

Connection

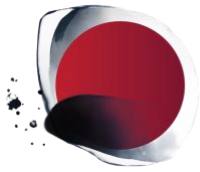


Connection is one thing—quality of connection is another.

We will explore the connections we have first with ourselves, one another, and then out into the collective in this imaginal training.

Individual:

Take a moment to breathe and to settle into the moment. Even close your eyes if you are comfortable. Following the breath, notice the sensations of your body: your feet, legs, hips, small of your back, the vertebrae, shoulders, and arms. Notice your neck, head, and face. Allow a collective sense of your entire body as you move inward to self-reflect on



your state of mind and the interplay between acceptance and resistance. Are you allowing yourself to turn inward and register your own thinking? (Pause)

As you follow the sound of my words you are connected more deeply with your own mind and body and the nuances of all that involves. Breathing, relaxing, and settling into you experience with, checking in with yourself. (Pause)

Personal:

Take a moment to view into your family and personal life, partner, children, friends, family, and all the comings and goings that come to mind as you sit and observe this part of your life and reflect a little on how this feels in your body as you do so. (Longer Pause)

Relational:

Allow your awareness now to move outside of your own felt experience into the perception of the others in your life. You can also do this with your eyes open or closed. Softly link to one individual and notice the flow of thinking and feeling that emerges as you do so. Now smoothly move on to another person. Notice a shift and the subtly of thinking and feeling. Continue through of the individual connections you share. (Pause)

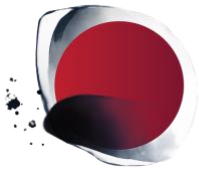
Local:

Expand your awareness to your team and colleagues outside of the context you are in. Look for the thoughts and feelings that inform you of the current condition of your interdependence and your co-determined success. Recognize their experience of being in relationship to you. Notice also, the comings and goings of their lives.

Organizational:

Continue to open this sphere of perception to include everyone who is a part of this organization. Start with the core of the company, the founders, the board, the executive team, management structures and out to the front-line contributors. (Pause)

Global:



Now expand your awareness to include all who are influenced and in relationship to you and the work you do. Notes the expansive and complex connections that make up the entirety of this ecosystem.

The Return:

Now gently allow your awareness to incrementally return through the dynamic capacity that you have opened. Imagine that the volume of your consciousness as a sphere of rich data that you can bring with you that informs you of everything you need to know, everything that wants your attention, so that your performance, actions, agreements, and decisions are the most elegant and influential possible.

Act:

Take the time now to write or draw and express what you are experiencing.

Value

- Cultivating Capacity for differentiating Reflections (observations of yourself) versus Observations (reflection of your perception of others)

Methodology and Related Training Modules

Holding the Form

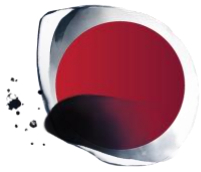
- Emotions inform us of how we feel about our proximity to one another.
- Embracing without participating.

Hosting the other

- Welcome with respect the other person. Why would you engage at all if you do not respect the other person?

The Third Thing

- Connection matters more as you increase awareness of the content of your communication. Maintain the bandwidth and the integrity of the connection that emerges through your behavior and your communication.



Tracking

- How are you being perceived? How does the other person think and feel in relationship to your communication? You can decide moment to moment the quality of interaction you have with the other person.

Pacing

- Pacing is important in communications as one of the dynamics of building and sustaining rapport. It can occur in written and verbal communications and happens often in the in-between space or gaps.

Listening

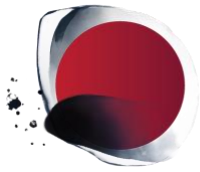
- Seek first to listen and then to understand. Often people have a tacit knowledge and lived experience which can be meaningful, but they may need help in being able to articulate it. Practice reflective listening where you let the other person know what you are hearing and understanding.
- Double check to see if what you are hearing is what is being said.
- Acknowledge points of agreement.

Speaking

- Communication is “making common” so when you speak make sure that your intentions match what is being understood.

Resonating

- Resonate with the energy level of the other person:
- We have a choice to fill the in between space, between ourselves and others with an intensity of attention and energy that directly impacts the exchange between us. We can also regulate that energy along a spectrum of engagement from where we stand to where the other person stands.



- Willingness to go under and to receive into consciousness what can't be easily controlled. If they are distant and remote, we can join them in that place with a resonate sensitivity that lets them know that we are with them.
- We can also bring them along with us to a place of engagement that deepens and enhances our connection.

Right Sizing

- Intensity
- Pace
- Comprehension/Digestion rate.
- Self-regulation of your energetic field by adjusting your focus and expanding and contracting you field of perception.

Engagement

- Continually attend to the connects you have with other and take nothing for granted.
- Maintain the dialogue so that connection is maintained and deepened.

Carrying Conflict

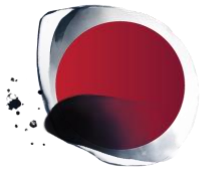
- We have a choice in the moment to revert into over identification with that which is unresolved within us. These could be thoughts or feelings that pull us back into a internal sense of unresolved conflict. If we are unable to carrying it to completion, we are likely to project it into others around us.

Experiential / Practice

- Practice Soft Eyes

Quotes

- “To be at home is to be known. It is to be loved for who you are. It is to share a sense of common ground, common interests, pursuits, and values with others who truly care about you.” Murthy, Vivek H.. Together (p. xviii). Harper Wave. Kindle Edition. 2001.



- “When the twin towers of the World Trade Center fell that terrible morning in New York City, thousands of people in lower Manhattan fled south in search of escape from the growing inferno behind them. When they reached the Hudson River and realized they had no way to cross, panic mounted. Recognizing they had no way to rescue so many people in time, the US Coast Guard made an unprecedented decision. It issued a radio call asking civilian boats to help. The response was swift. Scores of boats pierced the dense cloud of dust and debris and ferried their frightened, soot-covered passengers to safety. In nine hours, the 9/11 Boat Lift rescued nearly half a million people, becoming the largest boat rescue in the world’s history—even larger than the Dunkirk evacuation of WWII.” Murthy, Vivek H. *Together* (p. xx). Harper Wave. Kindle Edition.

References

Bandler, Richard and Grinder, John. (1979). In John O. Stevens (Ed.). *Frogs into Princes: Neuro-Linguistic Programming*. Moab, UT: Real People Press.

Murthy, Vivek H. *Together: The healing power of human connection in a sometimes lonely world*. (p. xviii). Harper Wave. Kindle Edition.

Image courtesy of: [Levi Guzman @homeschool](#)

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.