



An Essence Of Mindful Leadership: Learning Through Mindfulness And Compassion

Phe Bach

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Leading From Compassion. Flowing in Dr. Phe Xuan Bach's prose and poetry are notions of intentional mindfulness within ourselves and with others. Such is the core of leadership that is being always present in this moment that we share with others. Mindful leadership is existential in nature, both timely and timeless. A practicing Buddhist, Dr. Bach weaves the Dharma into both a concept and practice of leadership that transcends the common definitions of it in the West. In mindful leadership, we lead from the inside out, practicing the five "arts of living" as described in "The Art of Living According to Spiritual Leaders." Becoming a mindful leader is nurtured through daily meditation, a practice that grounds us with equanimity... The universality of Dr. Bach's conceptualization of compassionate, mindful, and peace-based leadership transcends time, nations, and contexts; it may move us toward completeness within ourselves and without with others. May the poems and prose within this collection give us pause for reflection and transformation. W. Edward Bureau, Ph.D., Philadelphia, Pennsylvania. July 2015.

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