



## **AMBA GALE**

### **AWAKENER OF HEART, MEANING, AND JOY IN LIFE, TRANSFORMATIONAL LEADERSHIP COACH, COMMUNICATION MENTOR, AUTHOR, NATURE PHOTOGRAPHER**

Amba Gale is a Master Coach committed to the awakening of consciousness as the source of healing for our planet. She is reliable for releasing people to their own leadership, borne from their own wisdom, spirit, and vision. Through her expertise in communication and leadership development, Amba has spent over four decades working with organizations to create and sustain relationships and instill trust, creating organizational cultures that allow for the Soul to flourish in business. She is committed to the principle that the power of a business to thrive is directly correlated to the power of the people in that organization.

Amba has a BA with honors in English, and an MA in Education from UC Berkeley. She later completed a business mastery program at Darden College. A relentless pursuit of knowledge and a passion for teaching have characterized Amba's journey. As a certified Communication Course Leader for a multinational corporation, Amba has empowered countless individuals to foster trust and effective communication in both their personal and professional lives.

As the founder of Gale Leadership Development, Amba has collaborated with a range of organizations, such as Hewlett Packard, Town and Country Markets, Plymouth, Inc, and Pulse Heart Institute, fostering environments in which communication thrives, trust resounds, and partnerships flourish. Her book, *Crossing Thresholds, Island Reflections*, which received a Gold Medal Global Award for Nature Poetry in 2019, reflects her talent for blending poetry, photography, and introspection to explore themes of transformation and new beginnings. She is currently writing *The Heart of Sacred Listening: The Key to Transforming Your Relationships, Your Work, and Your Life*, to be launched in early 2026.

In addition to her professional accomplishments, Amba finds inspiration in nature. She lives on Bainbridge Island, surrounded by the beauty of Puget Sound. As an avid traveler and passionate storyteller, she enjoys sharing her experiences and insights while cherishing moments with her creative adult daughter and musician husband.

Amba Gale reliably inspires others to embrace change, transform breakdowns into breakthroughs, live a meaningful and passionate life, and create extraordinary futures, recognizing that every individual has the power to live authentically and with purpose.

To receive her blogs, subscribe to <https://ambagale.substack.com/>

To check out her course offerings, see her website, <http://www.galeleadership.com>

# Awakening the Heart

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Some have credited Einstein with saying, "The world that we have made as a result of the level of thinking we have done thus far creates problems that we cannot solve at that same level of thinking."

When we substitute the word "consciousness" for the word "thinking," we can see why so many of us have dedicated our lives to awakening consciousness on Planet Earth.

God becomes present and only real for us when we shift our level of consciousness and are graced with the blessing of direct experience.

The Awakening of Awareness and of Heart is the key to experiencing God directly. In that Awakening, you experience being at one with God and realize that separation and duality are both myths.

When your awareness awakens, you see that you *have* opinions, thoughts, judgments, and stories, and you separate yourself from *being* them.

The two are distinct. And that distinction makes all the difference in your life.

You  
are  
the  
infinite  
space  
that  
contains  
All

In that disidentification, you create a new space. It is a space of pausing. Jack Kornfield calls this "the sacred pause." In the moment of "The Sacred Pause," you stop. No longer identified with your reactive mind, you become Fully Present to and Fully Grateful for whatever is, both internally and externally. You grant whatever is the space to *be*, without trying to change it, fix it, or solve it. Full Acceptance.

In that space of awakened awareness, you can creatively respond rather than automatically react. You can choose. You can choose to cultivate what I call "sacred listening" for others, including yourself.

When your awareness awakens, it is as though you have become a tree with deep roots, connecting with all the other roots around you. You feel beauty, wonder, joy. You find you are one family, one body – you, all the plants, all the animals, one family. One family embodying Love, Understanding, and Infinite Compassion.

The only way to realize God's existence is through direct experience. Listening through a loving heart, the ordinary becomes the extraordinary. "I want to know the mind of God," Einstein said. When you deeply "listen with the ear of your heart,"<sup>1</sup> you know God's mind.

And, you find that God is Love.

Love Is.

Striving to get there, to acquire something, is not necessary. You are That, already.

“God dwells within you as you.”<sup>2</sup>

“See God in each other,” often attributed to Swami Muktananda.

The journey from your analytical, rational mind to the awakening of your heart, to that shift in consciousness, allows you to experience the “mind of God:” the journey you were born to take.

There you will find the proof of God.

Footnotes:

1. The title of Nóirín Ní Riain’s book, *Listen with the Ear of the Heart: An Autobiography*
2. From Selected Essays by Muktananda. Edited with an Introduction by Paul Zweig