

Love Consciousness in Leadership

with The Institute of Coaching Harvard McLean May 6, 2025

Thanks for participating.

Below you will find attached a chapter of Dr Teri's book: Flip Your Switch, A User's Guide to a Whole New Mind. Please feel free to use it to develop your self awareness and presencing.

If you seek more information on the subject of the individual as well as the mind of humanity and how it shapes us/ how we shape it, Please do look into the works of Iain McGilchrist and Kegan's socialized and self-authoring mind.

If you have any questions or particular interest in discussing war consciousness and love consciousness, please reach out to Dr. Teri at teri@whitelilycoaching.com

For those of you interested in the economies of the future and the impact of war and love consciousness in how we humans create value and make money, you will find much to think about here:

Geoff Mulgan's book "The Locust and the Bee: Predators and Creators in Capitalism's Future"

Charles Eisenstein's book " Sacred Economics, Revised: Money, Gift & Society in the Age of Transition"

Happy reading and learning!

Kindest regards,

Dr. Teri

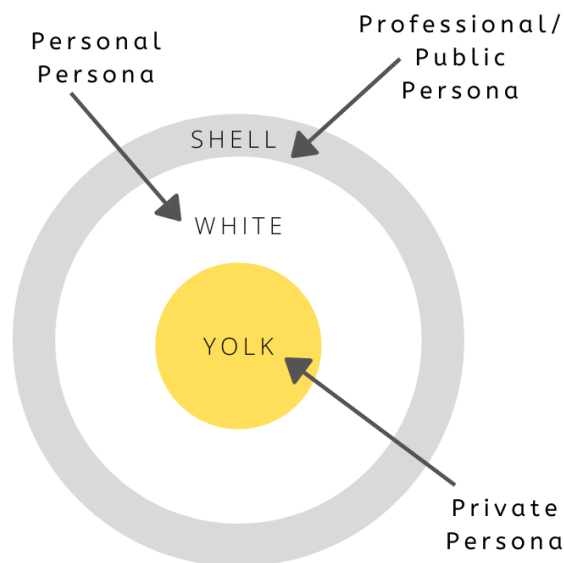
Three Personas of Being

If you want to change the world, start with yourself.
- Dr. Teri

At any given time in our day we fluctuate from a place of quiet, heart-centered openness, vulnerability, and self-intimacy to a place of rigidity, judgement, and performance-based thinking and doing. We bounce around in our hearts and minds trying to respond, harmonize and/or behave appropriately in accordance with what we perceive happening in our environment.

I have come to the conclusion that we each have three primary personas of being. A persona is who you are being in relationship to your environment at any given point in time. I use what I call the “Egg Model,” a concept I borrowed from the 12th century alchemists.

- **Shell or Professional/Public Persona:** the socio-economic survival function programming of who we are.
- **White/Personal Persona:** the familial- and psychological-level programming of who we are.
- **Yolk/Private Persona:** unprogrammed core part of who we are.



The yolk represents your private persona. Your private persona is who you are being when you are alone in a 100% safe place with yourself, your higher self, and your God (your sense of divinity).

For example, If you are on a silent meditation retreat with a rigorous schedule alternating meals, meditation, lectures, and silent walks, you will have spent a lot of time and energy being in your yolk.

The white of the egg represents your personal persona. Your personal persona is who you are being when you are with your friends, family, and loved ones. You know you are “safe,” but there are rules of conduct and community that must be obeyed

The white of the egg is the most difficult because there are many unconscious, unspoken social and psychological constructs that regulate our relationships and sense of who we are within groups we identify with. When we are in the white we are influenced by our mental and emotional landscape inherited from past experiences of how to behave in a family and friends setting. This is wildly different for individuals coming from more or less dysfunctional families, diverse cultural backgrounds, different economic and social settings as well as varied personal and spiritual journeys.

For example, sitting around the family table at Thanksgiving. Each year navigating complex unwritten expectations, behaviors, and traditions in an acutely emotional setting. Often when we are with family, we can be our best and worst selves. It is family we are often most comfortable with, despite requiring tactics to successfully navigate a family celebration. If you’ve spent time with a family different from yours, perhaps when you married in, being in the white may have been very different from what you are used to.

The shell of the egg represents your professional and public persona. Your professional/public persona is who you are being when you are protecting yourself from the world outside. You are presenting a “mask” in compliance with all of the things you need to do to succeed in the exterior world.

For example, when you’re standing up giving a presentation to a group, you wear your power suit, make sure you use the right vocabulary, stand straight and tall, make sure your slides are all in order and that you have reviewed what you need to say. You are performing to spec.

Too often, especially in business, we encounter individuals existing in the “Empty Suit Syndrome.” Empty Suit Syndrome is a way of being when life is lived predominantly in one’s shell, so much so that the very fabric of their being changes and the yolk and white become severely diminished. Empty Suit Syndrome people often appear cold, calculating, and disconnected from reality. Another way to think about Empty Suit Syndrome, is that it is living only in the left-brain with a war-conscious point of view.

A silent meditation retreat and giving a presentation at work are two extremes that demonstrate the two ends of the spectrum. Once you understand this model, you can use it to refine your sense of self awareness of everything in between. For example, sitting quietly, reading Deepak Chopra’s *Book of Secrets* or Don Miguel Ruiz’s *The Four Agreements* would qualify as yolk time, but not deep yolk time like full-blown meditation.

The difficulty lies in our ability as humans to be fully self-aware and living in the present moment.

For example, sitting in meditation while your thoughts are active regarding work, reflects your exterior world invading your interior world.

It's easy to fool ourselves that simply by "meditating" we are spending time in our yolk, when really we are sitting quietly existing in our shell, our thoughts consumed by work. Meditation in the context of time in our yolk, begins when you learn to embrace the practice of letting go of invading thoughts.

I require of all my clients to "practice the egg." This is an exercise where, at the end of the day, while getting ready for bed (brushing teeth, washing face, etc) you take a moment to tally how much time and energy you spent in the yolk, white, or shell space throughout your day.

I invite you to have a moment of introspection every evening for about 30 seconds. Use this model to become aware of who you are being (which persona you're in) at any given time of the day. Keep a mental or physical log of where you spend most of your time and energy cumulatively. Observe which layer is the easiest to exist in and which layer is the hardest for you to exist in.

Are you hiding out in your yolk all the time, not braving the world? Are you spending all of your time in your shell, ignoring your yolk and white, heading for Empty Suit Syndrome? Are you spending all of your time in your white, getting lost and overwhelmed with interpersonal relationships without any personal/worldly success (shell) or inner development (yolk)?

By dedicating time to reflect on your day and to cultivate awareness in the moment, you can align with the objective reality around you and step into the appropriate persona that best serves you. This skill is commonly referred to as "being present," "being centered," "being woke," "being grounded," "being conscientious," and "executive presence." This is the foundation of self-awareness.

As you practice the Egg Model, know that it takes on meaning unique to each individual. I encourage you to integrate the Egg Model intuitively as a way to support your well-being and evolution.