



# Compassionate Leadership

Discover Your Creative Spirit  
by Karen Guzak

# Introductions:

ASK QUESTIONS

IMAGINE POSSIBILITIES

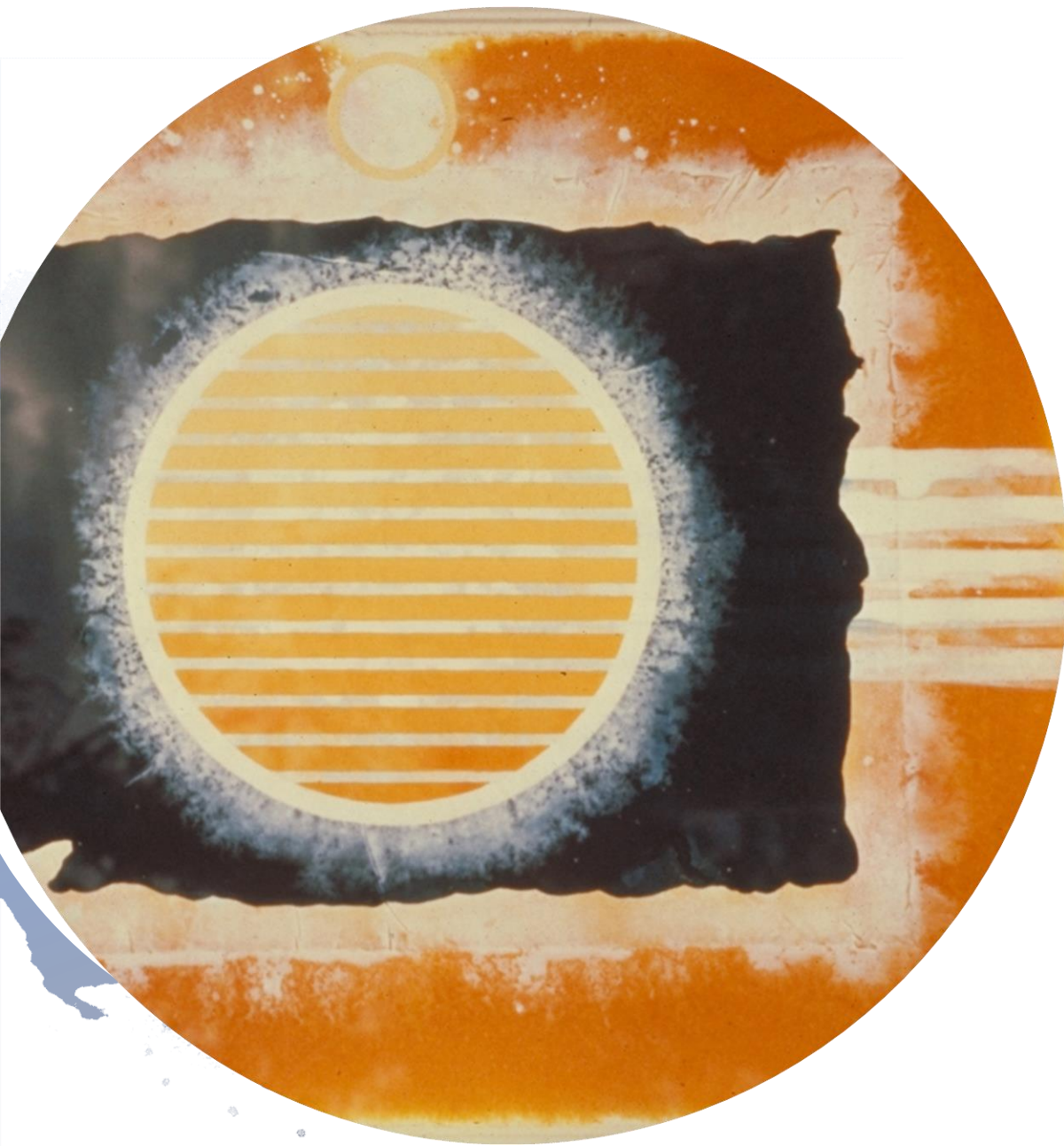
TRUST YOUR INTUITION



Discover your  
Creative  
Compassionate  
Leadership  
Spirit.

## WHAT'S CREATIVITY

- QUESTION - EXPERIMENT
- TRUST YOUR INTUITION
- EXPLORE YOUR PASSION
- MAKE STUFF HAPPEN
- FAIL - TO LEARN HOW TO SUCCEED
- GATHER YOUR COMMUNITY
- EXPAND YOUR AUDIENCE
- DO IT AGAIN AND AGAIN
- CLAIM YOURSELF AND YOUR PLACE ON THIS PLANET



# My Quest – My Questions

What is Beauty?

What excites me?

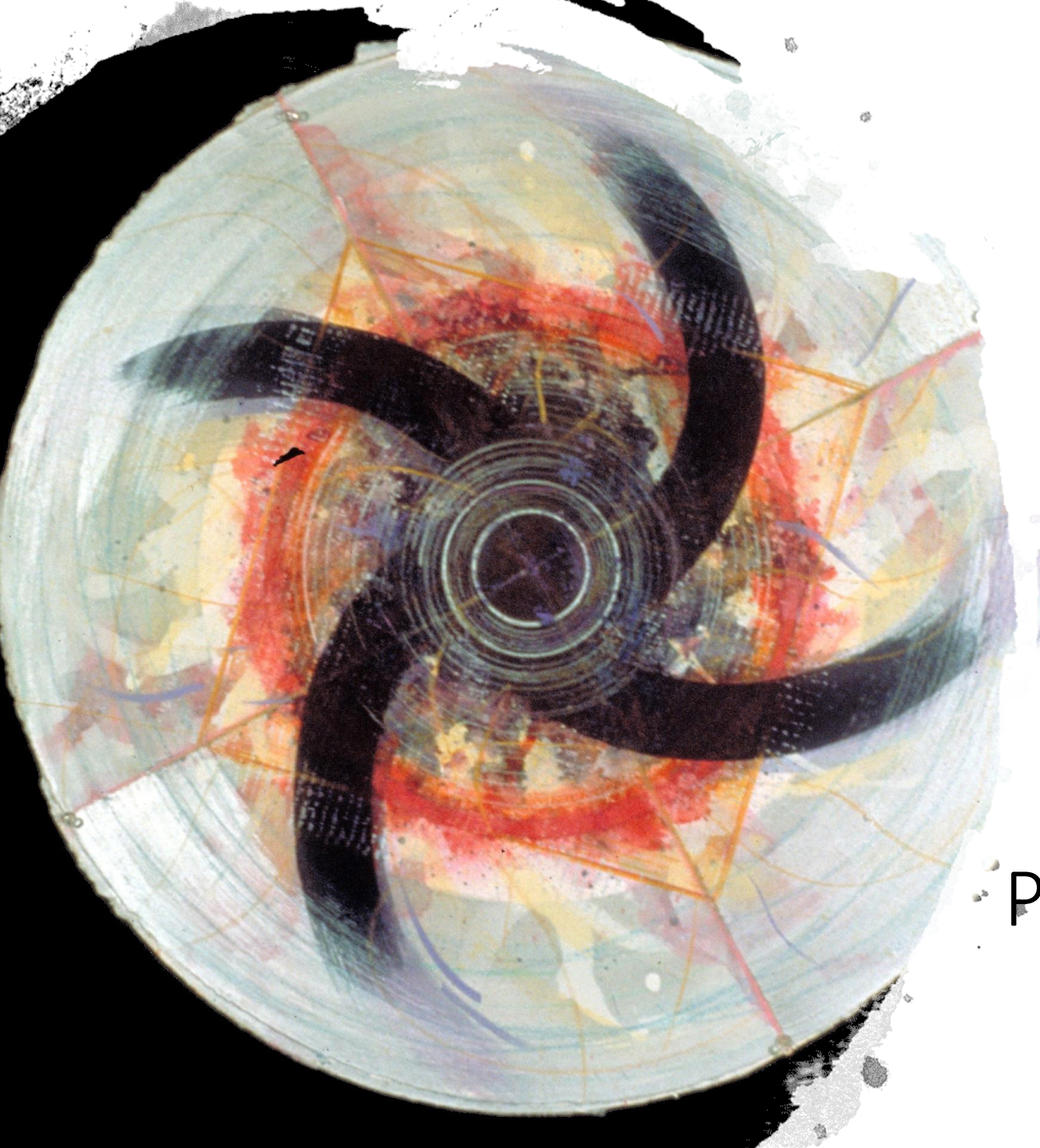
How to find center?

Where are the edges?

Can I trust my dreams?

How to embrace the opposites?





- How to make a static image dynamic?
- How to find a calm center?
- How to harmonize the opposites of dark/light, warm/cool, active/static?

## Prayer Wheel #12



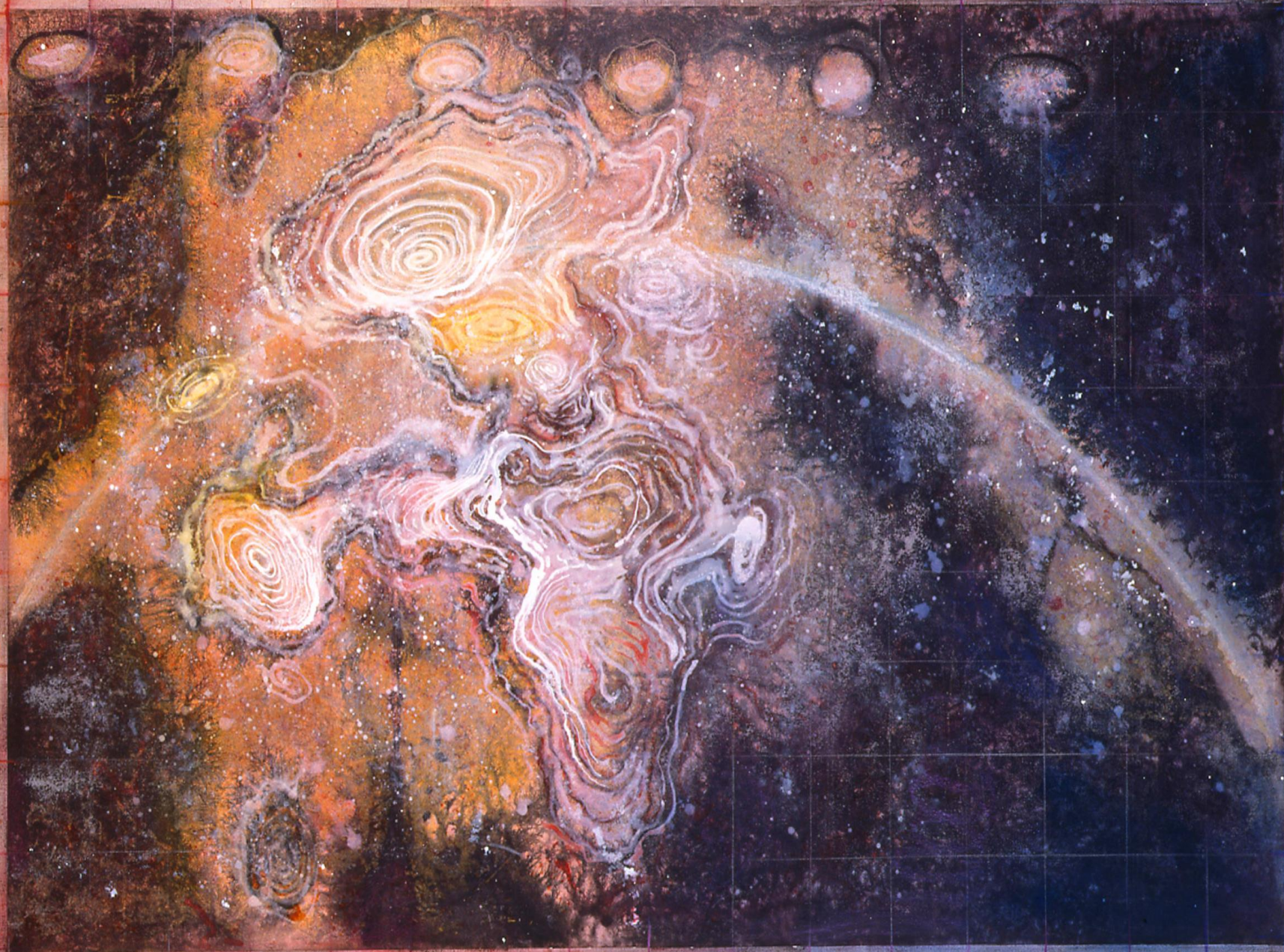
# TRUST AND CLAIM YOURSELF

*“You have to trust in something—your gut, destiny, life, karma, whatever.*

*This approach has never let me down, and it has made all the difference in my life. “*

*Steve Jobs*





Karen Gask 76





# Mapping Series: Pressure Points

- **Hearing the whispers within**
- **Feeling the passion**
- **Experimenting and questioning**
- **Harmonizing opposites**



## OUR UNIQUE CONTRIBUTION:

“ The only unique contribution that we will ever make in this world will be born of our creativity. ”

- Brené Brown



**Brené BROWN**  
The Gifts of  
**Imperfection**

[www.oprah.com/brenebrown/courses](http://www.oprah.com/brenebrown/courses)



# DISCOVER YOUR CREATIVITY

- **BE A SEEKER**
- **ASK QUESTIONS – BE ON A QUEST**
- **IMAGINE**
- **TRUST YOUR INTUITION – LISTEN TO THE WHISPERS WITHIN**
- **EXPLORE YOUR PASSION**
- **EXPERIMENT**
- **MAKE STUFF HAPPEN**
- **FAIL - TO LEARN HOW TO SUCCEED**
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OVERLAKE TRANSIT

CENTER PLAZA

# PUBLIC ART PROJECTS



Redmond  
Gateway for  
Sound  
Transit





Season's Shelters  
– Bellevue, WA





Magnolia  
Bench –  
Bellevue, WA

*“Look deep into  
nature, and then  
you will  
understand  
everything  
better.”*

*Albert Einstein*





CLAIM  
YOUR PLACE  
ON THE  
PLANET

These things:  
Desire  
Self-Awareness  
Compassion  
  
and  
Risk to  
**BE A LEADER**

# Sunny Arms Artist's Cooperative






CREATIVE  
COMPASSIONATE  
LEADERSHIP

- *GATHER YOUR  
COMMUNITY*
- *EXPAND YOUR  
AUDIENCE*
- *DO IT AGAIN AND  
AGAIN*







**You don't live  
your life, but  
life lives you.**

*- Eckhart Tolle*





## CREATIVE COMPASSIONATE LEADERSHIP

- Be open to Learning
- Live to help others
- Promote joy in doing & being.
- Understand yourself and be open to understanding others



*Yoga*

BECAUSE SOME  
QUESTIONS  
CAN'T BE  
ANSWERED BY  
*Google*







CREATIVE  
COMPASSIONATE  
LEADERSHIP

WHAT'S WITH  
YOGA?

## Practice ethical principles

In Yoga - the Yamas - the  
Restraints

- Ahimsa – Don't harm.
- Satya – Don't lie or misinform.
- Asteya – Don't steal.
- Brahmacharya – Don't live in extremes.
- Aparigraha – Don't be greedy or grasping.





CREATIVE  
COMPASSIONATE  
LEADERSHIP

WHAT'S WITH  
YOGA?

## PRACTICE VIRTUES

In Yoga - The Niyamas are positive duties

- Sauca— Do be clean in mind, speech, and body.
- Santosa – Do be content and accepting.
- Tapas – Do be self-disciplined and persist.
- Svadhyaya – Do deepen your self knowledge
- Isvarapranidhana – Do attune to higher consciousness.







# CREATIVE COMPASSIONATE LEADERSHIP

## The BIG QUESTIONS

- What is my true character?
- What are my unique qualities?
- What is my truth?
- What are my core values?
- Can I trust and be trusted?



# CREATIVE COMPASSIONATE LEADERSHIP

## The BIG QUESTIONS

- **What is my vision?**
- **How can I share my knowledge?**
- **How can I create something bigger than myself?**
- **What is a new way of doing old things?**
- **Who is my community?**







## Expressing A Compassionate Spirit

Politics and spirituality are the two sides of the same coin.


Politics is the driving force visible to the outside; spirituality is the internal force driving the consciousness to open up to the world and conjoin it.

Politics bared of spiritual awareness always leads to violence and the abuse of power.

Spirituality without political engagement resembles an escape from the world."

Gundula Schatz





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*- Eckhart Tolle*

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**?QUESTIONS?**

**“Questions are often more stimulating than answers.**

**They open us up to possibilities and to finding connections that might not have existed in our minds.**

**Let’s explore who we are, what drives us, and how we make a difference in the world.”**

**Karen Guzak**