

EMERGENCE PATTERN

“Out beyond ideas of wrong doing and right doing, there is a field. I’ll meet you there.”

~ Jalāl ad-Dīn Muhammad “Rūmī”

12th century poet mystic

What I love most about what I do as a life and leadership coach and a facilitator of change is the moment of insight my clients experience. It’s right there at the edge, between the known and the unknown, where the greatest learning happens. Creativity *resides* at the edge of chaos, suspended betwixt the comfortable and uncomfortable. Whether I’m working with an individual, group, couple, or team, it’s in that moment of insight when they embody more than a series of outstanding accomplishments. In that moment, they embody insight, perspective, creativity, empathy, and wisdom. Behind the key to this success is a formula that begins with noticing patterns within our relationship to oneness. Everything is connected.

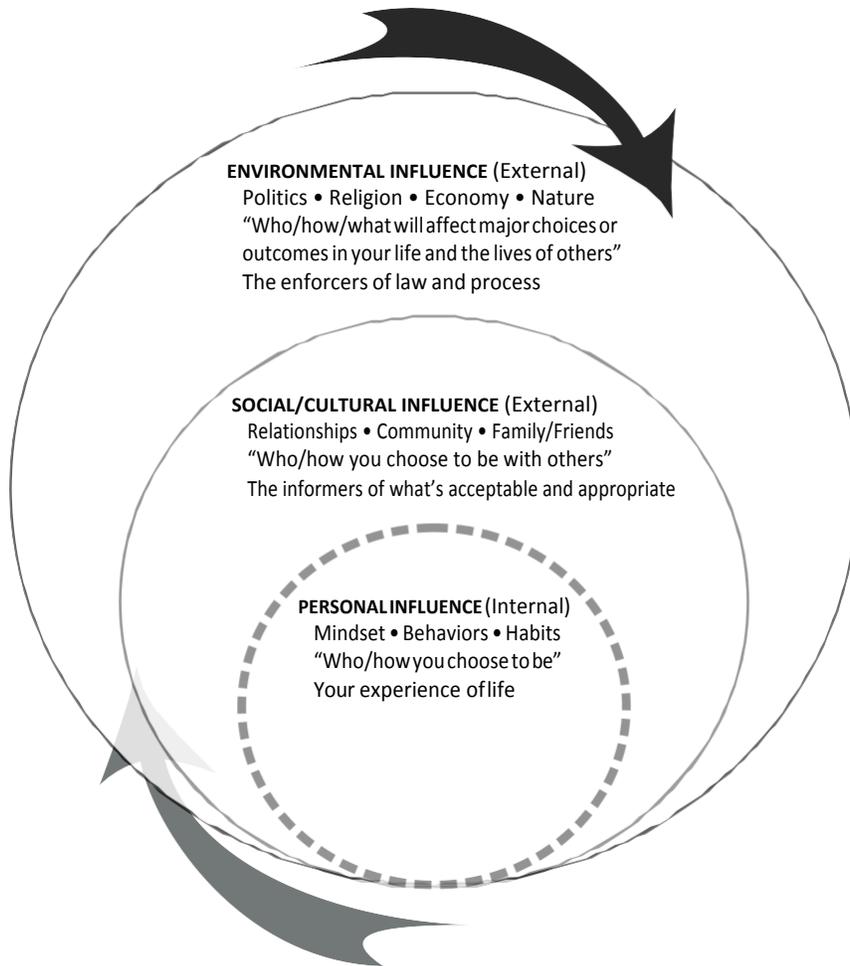
I see life emerging out of itself—in patterns. We think we’re separate, but we’re not. Our world is awash in interconnected, self-similar patterns that many people do not notice. From the infinitesimally small world of quantum particles to the ever-expanding cosmos, we are all connected. Similar to the way Russian matryoshka dolls nest or pixels make up what’s seen on our screens or a broccoli branch is made up of tinier subsets of similar looking smaller branches or a cloud billows

up and out from a smaller pattern—all of life is self-similar expressions connected to and emerging out of and into a greater whole. They're not identical, but they are self-similar. Self-similar patterns that repeat themselves at every scale are called *fractals*. We'll look more at fractals in the section called Fractal Leadership. These emerging patterns, fractals, point to a similarity theme that helps us see how interconnected we all are.

The limitations of how we think and where we stand affect how much of the pattern we're able to see and comprehend. Perspective changes everything. There are no true straight lines in nature. Everything bends out of sight or into view eventually.

When we fail to see our connection to one another and the systems that sustain us as a whole, we fall out of possibility with one another. According to mathematical studies in chaos theory, small causes have large effects. Consider how off-track an airplane would be if its destination coordinates were off by a few degrees. Over long distances, that plane would miss the airport and maybe even bypass the entire destination city itself. Every action has a reaction and opposite effect. Thus, everything is, in one way or another, intrinsically connected and fundamentally interrelated. The connection between all things, physical and non-physical, makes a difference in how we experience, express, and affect change in our lives.

Among fractal patterns, I discovered three influential spheres that might help bring some perspective to your experience of life itself. I call this expression the *Emergence Pattern*. Each of these spheres affects the other from the inside out and vice versa, acting as one infinite rippling body, like ripples in a pond if the ripples could go on forever. Here's how I see the Emergence Pattern functioning and the consequences of us disregarding our relationship to a greater whole.



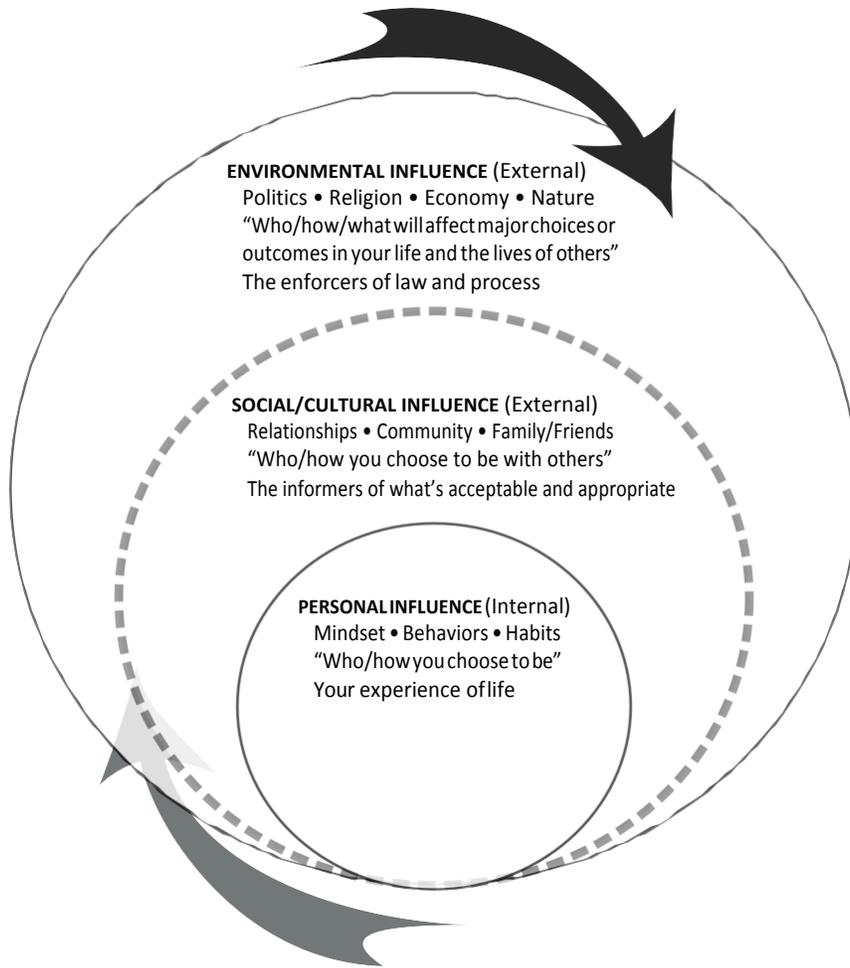
The Personal Influence (Internal)
Mindset • Behaviors • Habits
“Who/How You Choose to Be” • Your Experience of Life

The Personal Influence sphere is internal and intimate. It is you. It identifies the way you think and make choices, and ultimately, it influences your *experience of life itself*. Either based on gut instinct or learned behavior, this most inner core sphere is where filters, assumptions, and habits are created and enforced all the way back from our earliest age to a moment ago. The Personal Influence sphere involves

both subconscious and conscious influences. How you think (or not think) about something effects how you maneuver in the world.

The Personal Influence sphere is where you determine your reality. It affects who you choose to be and how you choose to see yourself—whether you’re consciously aware of this or not. Your Personal Influence sphere is the ultimate filter from which all of life expresses and experiences itself for you. It’s a close-to-home micro world where you have the most control to change and influence behaviors through developing awareness *first*. The Personal Influence sphere is where you have the *most control*. When we don’t see our interconnection, we suppress and oppress one another and ourselves when we could experience more moments of peace, prosperity, and partnership instead.

CONSIDER THIS → *Bring attention to your mindset and behaviors. Upset is optional. Ask yourself, what are the “phenomena” you’re experiencing. What are the sensations? Allow your symptoms to be your teacher. Follow the symptoms like breadcrumbs to your next action step. Keep in mind that sometimes no action is better than action.*



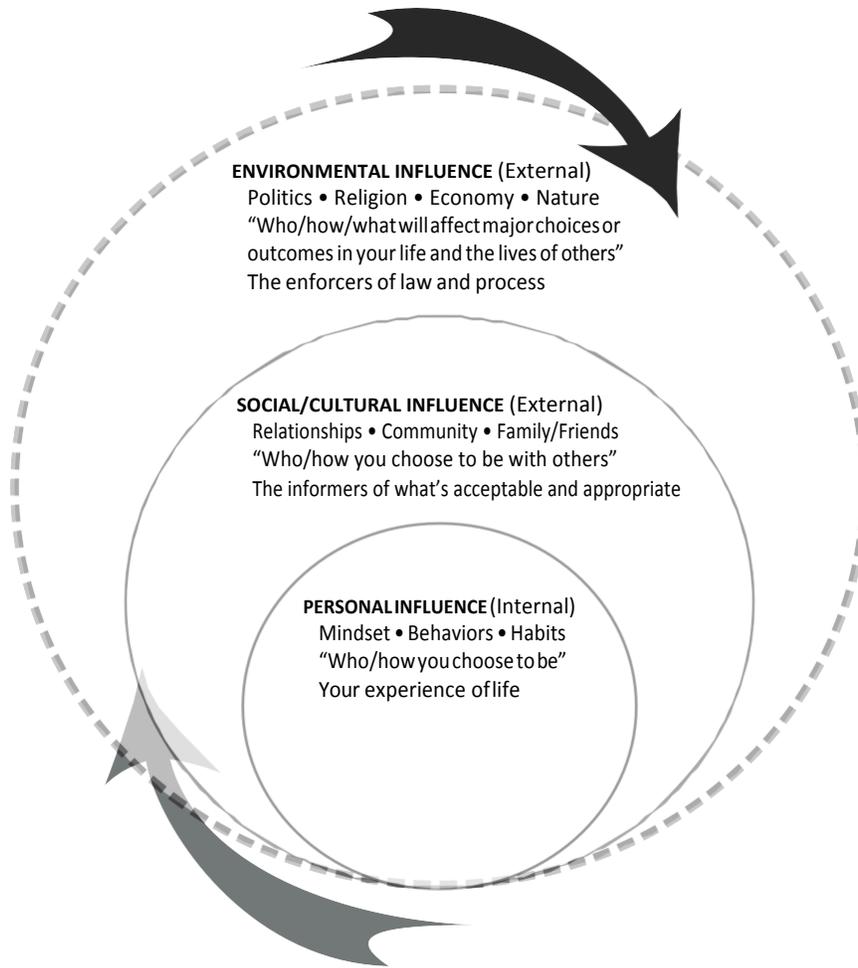
The Social/Cultural Influence (External)
Relationships • Community •
Family/Friends “Who/How You Choose
to Be with Others”
The Informers of What’s Acceptable and Appropriate

The Social/Cultural Influence sphere lies right outside the personal influence experience. It includes family, friends, social, and work circles as well as communities you choose to rely on and trust (such as religious or philosophical groups or the place you choose to live/work or your career itself). In the Social/Cultural sphere of influence you have some choice, some free will.

These are the influences you had growing up and that are around you on most days as an adult. Some influences are consciously chosen like friends, your career, or the place you choose to live; others, like family or co-workers, are influences but are not chosen by you. Either way, these people and experiences subconsciously influence who you choose to be and how you choose to be with them.

The Social/Cultural sphere influences your sense of self and place. It's about acceptance, appropriateness, and expectation. It begs the questions, "Where do I fit in? Where am I okay to be me? Who *gets* me? Where am I safe?" In this part micro, part macro world, you also hold some control around choice and can influence outcome. Overall, it's where many of our expected "supposed-to" constructs come from. Think of cultural environments and relationships we were immersed in as we grew up (parents, friends, church (or other social group), and school) all the way to what cultural environments and relationships we choose to immerse ourselves in now (partnership, work, places, people, and activities). The Social/Cultural Influence sphere is about your dance with otherness. When we don't see our inter-connection, we hurt one another and tend to become agitators when we should be collaborators.

CONSIDER THIS → *Create your inner observer. Realize that what you assume to be true might not be. Every interaction is an opportunity to make new choices. Ask "What is showing up as missing?" Can you show up as what is needed?*



The Environmental Influence (External)

Politics • Religion • Economy • Nature

“Who/How/What Will Affect Major Choices or Outcomes in Your Life and the Lives of Others” • The Enforcers of Law and Process

The Environmental Influence sphere is the furthest external force from you in this construct. It is like gravity or oxygen. You don’t think about it much until it’s not there or else it’s being challenged in some way. You rely on nature itself to provide the resources to fuel life force for regeneration and repair. You count on a science, a particular

philosophy, or religion to help make sense of your place and responsibility in the cosmos, and you rely heavily on the systems or schools of thought that constitute it. You count on political systems to run your country or state safely and (hopefully) they are in-line with most of your most important values. Most of us can get vocal and active even to the point of fighting when any one of these is challenged.

What's normally a quiet system that we don't think about much or engage with very often (unless it's your job or personal interest) becomes very personal when it's challenged or not working as expected. For instance, you count on city systems to provide clean water, safety, and sanitation. When that's breached, you're affected and will demand attention to have services cared for. You rely on the economy to make the exchange of your work and efforts valuable. When the economy tanks and you lose your job or life savings, you might hit the streets in protest or become active in the next election or maybe you simply might shut down into depression. When you're faced with despair, you might pray or rant loudly in public forums.

Environmental influences are way outside of you until they affect you personally—then they become you. These are the enforcers of law and process we all count on and, in general, have very little to no immediate influence upon on our own until our personal boat is rocked by a shift in that sphere.

Any attempt to change the Environmental Influence sphere might well take years to effect and would require a huge input from many others at once and with repetitive vigor to affect change. Whether by hurricane, climate change, social unrest, protests, elections, democracy, or the development of a new society, law, or thinking, the Environmental Influence sphere is about who, how, and what affects major outcomes in many millions to billions of lives at once. It is the macro-world perspective, and it's *way bigger* than just you, yet includes you. It supports and/or affects you directly and indirectly, most often quiet in the background until something huge happens or requires your attention or contribution.

The Environmental Influence sphere is the realm of the least direct influence, least free will, yet you could catalyze massive change with just the right positioning, money, contacts, or action. Think Amazon, Apple, NASA, The Paris Accord, Facebook, Trump, a school shooter, cat-5 hurricanes, religious idols, or Elon Musk. These mega-businesses, organizations, weather events, and people catalyzed tremendous momentum and radical thought that changed the world—ultimately affecting entire systems that sustain us, add value, or fracture our reality, true safety, and trust. When we don't see our oneness or our inter-connection, we misunderstand one another, make up stories about one another, suppress, shun, and squander when we'd be better served to uplift and fulfill potential.

CONSIDER THIS → *Hold a sense of fascination first. Consider the bigger picture. Then ask "What might be the opportunity?"*

Consider the whole Emergence Pattern. Take a moment to step back and take the thirty-thousand-foot view of life, then step in real close and look within. From a oneness perspective, *we are all in this together*. One of the reasons why I believe it's important to realize the ripple effect of the Emergence Pattern is because shortcomings of separateness thinking unleash considerable consequences. Linear thinking cheats us. It leads us to think in parts not wholes. It leads us to think we can fix these parts as if they were like pieces of a car, replaceable and un-integrated.

In general, our modern way of thinking approaches life with a repair, replace, or remove mindset. Pop a pill, distract the pain, cover up the engine light, debase, and dispose. That's fine if we're working on an actual machine, but life is not a machine. It's a living system of which we're an intricate part. Living systems create and re-create themselves like a tree evokes its life from a seed. Each one of us holds a role, a place, a relationship, and we can initiate a cause and effect on the greater whole.

I think we've entered the next historic phase of the space "in between notes"—the jostling of what was as we move into what will be. It's the stage where the comfortable clashes with the uncomfortable.

I believe we are emerging from a triangular shaped, expert at the top-down culture that focuses on perfection and elimination into and toward a new shape that is transparent, imperfect, self-organizing, organic, and messy—chaotic. I like to think of this next wave of change as upgrade, Humanity 2.0. I sense we will have vast improvements in the future, yet the future may look quite different from the world we know today. We'll be caught in the ebb and flow without a paddle if we don't take a better look at our own tools to cope with, lead, and create through change.

Don't believe me? Consider taking a person from the year 1918 and place them in the year 2018. (If you're lucky enough to have an elder nearby who's a century old, ask them how life was. They'll tell you how different things were then.) A one-hundred-year difference doesn't seem like much time, and yet our time traveler from 1918 most likely only knew unpaved streets, maybe a car (if they were lucky), Morse code, shared telephone lines (if they had a phone at all), outdoor wells, pit or pot toilets, coal stoves, and limited health-care. Unless they were in an "advanced" city like New York or Paris or a Biltmore millionaire, remarkably a time-traveler from even two, three or four hundred years back would know a fairly similar world as our friend from 1918.

Plop our time traveler into today's modern-world, he or she would be flabbergasted by zipping cars, general aviation, modern medicine with its immunizations and replaceable body-parts, the Internet, pocket-sized televisions and cloud data storage, genetically modified food, school shootings, sky-rocketing national debt, suicide rates, and plans to inhabit Mars. A rapid exponential leap like that of one hundred years ago through technology, physics advancements, or global war is liable to catalyze tremendous change like we've never seen in recorded history. We need one another to figure out how to navigate what may come next and

could come next if we don't ask powerful questions and stop turning a blind eye to our pain and circumstances. We cannot outrun nor can we halt change, but we can move with it, create with it, sustainably lead and transform through it. We've got to be willing to see how interconnected we all are with one another and the systems that sustain us.

We are all in this together and that won't always be so. We are in a time when seeing just how much we all have in common with one another—life, death, and a dash of time in between is critical. It is important to investigate what we can control and how, starting with our own awakening. That's where resilience begins.

TIPS to COPE and CREATE with CHANGE :: *To facilitate resiliency, shrink stress and unnecessary chaos, start with a few of these.*

- *Take breaks and unplug from what doesn't serve: busy, time-consuming habits, negative people, media sites, things and thinking that just don't make you feel good.*
- *Have more face-to-face conversations and shared experiences.*
- *Connect with people and things that brighten, uplift, and support you regardless of what you do or where you are.*
- *Become more engaged by asking better questions of others and listening instead of filling the air with words.*
- *Don't assume someone else thinks like you do or needs to think like you. Create opportunities to learn, listen, and share. Agreement is not necessary although compassion is.*
- *Compassion takes time. Give compassion room and chances to seed and flourish in you and with others.*
- *Practice empathy. You do not need to agree nor even understand someone's rationale to hold empathy. Play is an excellent catalyst for empathy.*