

## Internalizing the Other



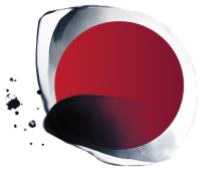
How do we receive and carry the other.

### Lead-in to Exercise

- Suggest that group participants bring to the meeting something they hold as “sacred.” Suggest that each person self-select so that they do not open themselves, to a degree of exposure, that is overly uncomfortable.

### Preparation

- How does it feel to imagine someone holding this part of you?
- Watch your own mind as each individual holds and expresses their experience of your object.
- How do you want your object handled?



- What are the guidelines or conditions that you can give voice to guide the rest of the group in how to handle your object?
- What type of treatment might you find offensive?
- How do you imagine feeling when your object is returned to you?

### Introduction to Training

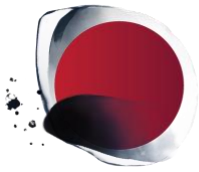
- What is holding the form and how does it relate to the internalization of the other? During the last few weeks, we have been working in the group trainings to utilize awareness of the other and the group process to learn to hold and facilitate.
- Discuss Intimacy: learning more about one another, is this, o.k.?
- Discuss Safety: is this a safe environment to work at that level?
- How do you carry this information that may be revealed about one another?
- Discuss trust and how it develops.
- Is it o.k. to bring in something sacred?
- How do we carry the sacred? How do we handle it?

### Follow Procedure

- Agreements as to how to be in relationship to another's vulnerability.
- Ask permission.
- Telegraph your movements.
- Watch for feedback.
- Only speak of your experience and refrain from using the sacred to talk about the other person. Just speak of your experience.

### Exercise: *I am Internalizing the Other and Holding as Sacred.*

- Have group members bring a sacred object to the meeting. Request that they place the object in the center of the circle.
- Once the group is formed lead them in a focusing exercise, i.e. Sanctuary/Practice/Soft Eyes, Sanctuary/Practice/Body Scan.
- The next step is to remove the object and have individuals pass their object clockwise to the person next to them and hold and witness and allow for associations.



- Hold and gather: Focus awareness on the experience of the object through the five senses.
- Note: Pace the process with: “witness the object in your hand, feel its weight, hold, and receive what is sacred in the other person, carry this within you, bless it and let it go, receive again a sacred part of another.
- Repeat until each object has returned to its origin.

### Processing

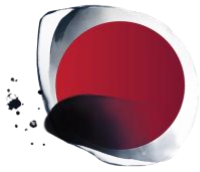
- Request that individuals talk about what they experienced when they held the objects. It is important that each person speak only of their experience and not make direct associations to the person to whom the object belonged.
- Alternatively, the individual to whom the object belongs may then talk specifically or generally about their own experience of how they perceived their object being handled as well as their personally associations with the object.
- The leader can also suggest the possibility of a dialogue relating to each person’s experience of the object.

### Variation

- Gather the “sacred object” from everyone prior to the meeting.
- Place each object in the center of the table and cover with a cloth.
- Begin with a focusing exercise, i.e. Library/Practice/Body Sweep
- Ask the group to shift awareness to the center of the table and to wait until they find that they are beginning to link to one object in particular.
- Have each individual wait until they “can’t not” reach out and take the object.
- Suggest that this happens only one person at a time.
- Suggest that each individual share their experience of the object and of acquiring the object.

### Rationale

- This exercise creates an experiential opportunity to hold and internalize a “part” of the “other.”
- Useful when discussing holding and carrying the information and knowledge of other group members as sacred, confidentiality.



- Provides the observer with the opportunity to watch his or her own mind and to experientially open to their personally level of comfort when perceiving a “self-object” being handled.
- Develops “object sensitivity” when “handling” the client’s personal material.
- Supportive of process of claiming authority in relational negotiations.
- Supports structure of mutuality model vs. a power model of relationship.

Image: Courtesy of: [Parker Johnson](#) @pkripperprivate

*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.*