

Gratitude is the New Attitude

Activating Human Potential

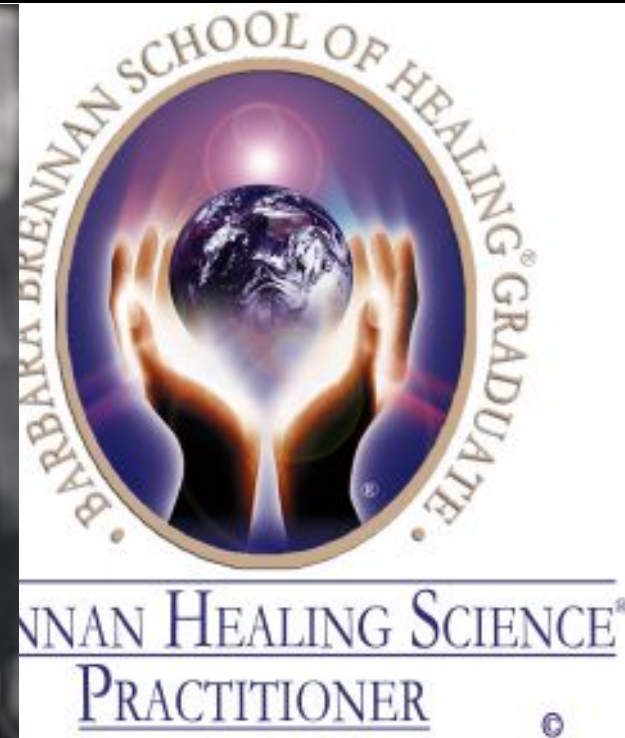


grat·i·tude

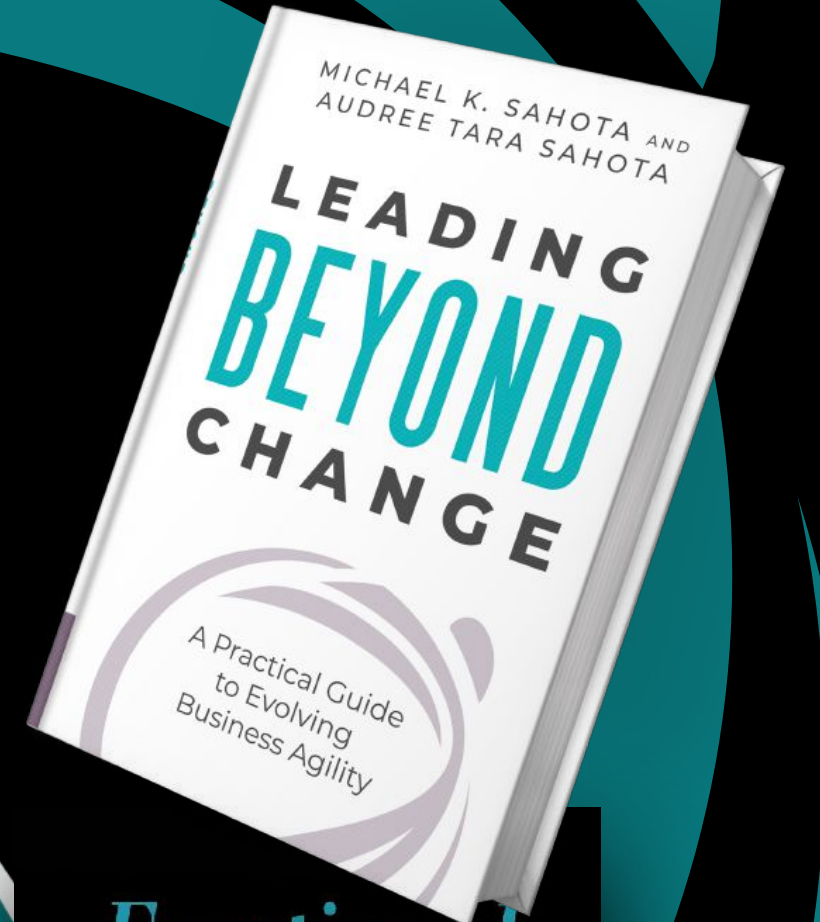
noun

the quality of being thankful; readiness to show appreciation for and to return kindness."she expressed her gratitude to the committee for their support"



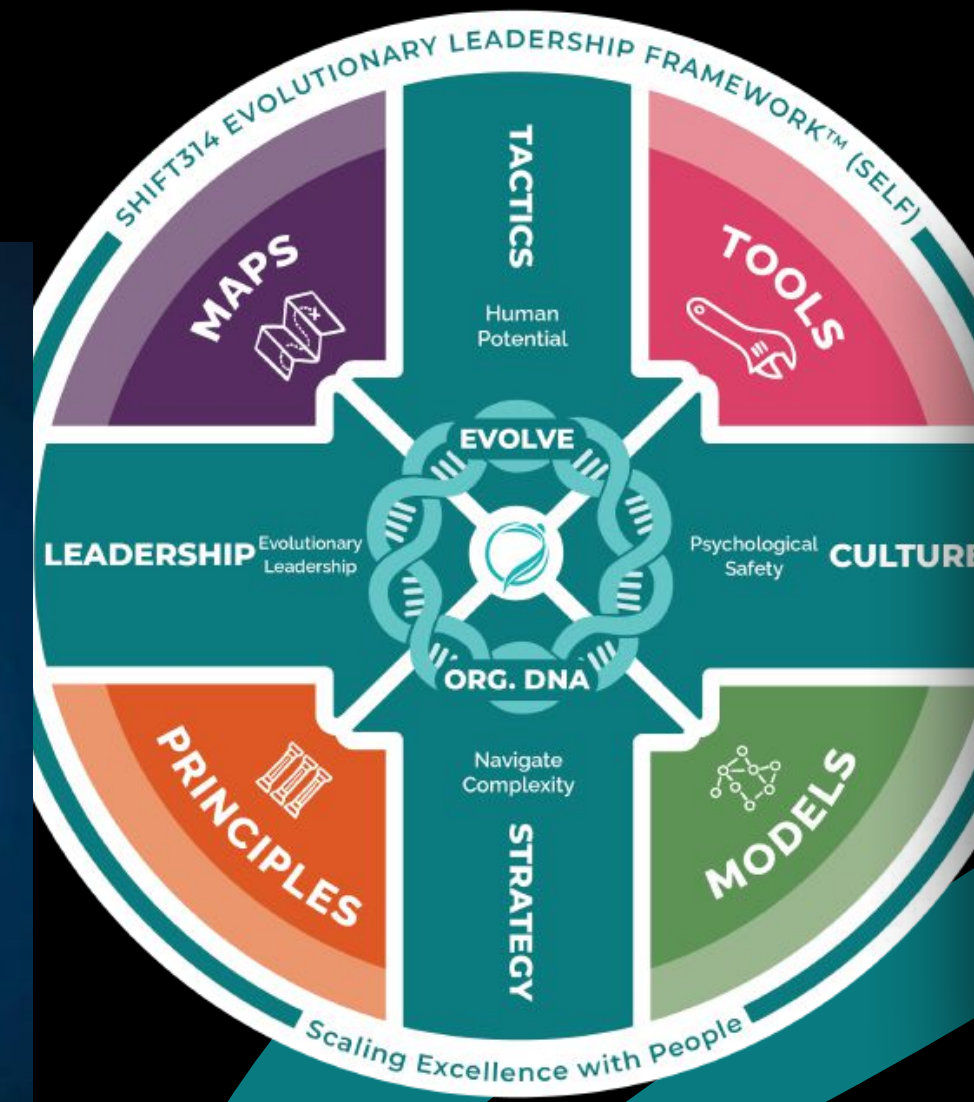
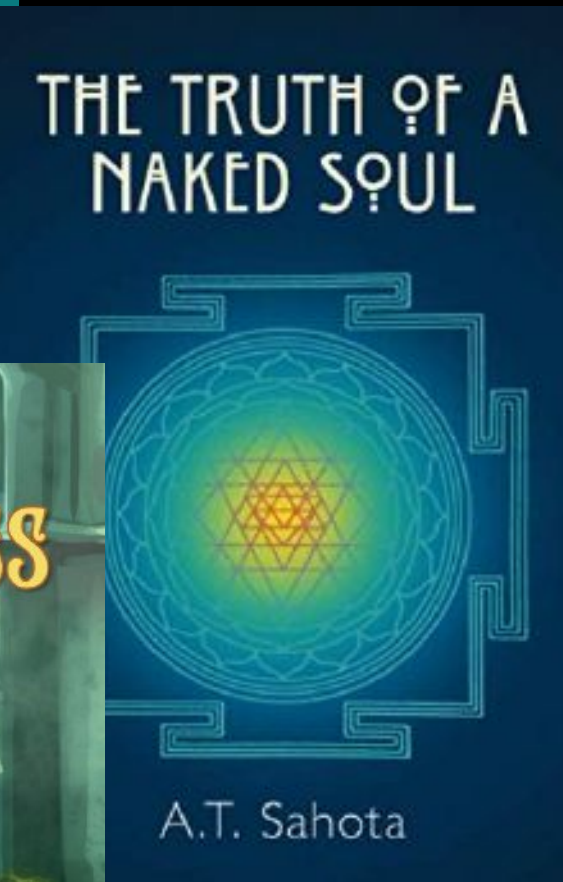
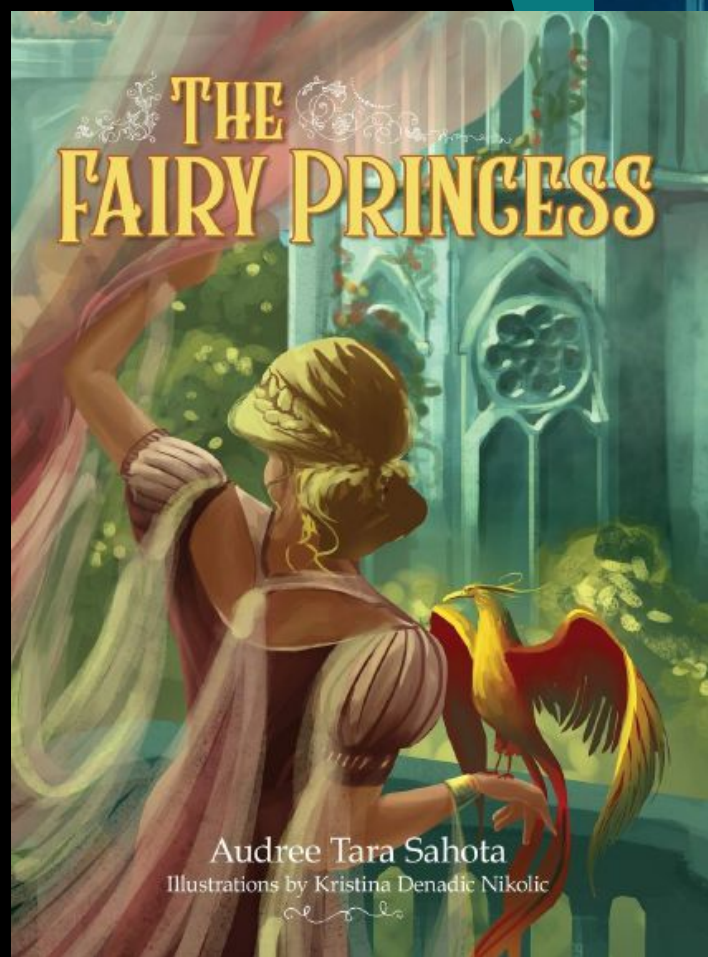


EVOLVE 2B



Audree Tara Sahota

- Student of Human Consciousness
- Mom, Wife, Sister, Friend
- Chief Metaphysical Officer
- Energetic Healer & Trainer
- Evolutionary Leadership Trainer
- Conscious Business Consultant
- Co- Founder SELF Framework
- Evolutionary Energetics
- Author & Speaker



Emotional Science



The Key to Unlocking High Performance



Audree Tara and Michael K Sahota

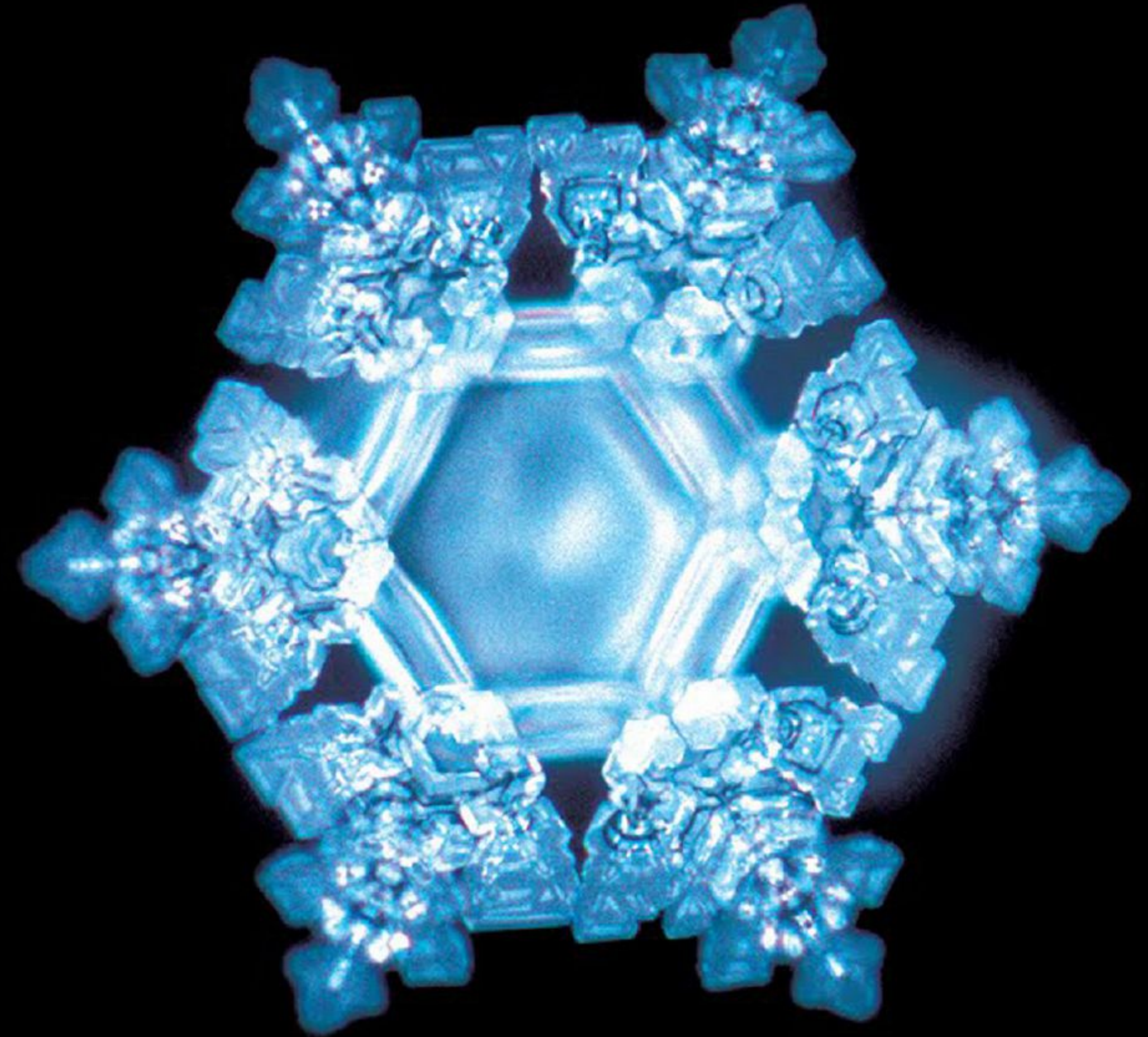


Session Overview

- Learn “Weird Stuff” - Dr Emoto & The Messages in Water
- Strengthen into a Permanent States of Gratitude
- Workshop- How to Create a Culture of Gratitude

Takeaways

- ★ Your Own Gratitude Journal
- ★ MP3 Gratitude Meditation
- ★ At Least 3 Gratitude Concepts for Team/Org



What are you Grateful For?

Journal: List as Many as you can ...
people, things, experiences

What Does Gratitude Feel Like?



No Gratitude?

List the places, things, people,
situations that you have

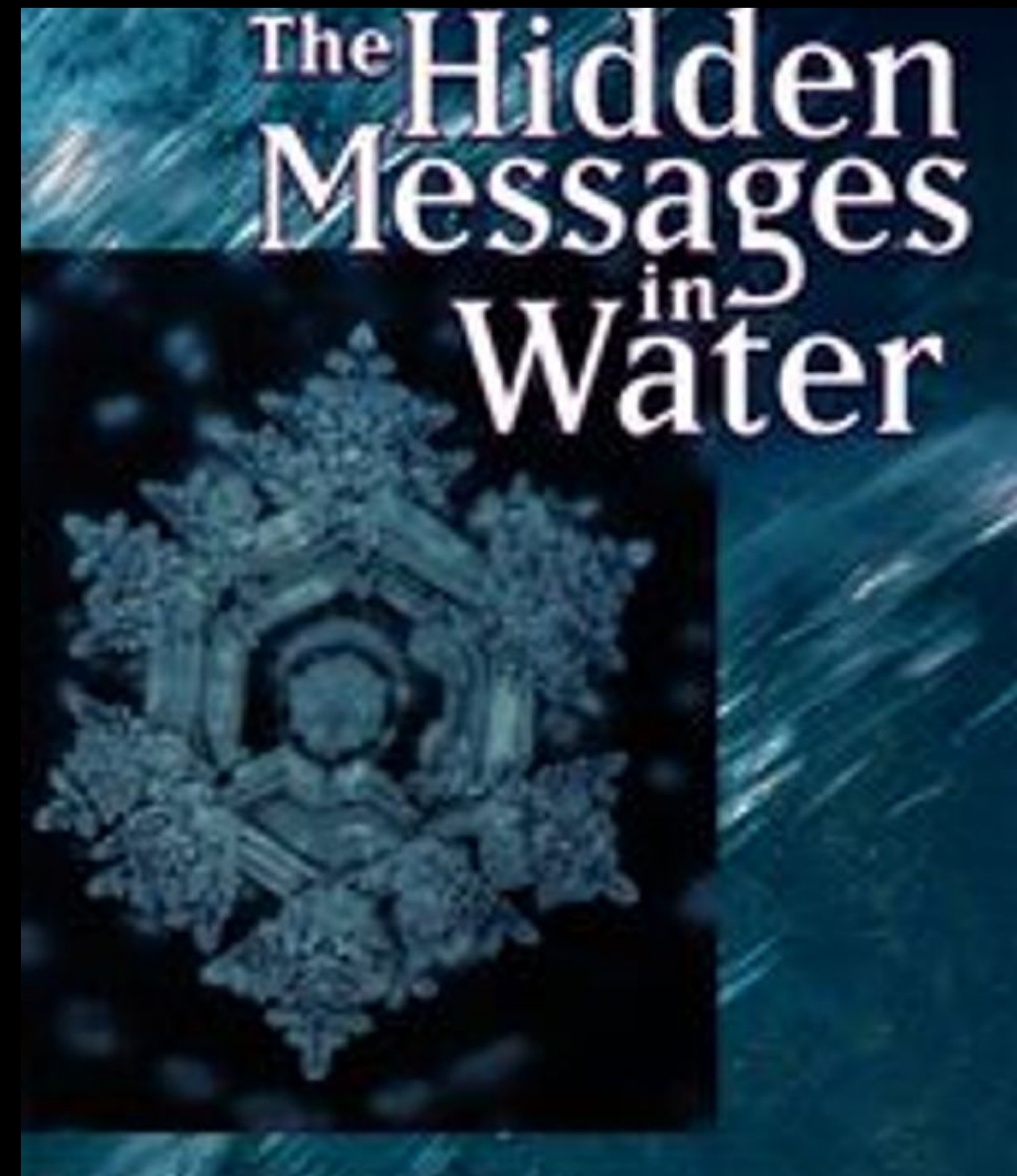
Where Do You Have Frustration?
What In Your Life Makes You Angry?
Where Do You Feel Hopeless?

What Does No Gratitude Feel
Like?

The Power of Gratitude



Dr Emoto's Work



In 1990 Dr Masaru Emoto ran experiments with water, he wrote "Love" on one jar and "Hate" on another jar. Photographing the water molecules he discovered miraculous crystalline structures.



"Dr. Masaru Emoto put Water as a Living Consciousness on the map for the scientific world. He showed us how water is an energy capable of more than we ever imagined. The power human thoughts, sounds and intentions has to strengthen and disempower is one of the greatest discoveries of our time."

Our Bodies consist of 80% water and fluids...

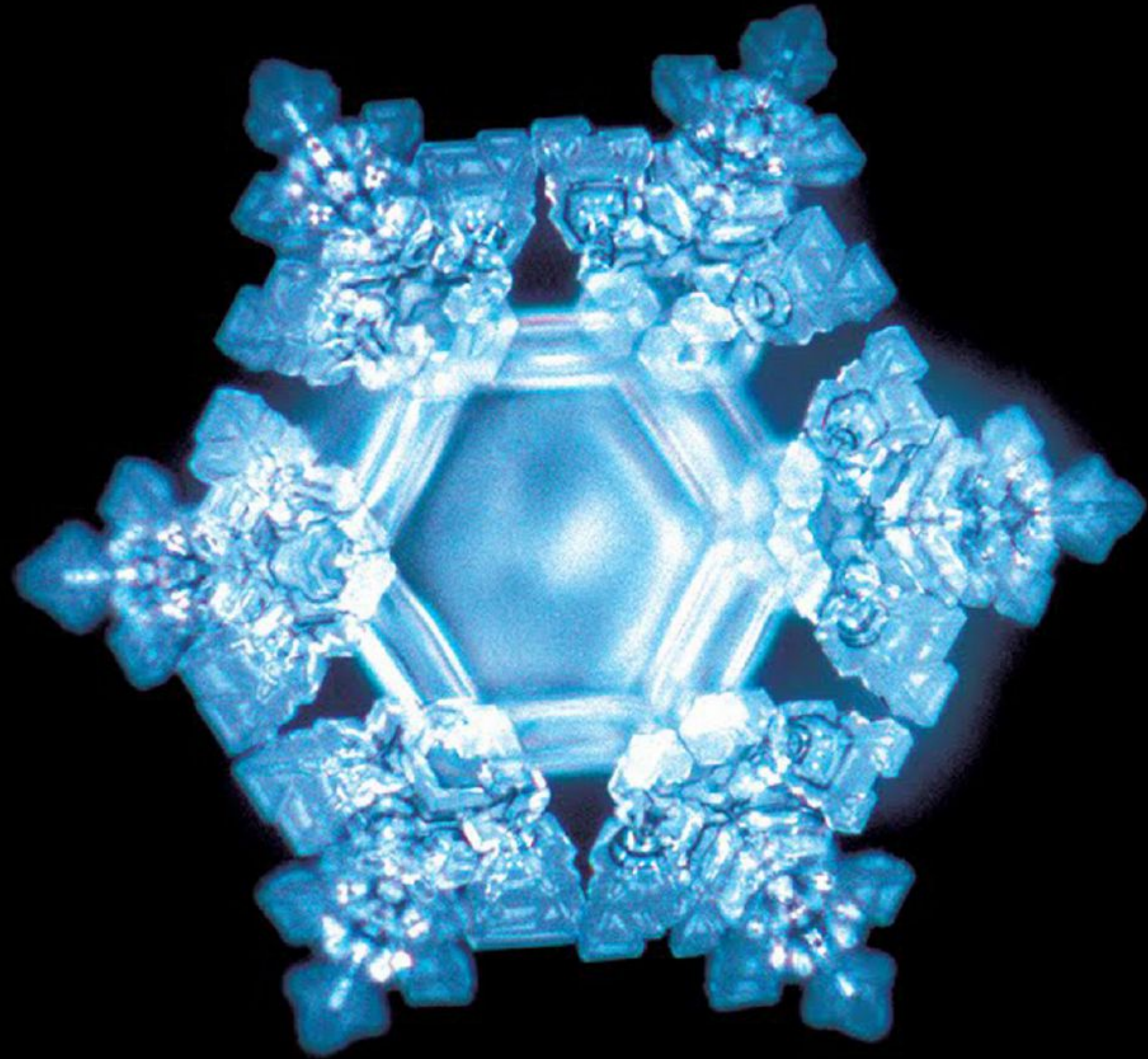
Surface of Earth is 71% Water

Source
United States Geological Survey
Government agency





LOVE



Thank You



THANK YOU



WISDOM



TRUTH



ETERNAL



ANGEL



I LOVE YOU



PEACE



YOU FOOL



YOU MAKE ME SICK



EVIL



**POLLUTED WATER
BEFORE PRAYER**



**POLLUTED WATER
AFTER PRAYER**

The formation of crystals
can be influenced by
human feelings and ideas



Positive words and ideas will bring about
pretty, clear and delicate patterns



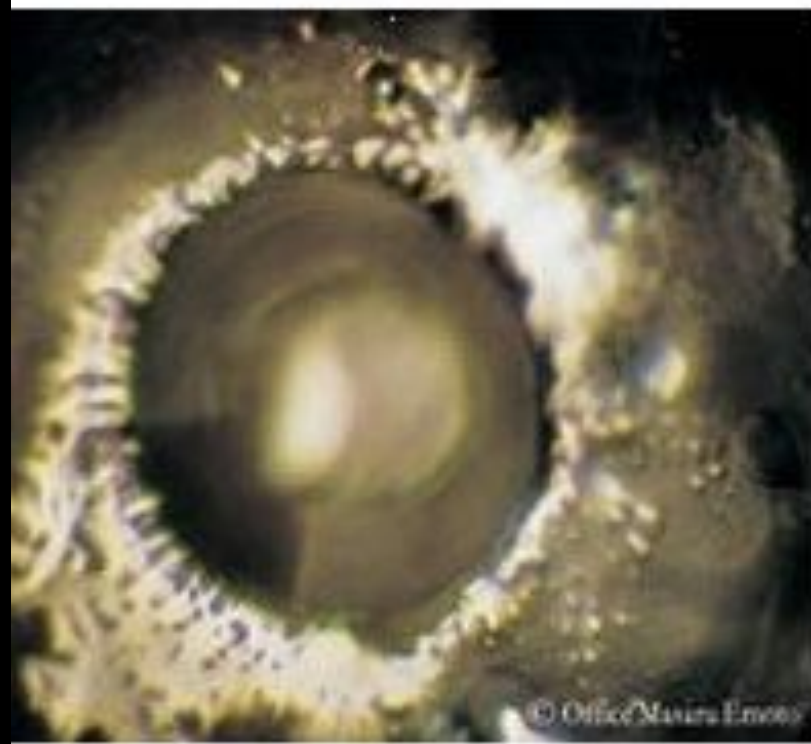
Love & Gratitude

Negative Expressions Produce Irregular, Ugly Crystals



EVIL

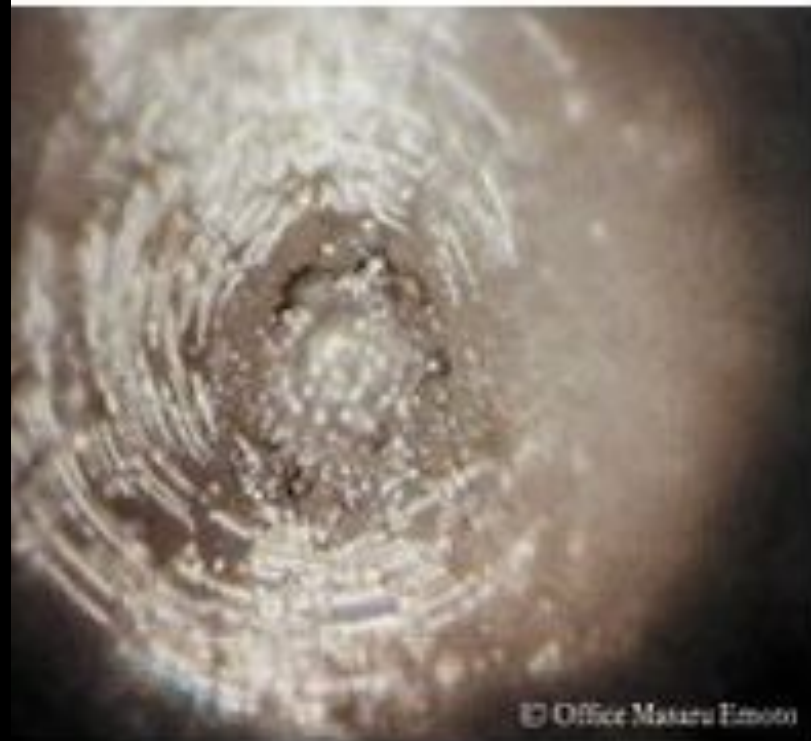




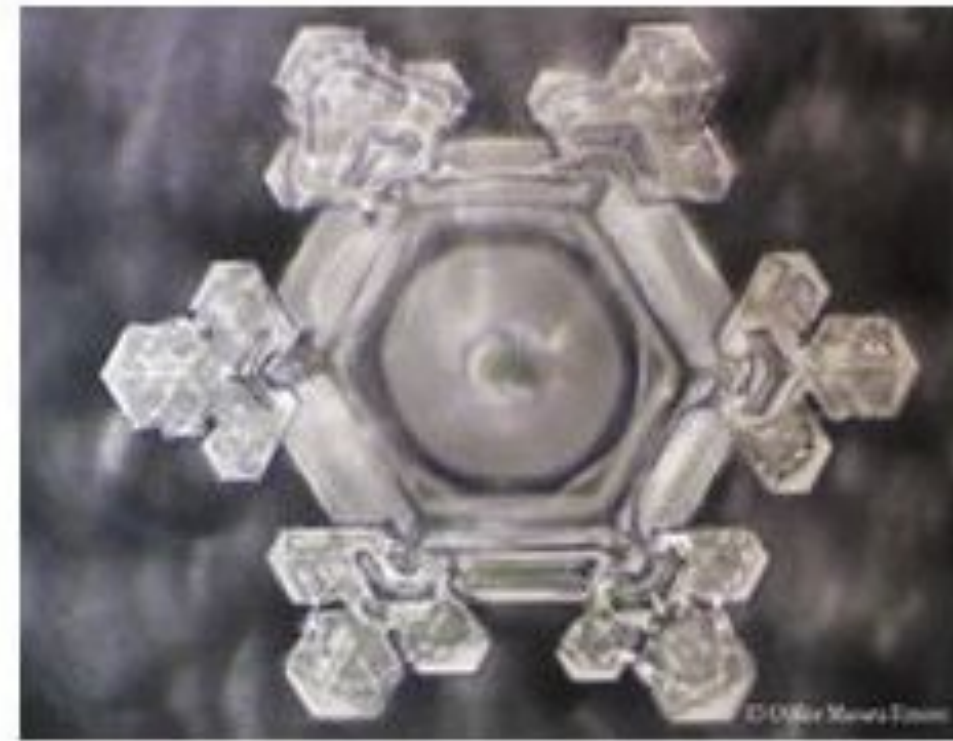
“Do it”



“Let’s do it”



“You fool”



“Thank you”



“War”



“Peace”

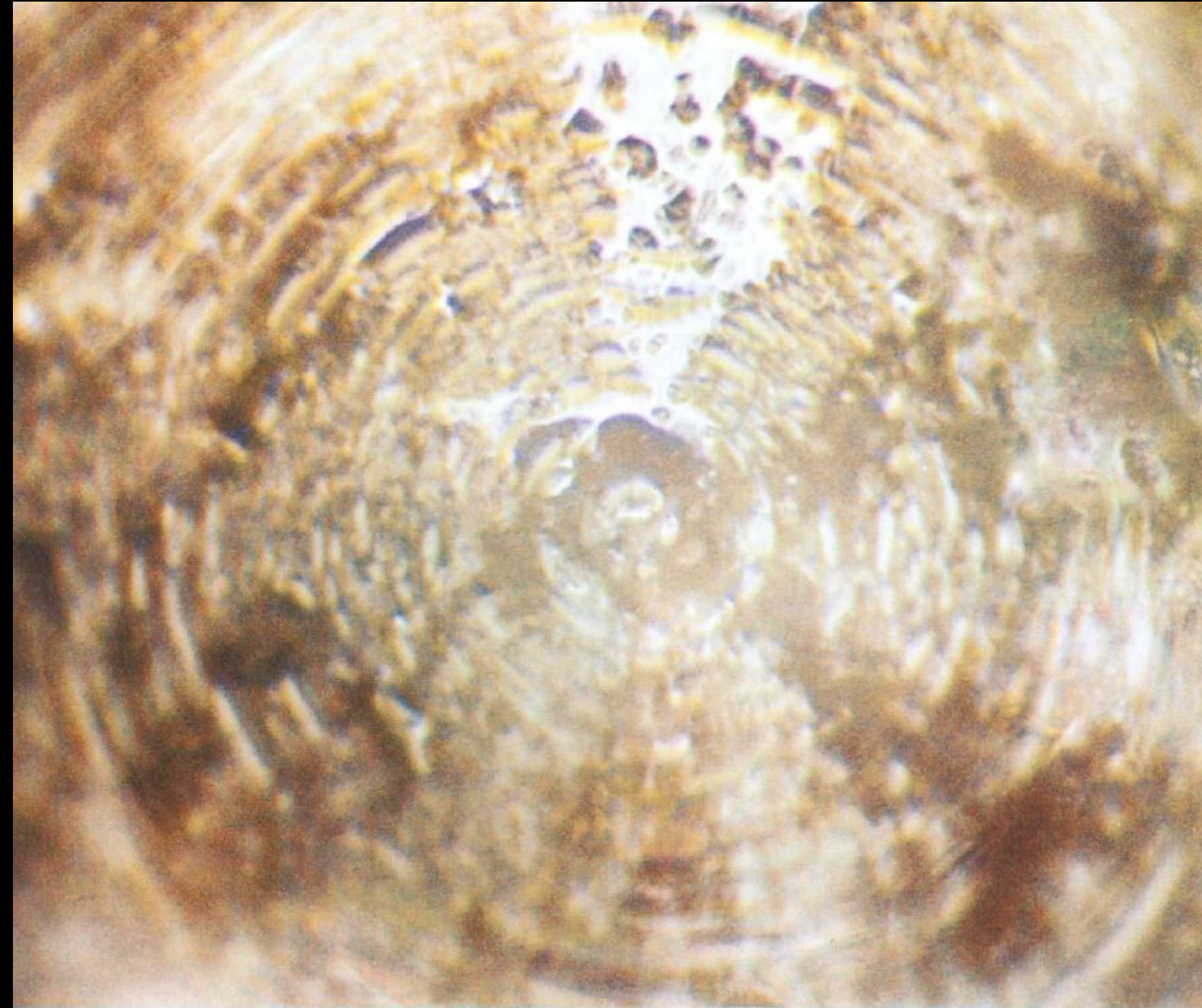
“There is an intelligent energy within all things causing them to live and evolve into higher forms of life in relation to their environment.”

Dr. Masaru Emoto

**“I Hate You” -
“I Want To Kill You”**



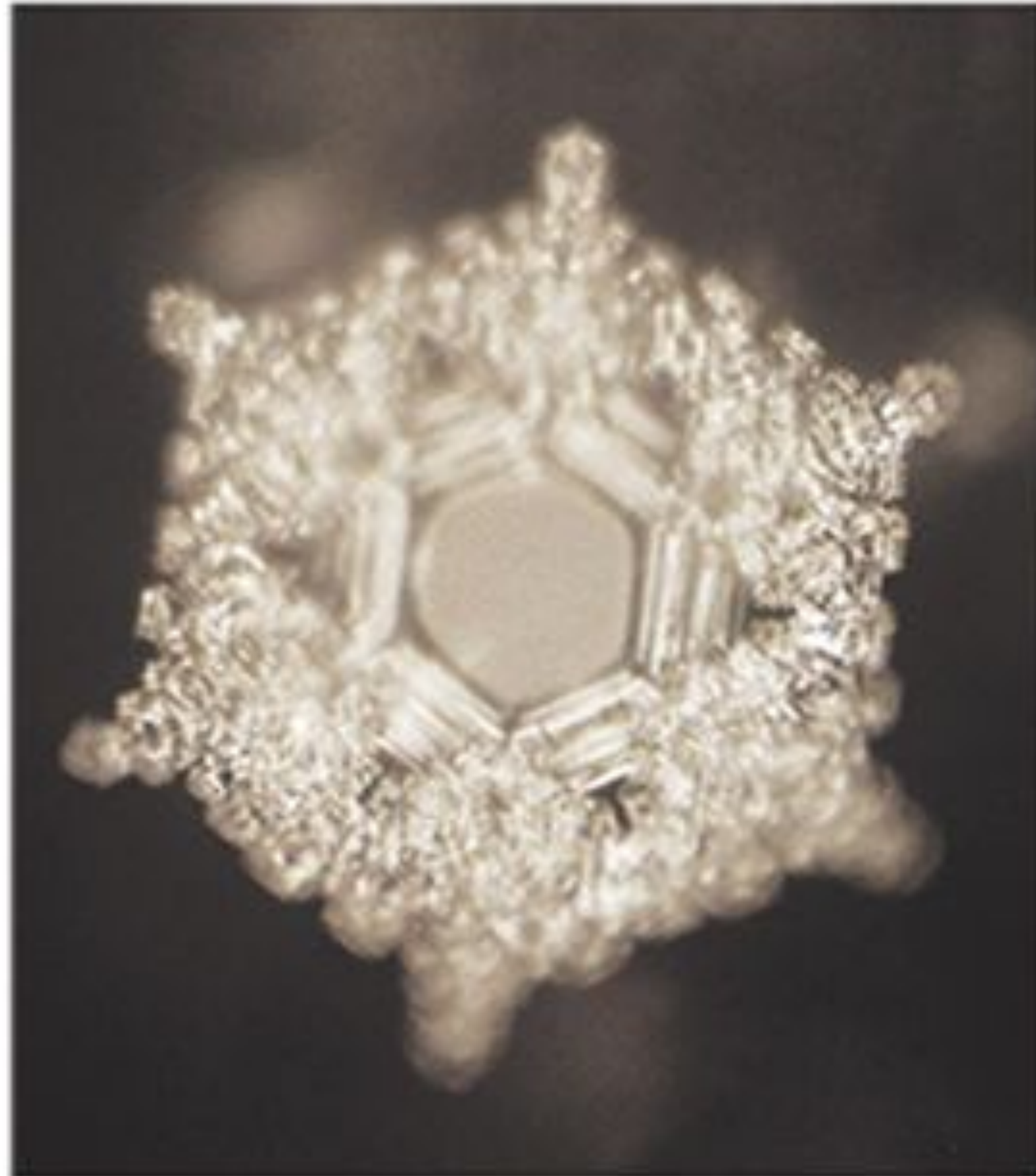
Heavy Metal Music



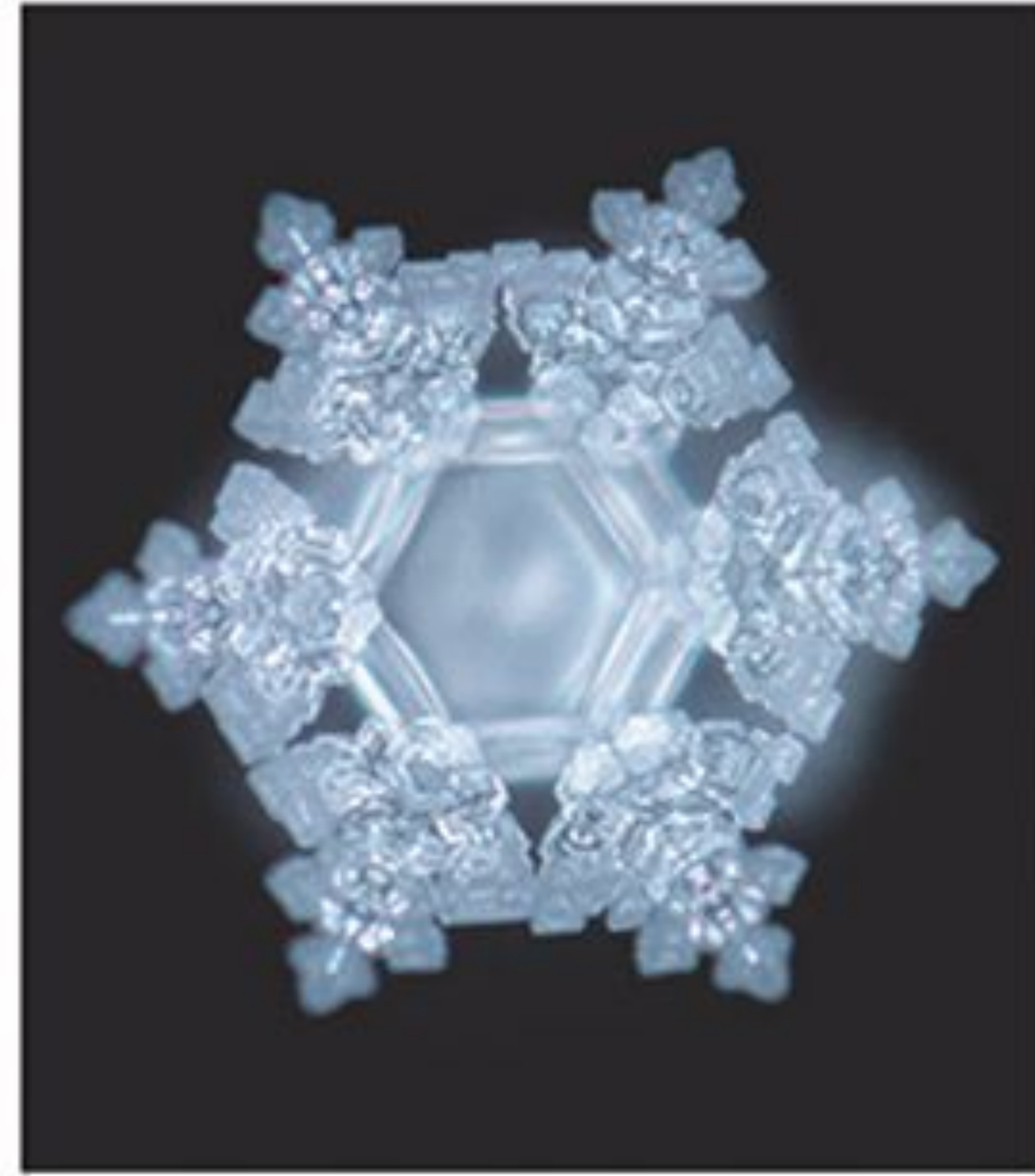
Μουσική Heavy Metal

Αυτή η μουσική είναι γεμάτη θυμό και μοιάζει να καταγγέλλει τον κόσμο. Κατά συνέπεια δεν πρέπει να αποτελεί έκπληξη το ότι η βασική καλοσχηματισμένη εξαγωνική δομή αυτού του κρυστάλλου διασπάστηκε κυριολεκτικά σε κομμάτια. Το νερό φαίνεται να αντιδρά αρνητικά σ' αυτή τη μουσική. Δεν υποστηρίζουμε ότι η μουσική "Heavy Metal" είναι κακή, αλλά ότι μάλλον

Gratitude



You are beautiful



江不塔

Image credit: Emoto

What Creates The Lack Of Gratitude?

Shout Out

Anger & Blame



Hopeless Not In Control



WITNESS

Lack of Psychological Safety



Maslow's hierarchy of needs

Wish It Were Different



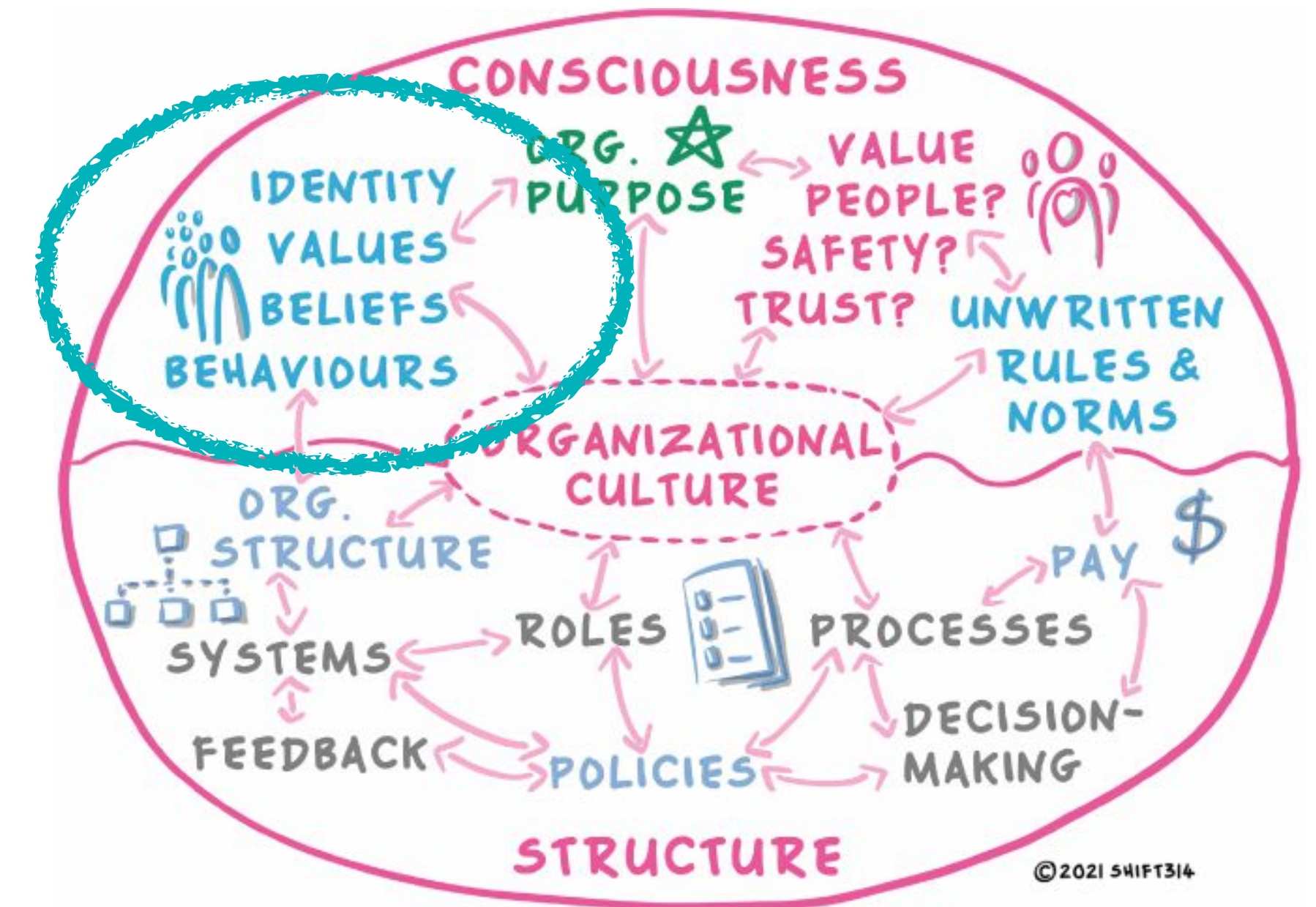
The Magic of Culture

Living the Agile Mindset



Definitions of Culture (cont.)

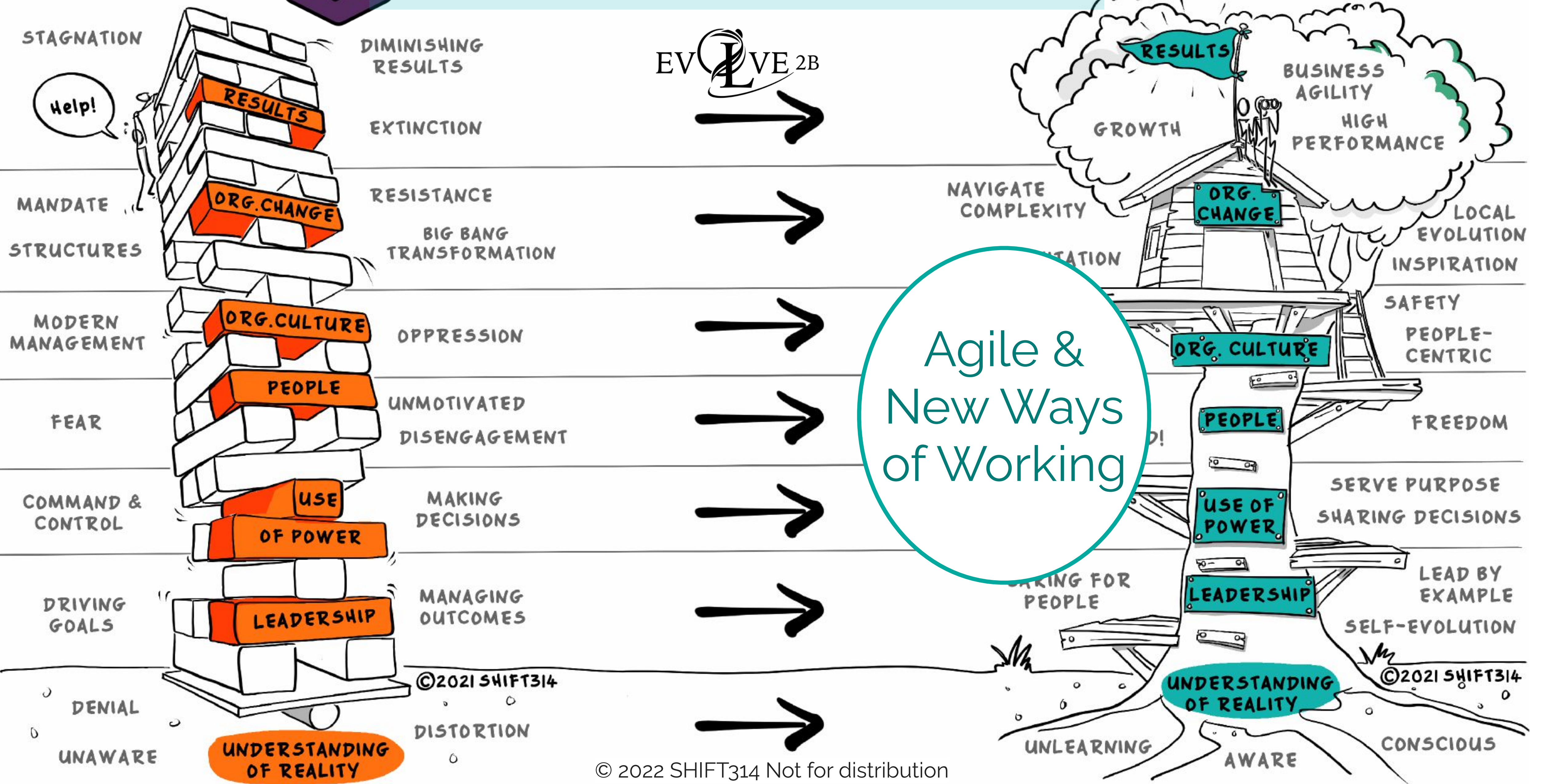
Culture =



3. Culture is the *collective behaviour* of all the people in the organization.



Traditional to Evolutionary



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“A New Way Of Working
Requires a New Way Of Being”

Consciously Lead Change = To Be “Agile”

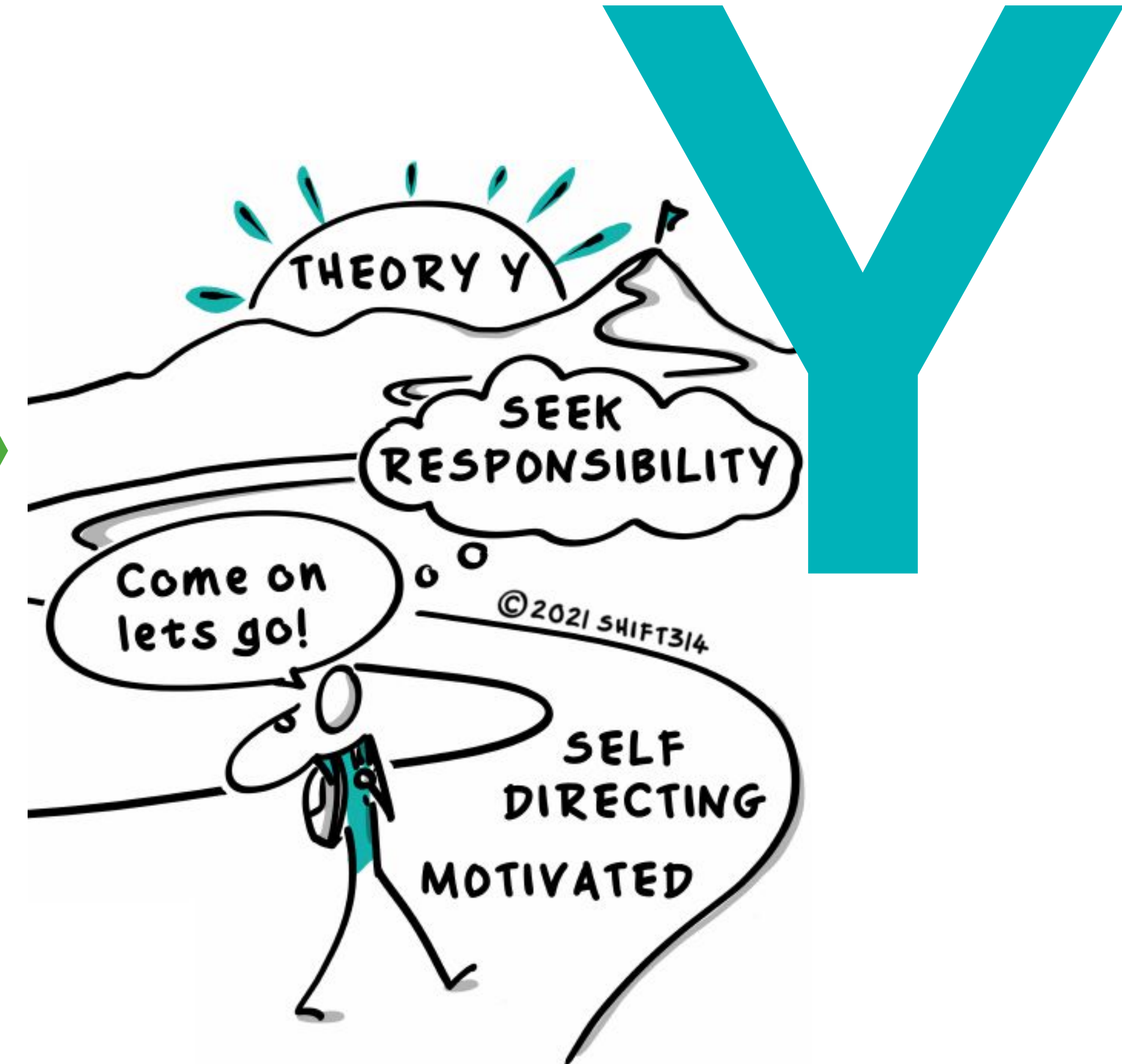
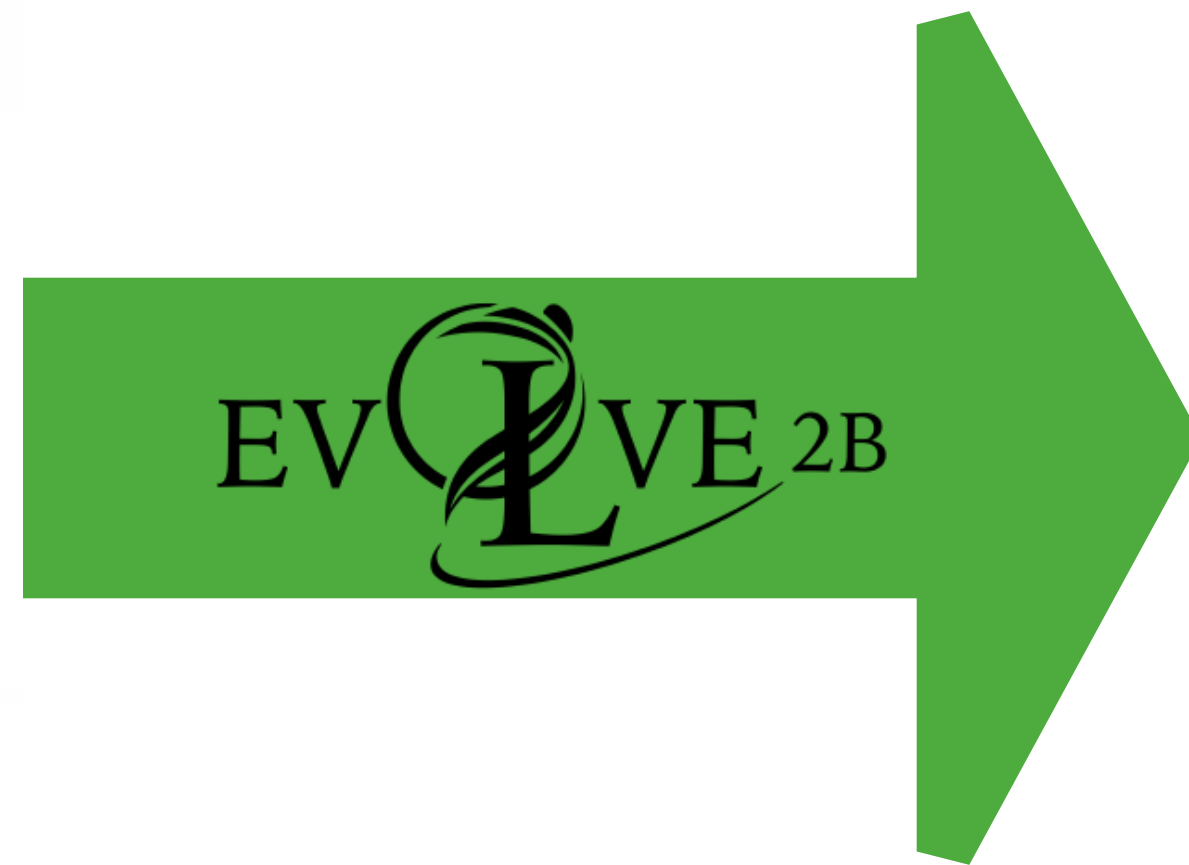


One negative person can take out
10 people or a whole team.

What's happening in your organization?
What's happening within your own self?

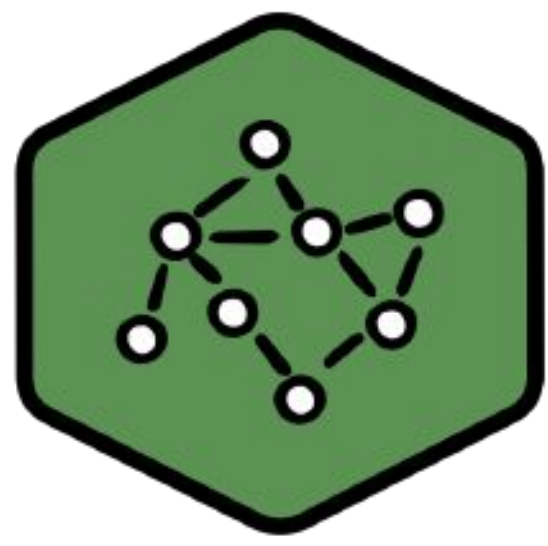
LEADING OUR TEAMS TO GREATNESS

X



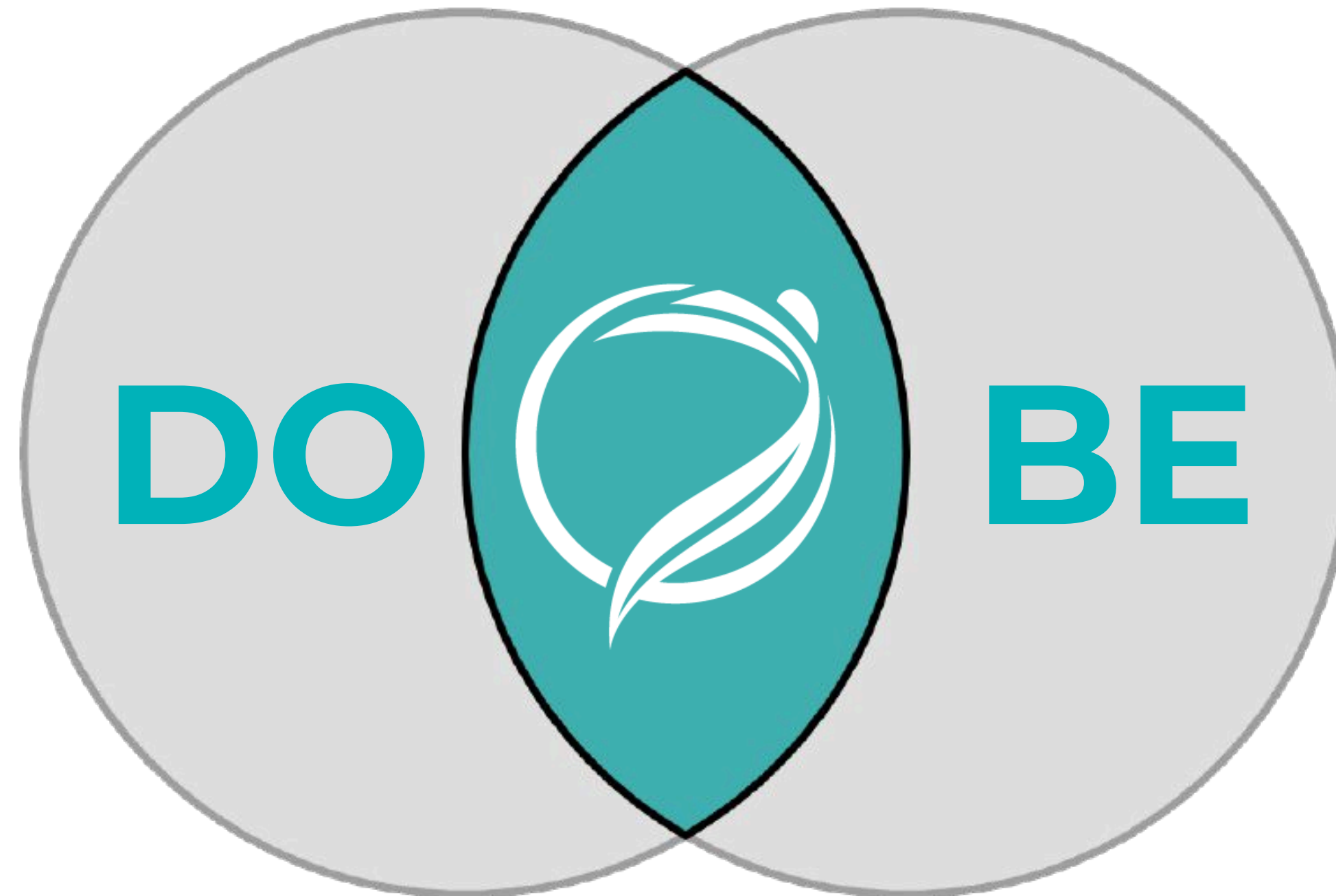
Y





Evolutionary Leadership

Evolutionary Leadership is the **choice** to evolve oneself and develop the capabilities needed to evolve an organization.



Agile Manifesto

Agile Manifesto

We are uncovering better ways of developing software by doing it and helping others do it. Through this work we have come to value:

Individuals and interactions	Over	processes and tools
Working software	Over	comprehensive documentation
Customer collaboration	Over	contract negotiation
Responding to change	Over	following a plan

That is, while there is value in the items on the right, we value the items on the left more.

Video: Tokyo Water Experiment

Cultivating Gratitude

An Experience



The Gratitude Process



Photograph | IHM Research Institute

The Magic of Culture

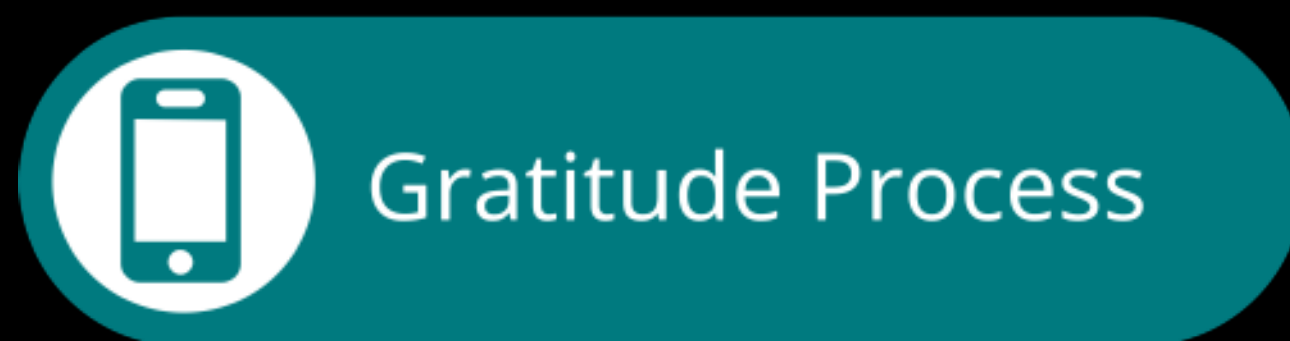
A Workshop



More Team Gratitude Implementation Ideas

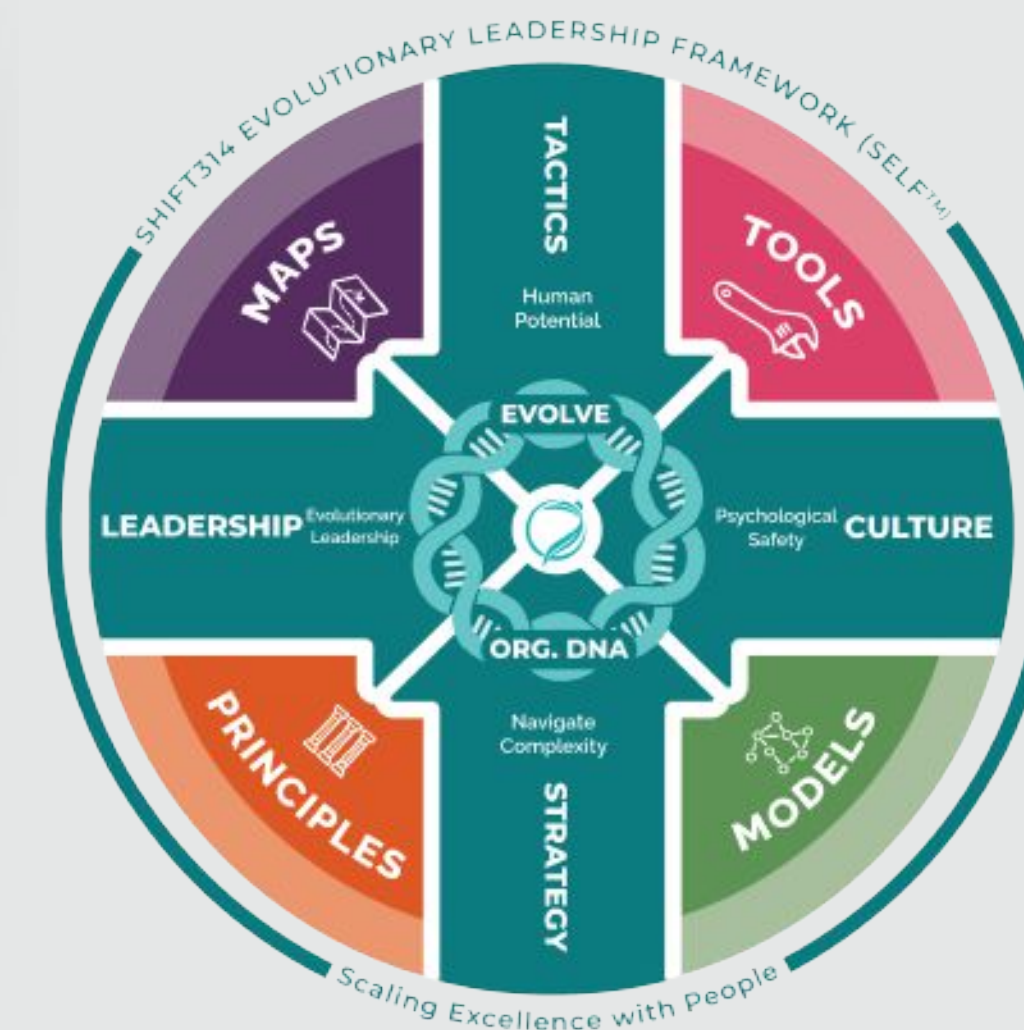
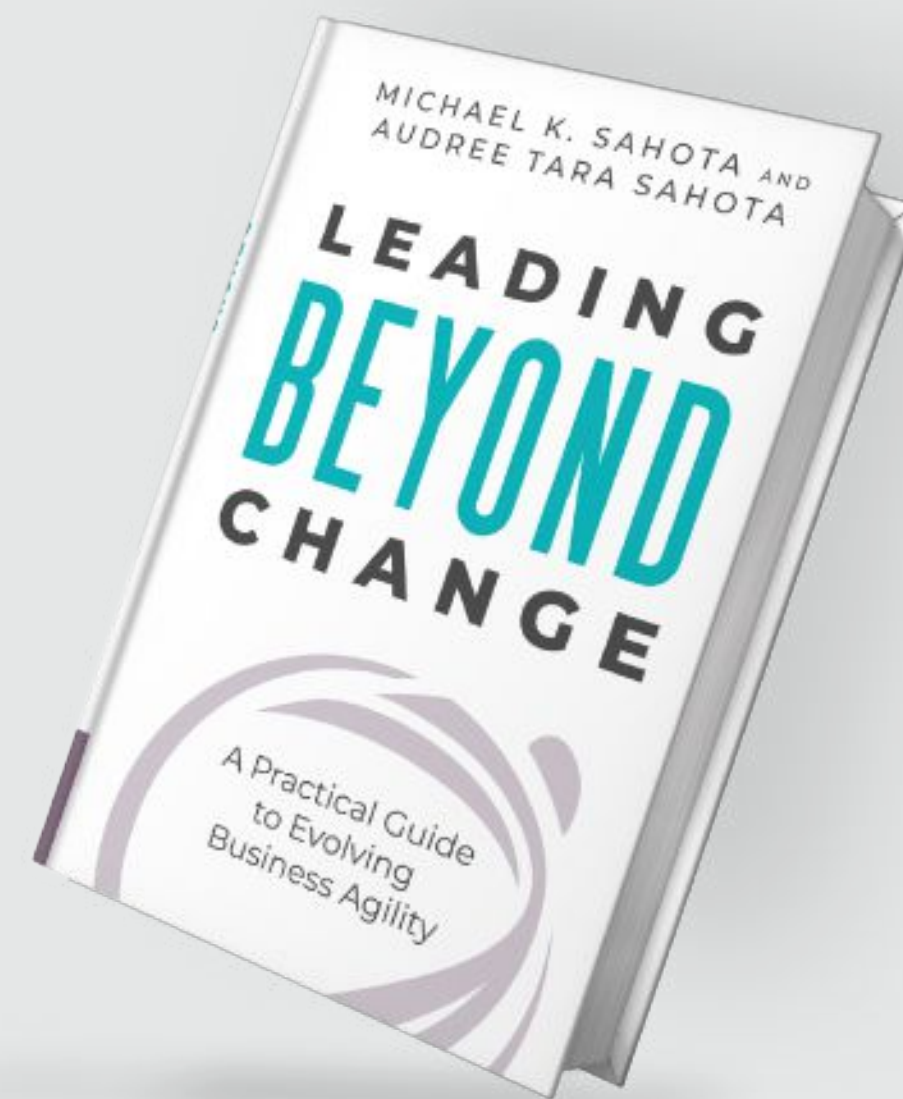
- Gratitude Board - write cards of gratitude
- Start Standup with: Name and something your grateful for
- Gratitude Day: 1x a month- have party, pizza and beer etc
- Doesn't Have to Be weird- Can Just bring up a Gratitude Practice

Evolve2B Gratitude Process

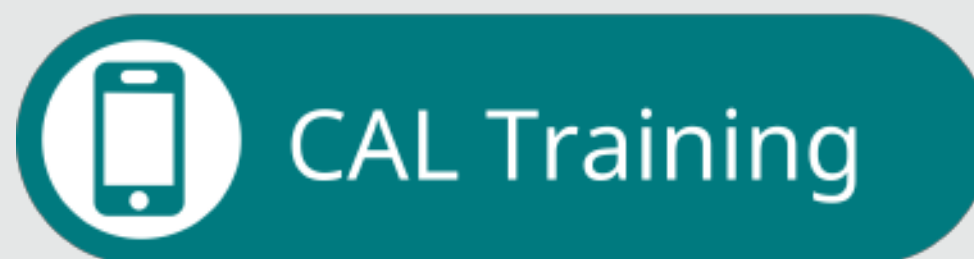




Certified Agile Leadership Training



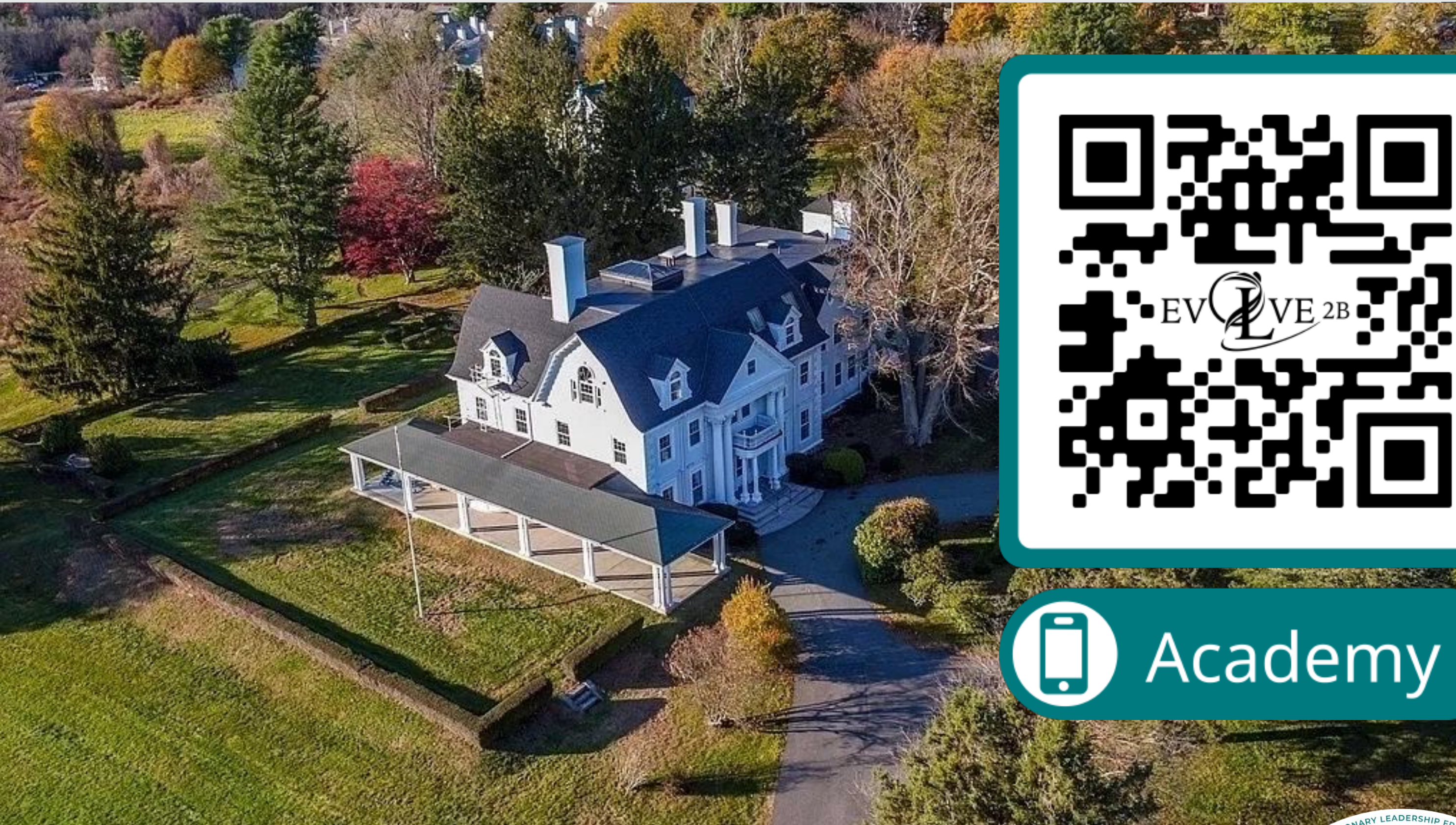
Michael K Sahota,
Audree Tara Sahota



In Person: Chicago
Vienna, London, Istanbul
Sydney, Auckland



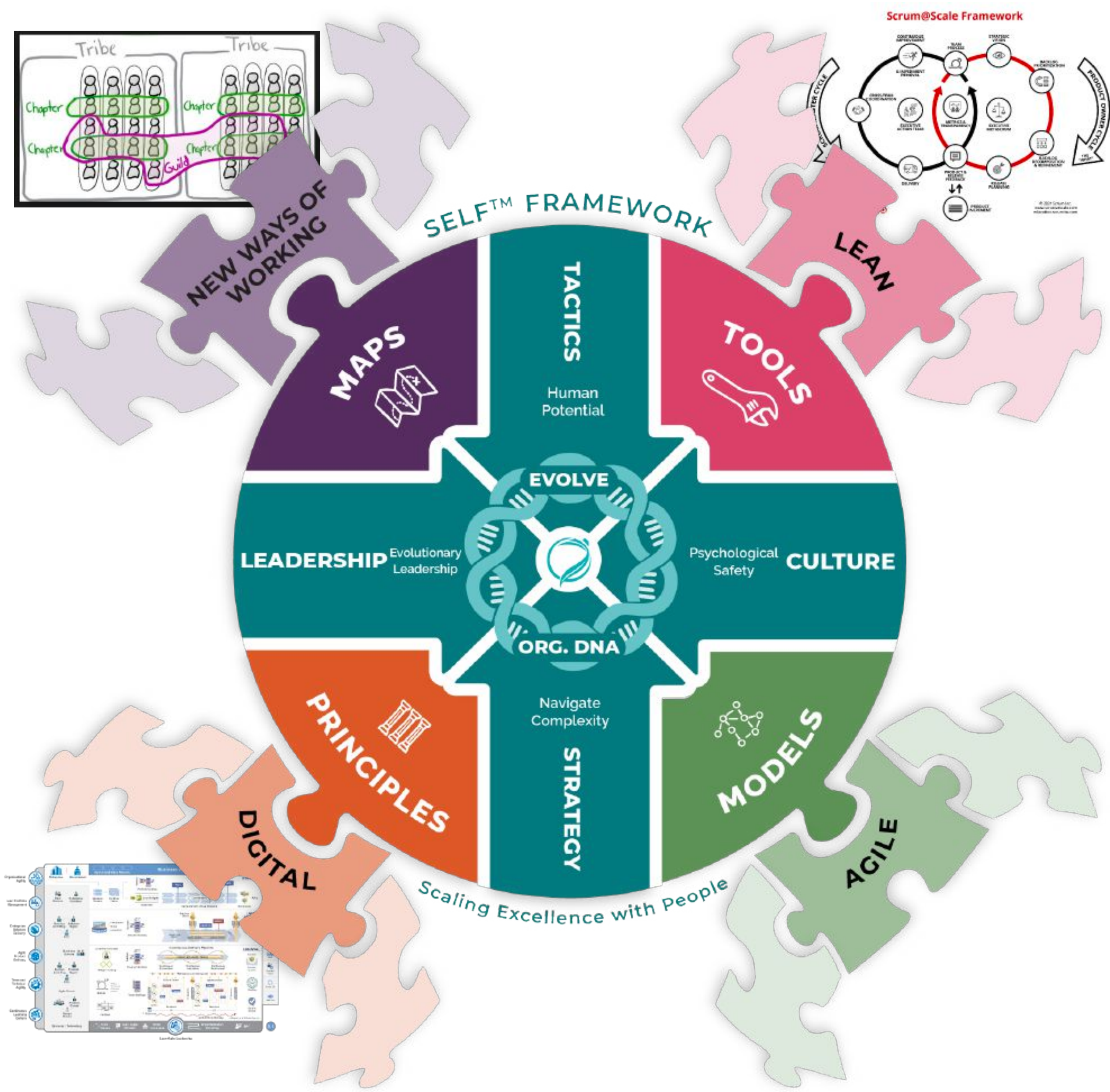
Academy of Evolutionary Leadership



Immersive Residential Training
October 23 to 28, 2023



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Michael K Sahota



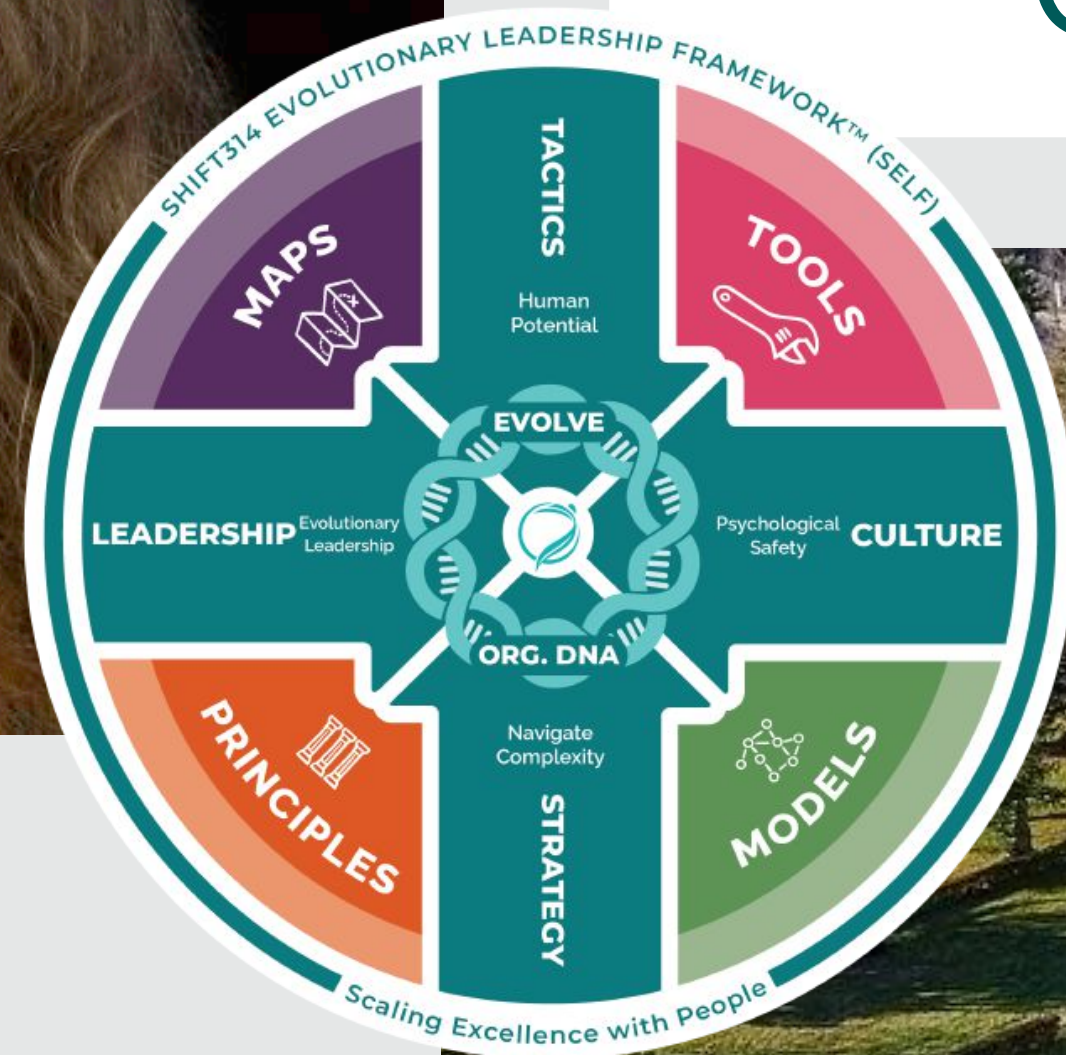
SHIFT314 Evolutionary Leadership Framework

A Pluggable Framework For Organizational Change, Leadership Development and Conscious Business



Academy of Evolutionary Leadership

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111TH CHAKRA



Evolutionary Energetics

By, Audree Tara Sahota, B.Msc

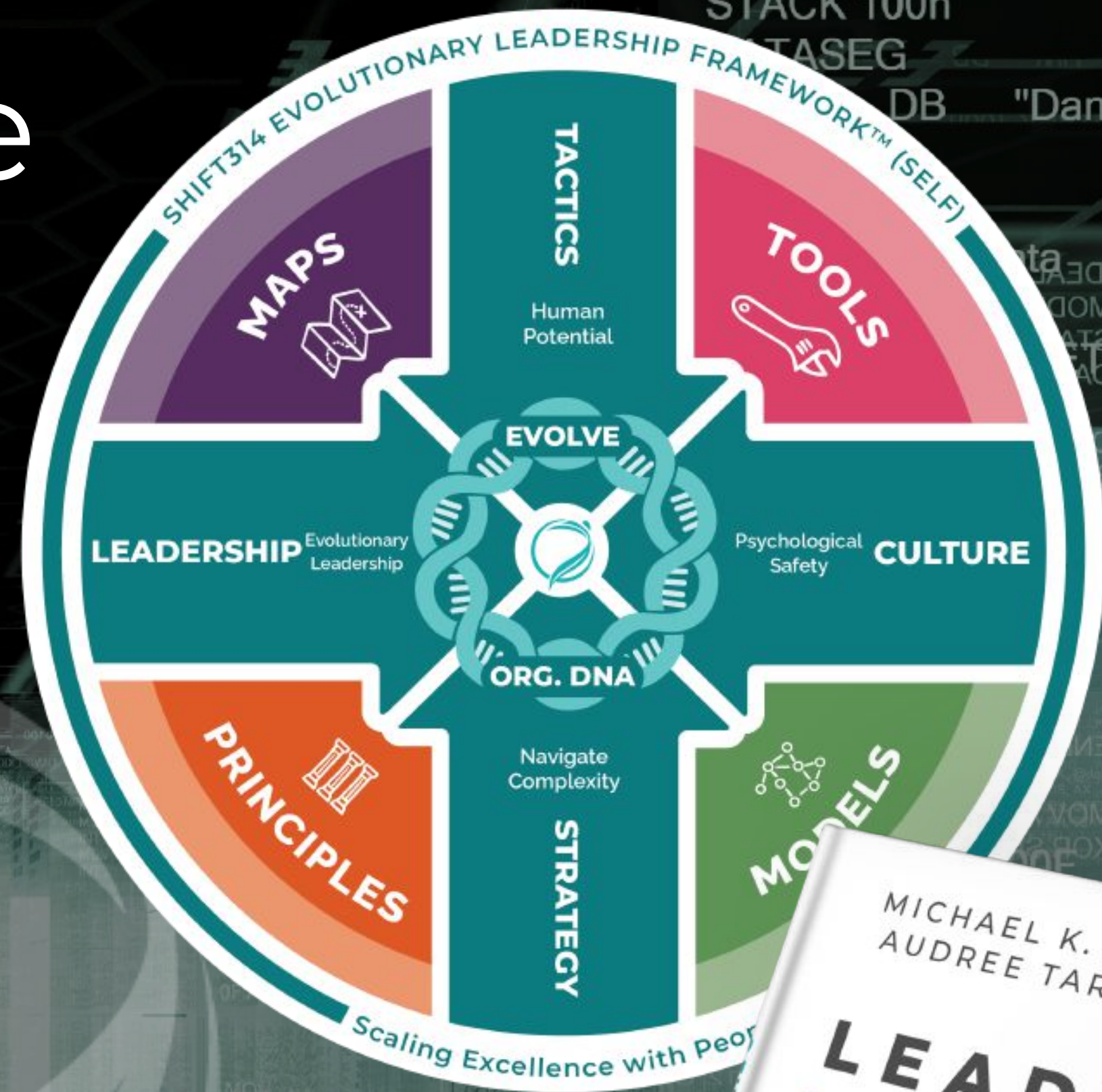


EvolutionaryEnergetics.com

Advanced Human Energy System

Rapid Healing & Transformation

Resources To Learn More



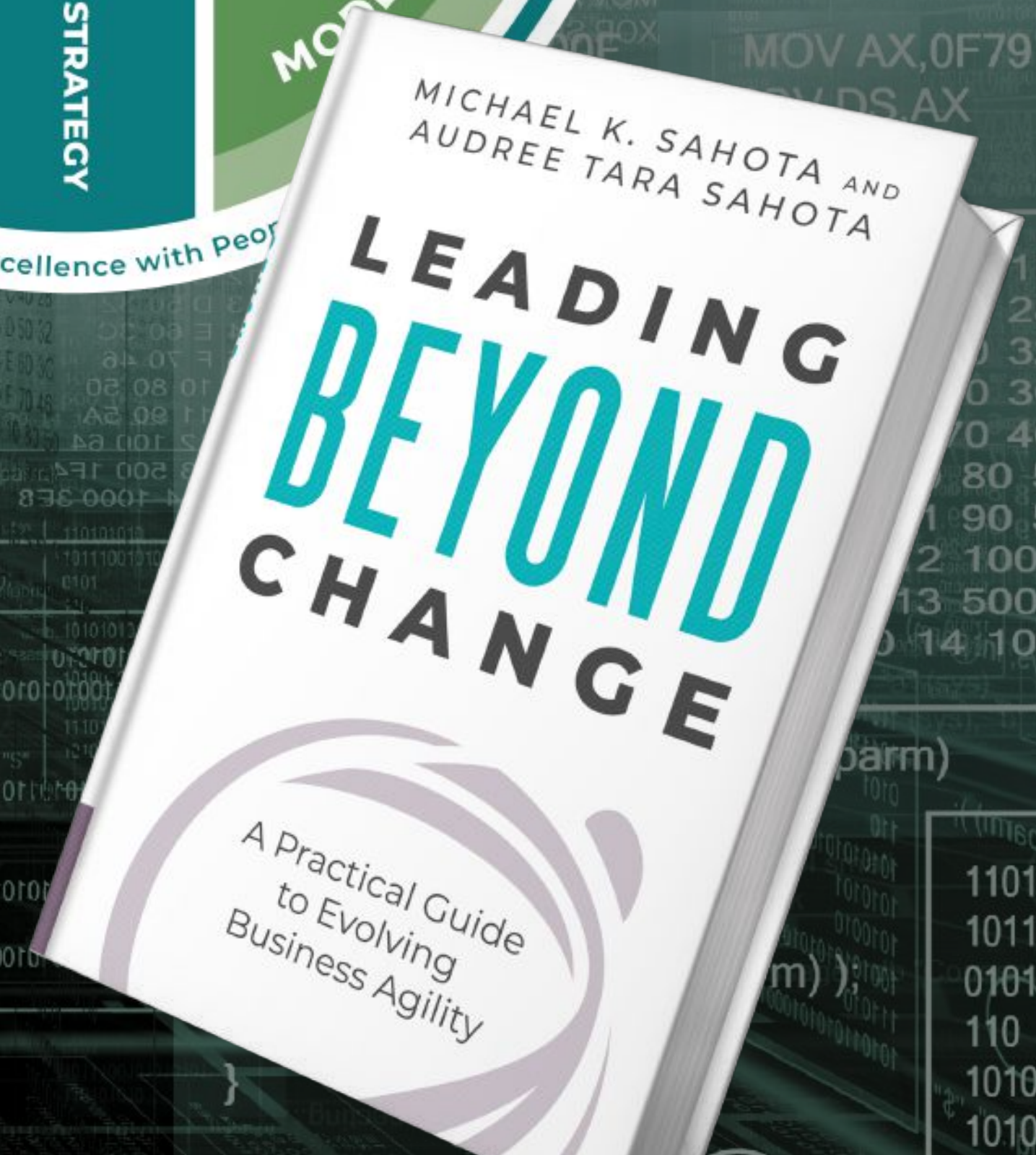
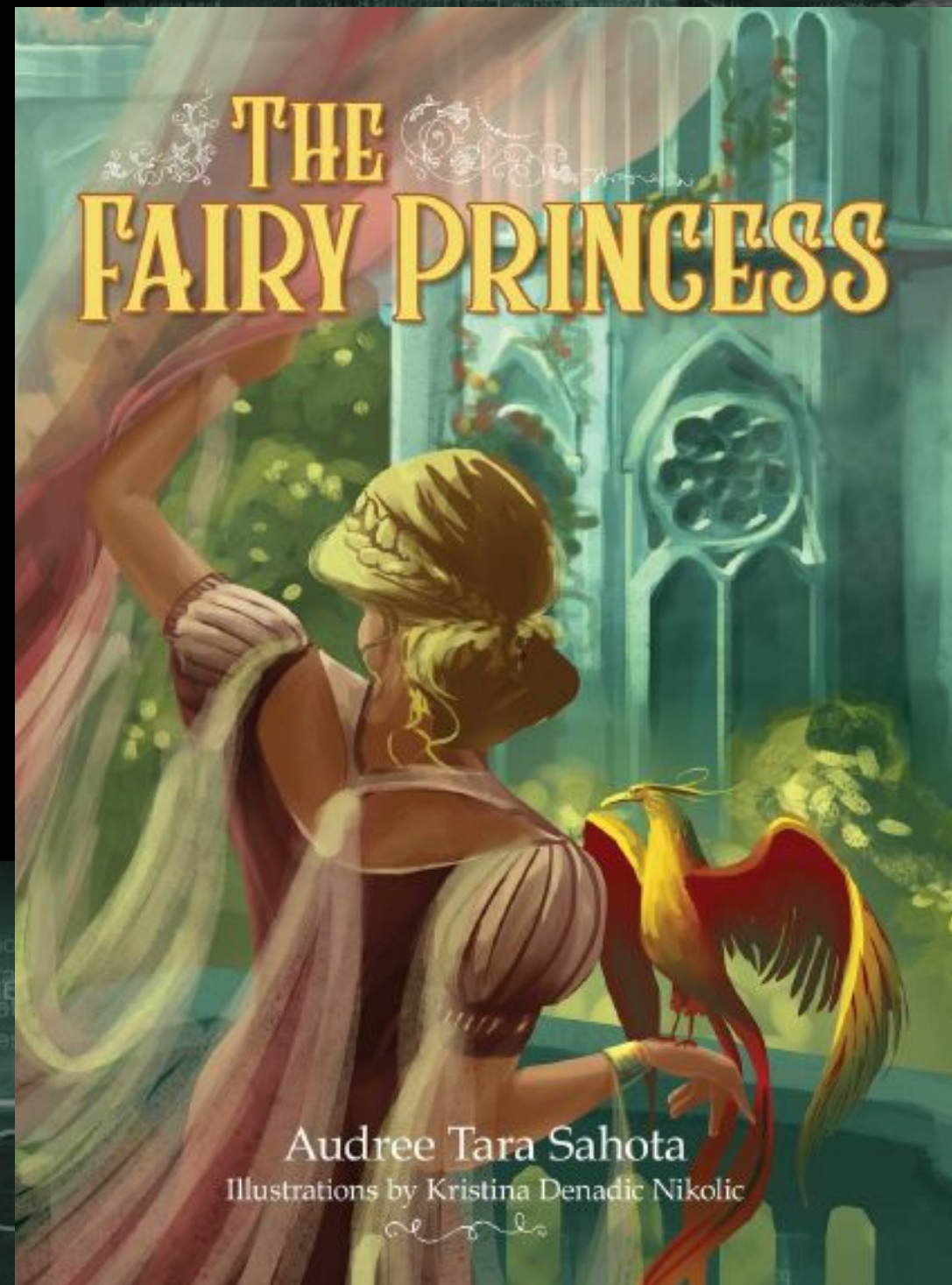
Emotional Science



The Key to Unlocking High Performance



Audree Tara and Michael K Sahota



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Articles



Autonomous, Self-Organizing Teams

Don't Work

Autonomous, self-organizing teams are a long-term goal, not the starting place. In fact, starting with them can be damaging.



Saving the Frozen Layer of Middle Management

The frozen layer of middle management is based on incorrect assumptions. Focusing on them distracts from the real issue.



Mind the Gap: Leading With an Agile Mindset

Creating a shift to Business Agility requires leadership. An Agile Mindset is essential to build high performance organizations.

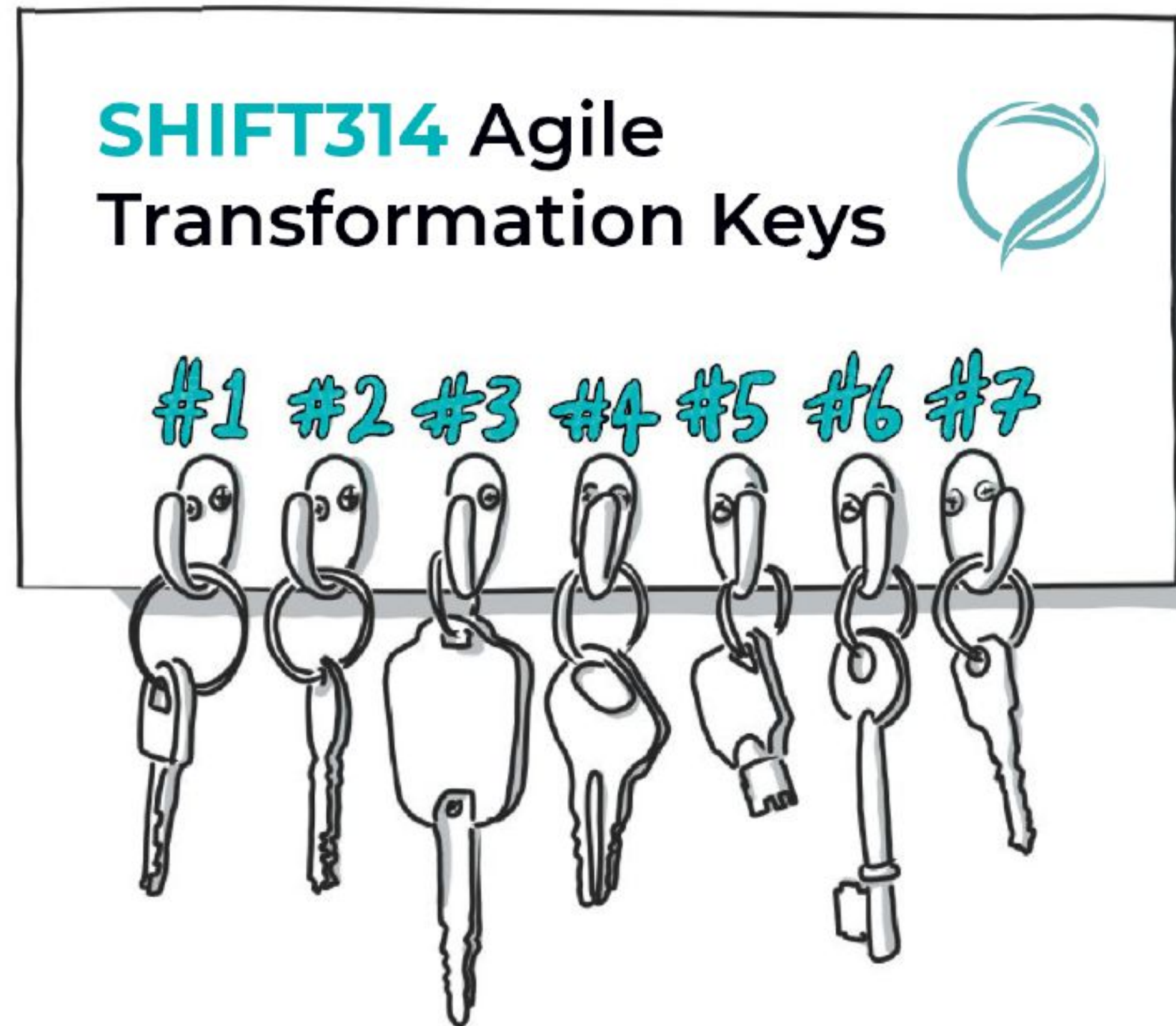


Leader vs Boss: Who Are You Inspiring?

The difference between acting as a leader or acting as a boss can make or break the impact you have as a change-maker in your organization.

shift314.com/blog

How To Succeed with Agile



Thank You Q & A

