



## Making Room for the Other



How much choice do you have?

I want to ask you to imagine sitting in your meeting today, or one in the near future. Can you consciously make room for the other? You know that quiet teammate who holds so much tension that you can't help but find them irritating, or the one who overly compensates and jumps in to the gap in defense of her managers, her behavior – more in service of controlling how she is perceived than adding value to your meeting.

Can you make room for these behaviors without reacting or shutting down?

Can you find a strategy to utilize them and leverage their talents verses reacting and contributing to counterproductive patterns?

Can you move through your own considerations" leading" the process so that all who are involved are enhanced, outcomes achieved, productivity increased?



## How much choice do you have?

Here is one way to bring more consciousness to such an opportunity/challenge:

Right now, as you are reading this post, bring your awareness to your own body and close your eyes, taking three full breaths.

Now with your eyes open find the predominate sensation in your body. Simply note this sensation and again breathe three times while relaxing the rest of the body around it.

Now allow your awareness to travel to another sensation that calls your attention, breathing and relaxing.

Notice if there is a shift in the quality of your attention and gently hold your attention with these sensations predominate in your awareness, while you are breath and relax.

Note that you can open your awareness now to include the context you are in while remaining aware of sensations, your body, the breathing and the space around you.

While sustaining this attention, imagine that you are back in the meeting with your team. Gain a sense of the distance and the degrees of separations. Notice the space and discover if you feel like you may have more choice as you determine your response. Practice this today.

Image (search “Making room for the other”) courtesy of: [Anthony Tran](#) @anthonytran

*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.*