



You are the Instrument

By Dave Jamieson

She worked for a female partner in a big consulting firm. Her boss was so solicitous that Kelly hoped
When all is said and done, you are the instrument.

When the tools and techniques have run their course - you were still the conduit

When you engage with a system, half of the coupling is you.

When you respond to what's going on - your self is involved

When others respond to what you're doing - It's never just what, but how.

While it's important to know theory and method, it's not enough - It's necessary, but not sufficient.

What comes out, comes out through you...

through your filters

through your self-esteem through your fears

through your skills

through your needs

through your personal turmoil

through your presence

Such an important and difficult accountability we take on...

to be well honed

to be "in shape" to practice the profession

to be the best we can be to be reflection of what's out there without distortion

to be sensitive to adding value without having to be responsible for all to be tolerant of such great variability.

You are the instrument of change, and that means knowing who you are...

how you "touch" people

your special qualities

what "hooks" you

how others gain from you

how you communicate with others

your way of giving

what you value and what you value blindly

what brings out of the worst in you

when you're at your best

what you're working on personally

the selves inside of you

the spaces that you occupy

how you're influenced

when it's fun and when it's not

when you're "on" and when you're "off"

your need for structure and security

your repetitive patterns

Being an instrument of change is exciting, challenging, scary, fulfilling, engaging, intense, and rewarding. Through our work we help others and grow ourselves. Because it is through self-insight, feedback, stretching encounters, and humility that we really learn how the instrument works and how it can be developed and used to make beautiful music!

