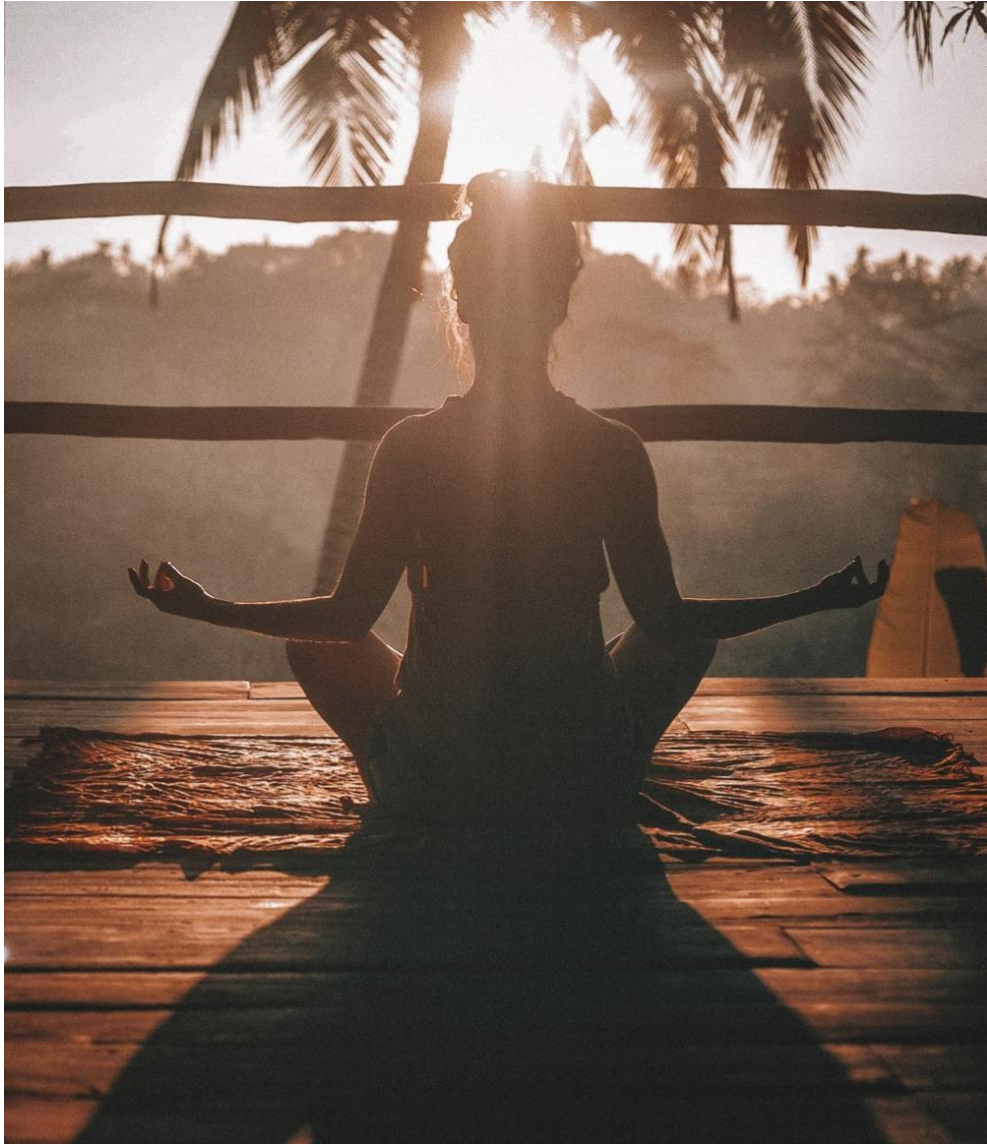




## 10 Breaths: Concentration Exercise



A greater degree of choice.

### Introduction

This exercise is designed to open-up the field of consciousness so that you can have a greater degree of choice in relationship to your thoughts, feelings, and behaviors.



## Experiential Exercise

- Please bring the awareness to the breath and allow three full “clearing breaths.” - Simply breath and relax, while you are noticing the sensation of the breath as it enters and leaves your body.
- Now continue to bring your awareness to the sensation of your breathing as the breath comes in . . . and goes out - Gently tracking the sensation of your breathing.
- Now gently bring your awareness to the very bottom point of the outbreath. Notice there is a brief resting point before the next breath enters the body.
- After noticing this resting point for several breaths, label the next out breath as “1.”
- The next breath label as “2.” Continue to follow your out breaths up to the count of ten.
- Once you have done this rest a moment, notice how you are feeling and repeat two more times.
- If you lose count as you mind or thinking drifts, simply start over.

## Rational

This concentration exercise is useful for stress reduction, focusing, and is the basis for cultivating qualities of mind such as mindfulness and compassion. It is also useful to establish a baseline for the development of “internal” awareness.

## Potential Outcomes

- Increased Capacity for Empathy.
- Enhanced ability to self-reflect.
- Supports a more accurate ability to witness and mirror others.
- Supports a foundation for heartfulness and mindfulness.
- Leads to clarity of intention and perception.

## Summary

- It is useful to practice several times a day whenever you think about it.
- You may do this exercise with the eyes open or closed.
- This should be an effortless undertaking and perceived more as a gift than an obligation.



## References

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- Learn to Meditate: Half Day and Full Day retreat schedule: <https://alifeofproductivity.com/free-template-at-home-meditation-retreat/>
- Guided Meditations with Tara Brach: <https://www.tarabrach.com/guided-meditations/>
- Talks on Meditation and Practice: <https://dharmaseed.org/>

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*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*