance; Turning to One Another; Leadership and the New Science; Finding Our way; A Simpler Way*
- ❖ **Courses:** A Songline: Warrior Training
- ❖ **Website:** <https://margaretwheatley.com/>
- ❖ **Social:** [Twitter:warriors_human](#); [@warriorsforthehumanspirit](#); [LinkedIn](#)
- ❖ **References:** Tibetan Buddhism



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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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