



5 Lessons from Geese by Angeles Arrien (transcription, based on the work of Milton Olson)

Fact no. 1

As each goose flaps its wings, it creates an uplift for the birds that follow. By flying in a V formation, the whole flock add 71% greater flying range than if each bird flew alone.

LESSON: People who share a common direction and sense of community can get where they are going quicker and easier because they are travelling on the thrust of one another.

Fact no.2

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

LESSON: If we have as much sense as a goose, we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others

Fact no. 3

When the lead goose tires it rotates back into the formation and another goose flies to the point position.

LESSON: It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities and unique arrangement of gifts, talents and resources.

Fact no.4

The geese flying in formation honk to encourage those in front to keep up their speed.

LESSON: We need to make sure our honking is encouraging. In groups where there is much encouragement, the production is much greater. The power of encouragement (to stand by ones heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact no. 5

When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to protect it. They stay with it until it dies or is able to fly again. Then they launch out with another formation or catch up with the flock.

LESSON: If we have as much sense as geese, we will stand by each other in difficult times, as well as when we are strong