

# Corporate Governance through Consciousness

## Self Governing Leadership

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Bangalore



Sri Aurobindo Foundation  
for Integral Management

Management by Consciousness

**National Centre for Corporate Governance**

Centre of Excellence for Integral Leadership & Management

Leadership Research & Training Institute of



*Sri Aurobindo Society*  
Creating the Next Future

**NFCG** *National Foundation for  
Corporate Governance*

**Principal Partner**

# Day 2

**Session 6: Towards Self-Governance**

**Session 7: Self Governance - Steps towards it**

**Session 8: Action Plan**

**Session 9: Feedback**

**To hope for a true change of human life  
without a change of human nature  
is an irrational and unspiritual proposition;  
It is to ask for something unnatural and unreal,  
an impossible miracle.**

**-Sri Aurobindo  
(1915)**






No amount of fiddling with outer structures,  
systems is going to produce long-lasting  
sustainable solutions

**The root cause is within.**

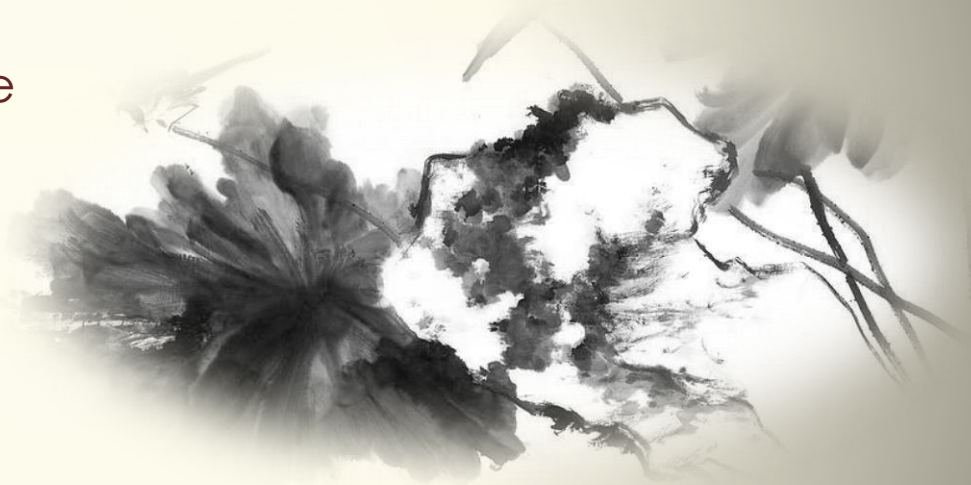
A change in the **Inner Consciousness** is  
the only way to effect change in the  
outer conditions.





Consciousness  
is  
the  
Essence of being

The world we create around us is the  
expression of our consciousness



The creative, the beautiful and the true  
as well as the corrupt and the  
degenerate are the results of the  
corresponding consciousness.

# Planes of Consciousness

Higher  
Mental,  
Spiritual

Perception beyond  
mind  
Refined Emotions  
Nobler aesthetic  
outlook  
Spiritually driven

Source of higher  
aspirations and  
values of humanity

Lower  
vital,  
physical

Driven by self-  
interest, material  
needs and sensuous  
desire that intensifies  
into greed

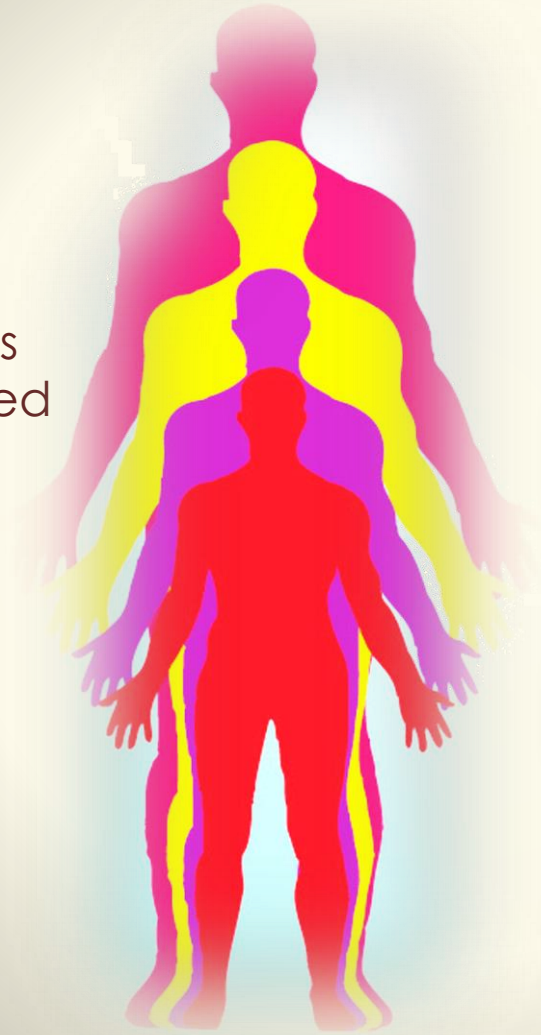
Source of all the  
lower impulses and  
aberrations of  
human nature



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# Integral Governance

Ethical consciousness  
needs to be internalized  
at all planes of the  
being



**Spiritual Self**

**Mental Self**

**Vital Self**

**Physical Self**



# Ethical Fitness

Only the ethically fittest will survive

All 4 dimensions must be in perfect alignment with higher values of humanity

External frameworks and bindings of law and regulations become redundant





## Session 6: Towards Self-Governance



Constant vigilance is needed to find  
the tricky lines

between

**Needs**

**Desires**

and **Greed**



*‘Greed was good... and now, it is  
legal.’*

– Gordon Gekko, Wall Street



Defining the boundary of  
real needs

helps break down self-  
imposed constraints

and discover our true  
strengths



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## True Courage

- is selfless
- is founded on a higher ideal
- demands sincerity
- stands on faith





# Session 7: Self-Governance – Steps towards it



# Towards Ethical Consciousness

## Self-knowledge

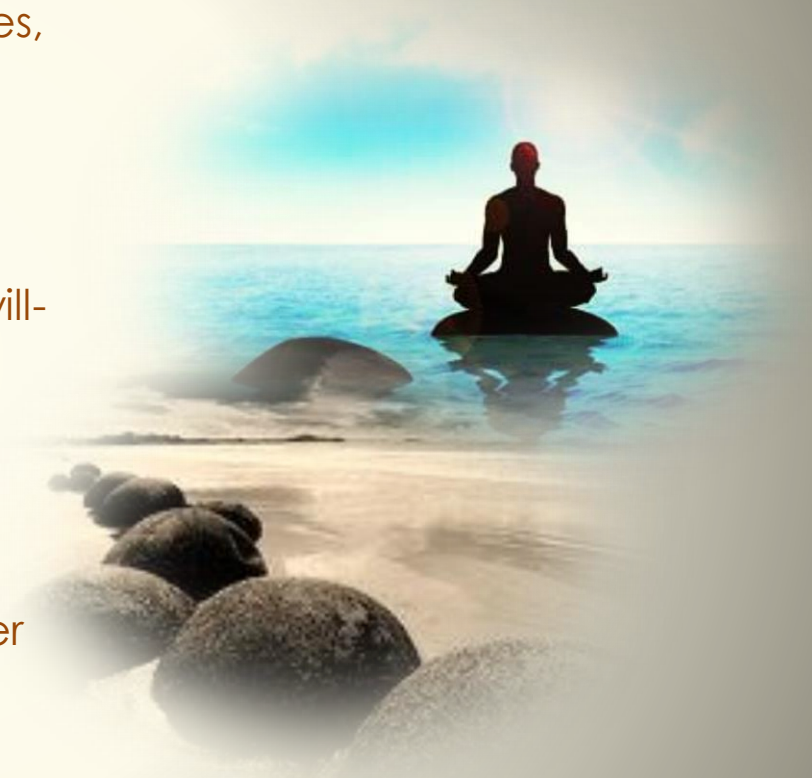
(Understand inclinations, preferences, prejudices, limitations, possibilities, etc of one's own self)

## Self-control

(Practice restraints, culture values, strengthen will-power for good governance )

## Self-mastery

(Achieve the perfect poise where pulls of lower nature are completely ineffective)



# Self-knowledge

## Self-observation

Be a vigilant observer of one's mental, emotional and physical movements:

- the likes
- the dislikes
- the inhibitions
- the fears
- the attractions
- the repulsions

## Self-awareness

A deep understanding of oneself

- the triggers that generate specific thoughts, emotions and body reactions
- the measures that neutralizes the reactions





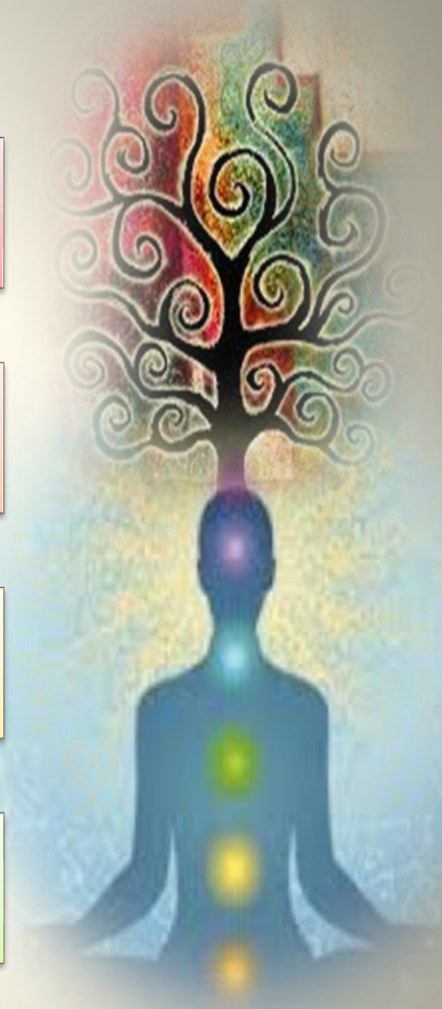
# Inner Discipline

Physical: Agility, Grace, Endurance, Strength

Vital: Firmness, Courage, Energy, Will-Power

Mental: Calm, Innovativeness, Wisdom, Imagination, Clarity, Understanding

Spiritual: Detachment, Equanimity, Aspiration for Truth, Beauty, Goodness, Awareness of Self and Universe, Aspiration for Inner Light, Humility, Gratitude, Generosity



**In psychological perspective, harmonious integration of thought, feeling, will and action around a higher ideal**



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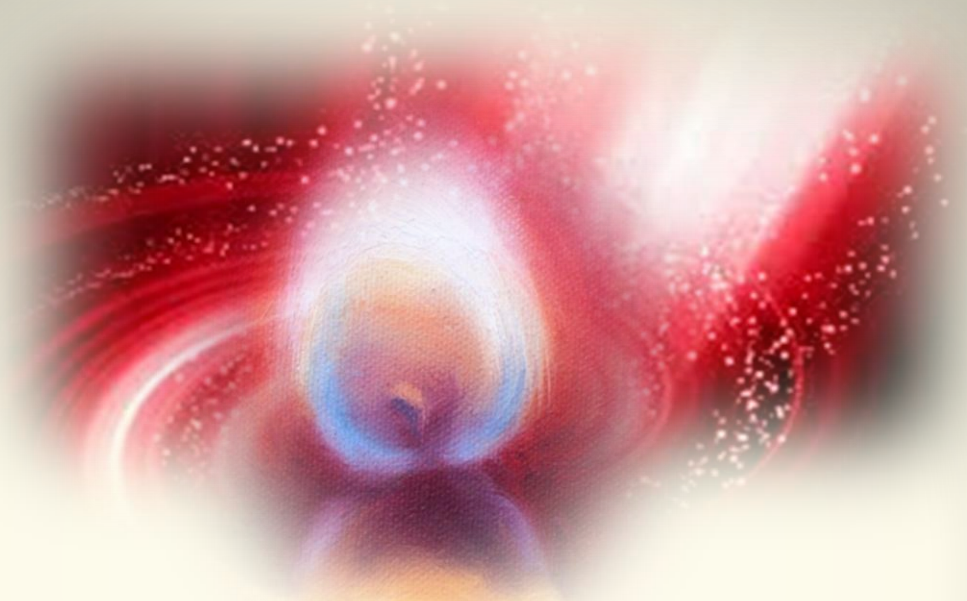
# Triune Process of Inner Discipline

## A Process of Triple Labour

- Aspiration
- Rejection
- Surrender



# Aspiration



A constant and persistent focusing of all the energies of our consciousness, thought, feeling and will on the ideal

A conscious and deliberate cultivation of thoughts, emotions, qualities and virtues and capacities which are in harmony with the ideal or which builds the strength of character



# Rejection

a process of purification,  
throwing off of all thoughts, feelings, and impulses  
which are contrary or hostile to the ideal  
or which pushes us towards unethical action





# Surrender

An act of **Acceptance, Faith and Trust** in  
the **Universal Wisdom**

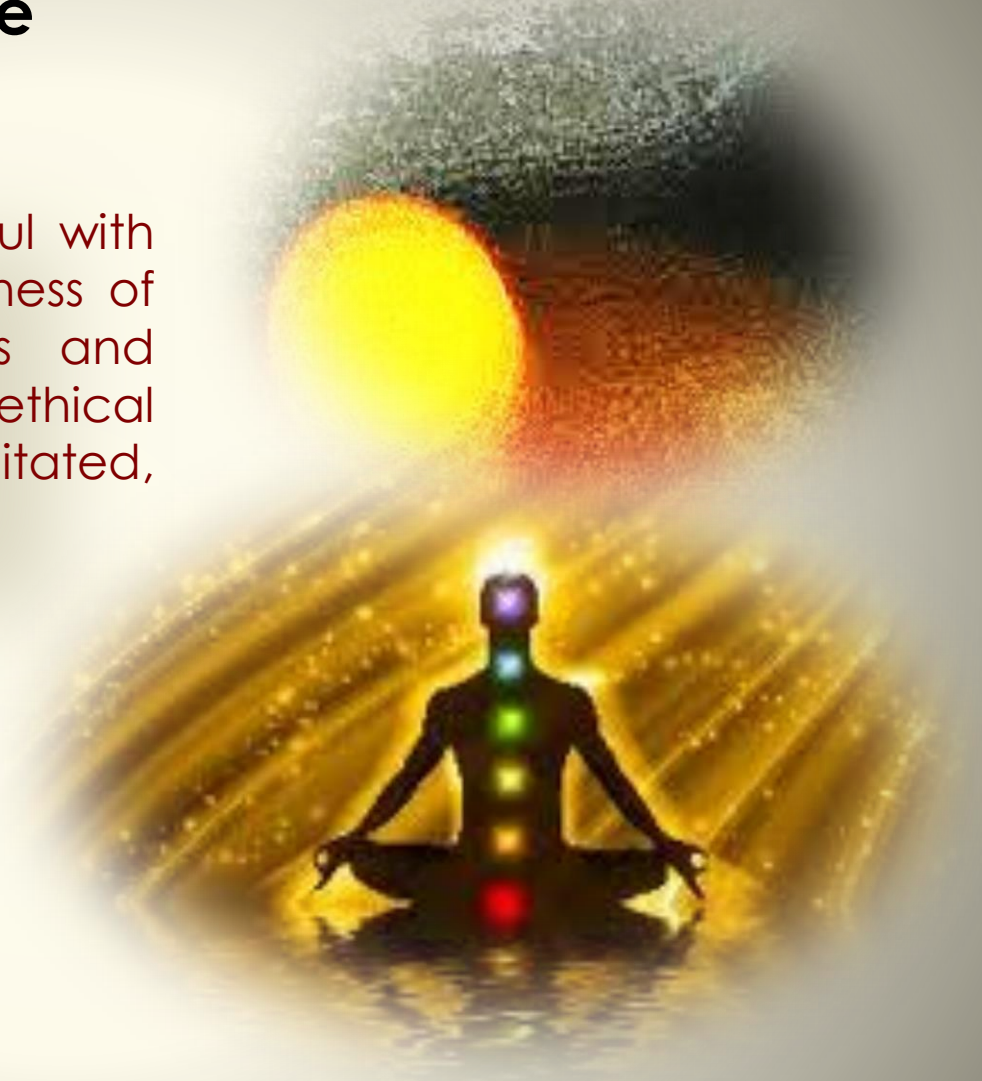
An **offering of the outer events and inner  
movements** in the process and as a part  
of the ultimate good





# Inner Discipline - Importance

Someone who is calm and peaceful with an alert and vigilant self-awareness of his thoughts, feelings, impulses and motives is less likely to fall into unethical behaviour than the one who is agitated, restless and unconscious



# Stepping Back

The method of actively and consciously **going within** and also to detach from all surface reactions...

Aids in the process of rejection and surrender



# Equanimity

‘... a perfect human action is impossible if we have not equality of spirit and an equality in the motive-forces of our nature.’

- Sri Aurobindo





# Towards Self-governing Community

One of the major functions of Leadership is to create a community in which there is a conscious and continuous effort towards a progressive manifestation higher qualities not only in the outer life, but more importantly in the consciousness of people



*Even if the struggling world is left behind  
One man's perfection still can save the world.*

**Savitri, Sri Aurobindo**



# Session 7: Action Plan

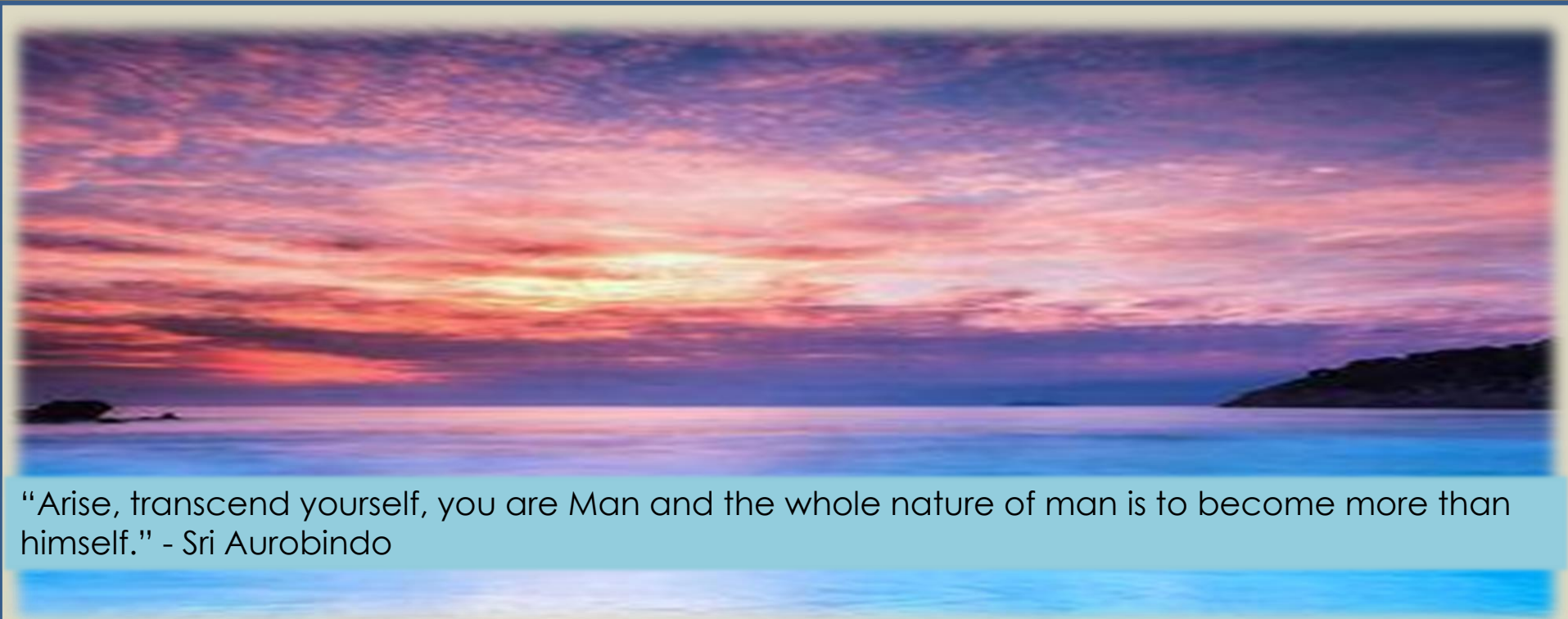


# Day 2

*A guidance, a governance  
begins from within*

*which exposes every movement to the light of Truth,  
repels what is false, obscure...*

- Sri Aurobindo



“Arise, transcend yourself, you are Man and the whole nature of man is to become more than himself.” - Sri Aurobindo

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