

Holding the Form



Notice what your heart and mind are doing.

Introduction

Holding the form refers to the posture that an individual assumes to fulfill a specific role or function. This posture is a physical, psychological, behavioral, and an energetic attitude that directly relates to the collective outcome of successful group participation.

Process

The process of assuming a position of holding the form can involve the following:

1. Holding eye contact.
2. Pace the breathing of the person you are addressing or observing.
3. A facial expression which mirrors the individual you are addressing is useful.



4. In group meetings one employs an expanded awareness of everyone within the group and “tunes in” to them.
5. When there is a gap in “flow” awareness is directed to the breath.
6. Employment of a “body scan” is utilized to release stress and to sustain rapport.
7. In group meetings sitting in a seat in relation to others which is “appropriate” for the role you are functioning within.
8. Notice what your heart and mind are doing in relationship to each individual encounter.
9. As a facilitator or a leader be aware of “the in between space” and make conscious choices about your responsibility with regards to facilitating them.
10. Be aware of the “cycle of communication” or “communication spirals.”
11. Be aware of subliminal functioning, i.e. “all things are communicated” when one is sustaining rapport.

Structure¹

The structure of the process of Holding the Form can be broken down into numerous elements. The essential feature, however, could be described as follows:

Co-awareness

All group members position his or her awareness within the flow of the group process.

Co-sensing

As everyone holds their awareness within the process and remains open to the emerging patterns, and relational dynamics as they unfold.

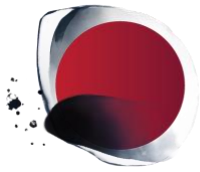
Co-inspiring

Group members receive the “other’s” intensions as they unfold. Know what is being communicated and mirror this intension to continue to inform and build the process.

Co-creating

Individual group members assume the responsibility to enact both their own vision as well as to hold, mirror, and facilitate the intention of the other group members. Through making

¹ Inspired by: www.generationconsulting.com/whatwedo.htm.



the effort to envision and embody the unfolding reality of relational life — enhanced relational functioning unfolds.

Sustaining a Rapid cycle of Feedback

The process is maintained as a fresh and alive interaction with the intention of holding and opening to all the impulses and all the voices in an inclusive and relational-life affirming process. These feedback spirals or loops become the webbing or fibers out of which the relational vessel is woven.

Full Spectrum Initiatives

Everyone assumes the responsibility to utilize his or her attention and participation in such a way as to bring forth the highest potential of the relational system as it unfolds.

Practice that Enhances:

1. Sanctuary/Practice/Body Scan
2. Sanctuary /5.5 Breathing/Awareness of breath.
3. Sanctuary/Sustaining Rapport.
6. Sanctuary /Practice/Shoulder to Shoulder Communication.
7. Sanctuary /Practice/Mindfulness

Image Courtesy of: [Michael Jasmund](#) [jasmund](#)

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.