

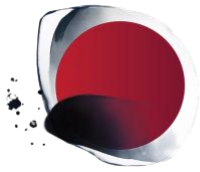
Send Your Spirit Forward



Open to possibility with a sense of certainty.

Introduction

“Sustaining presence is rooted in how you handle the transitions that fill your days. In our work, we have found that transitions are one of the greatest sources of stress for leaders



and for organizations. The pace of today's technological existence allows for little to no transition time from one moment or activity to the next: call to call, meeting to meeting, home to car, car to home. You are constantly moving without allowing the time and space to acknowledge what you are leaving and what you are entering. The lack of recognition of the importance of transitions creates an unintended impact on you, your family, friends, partners, colleagues, clients, and community. Without mindful transitions, you risk carrying the residue of every previous encounter into the next. Presence ensures that the myriad shifts are acknowledged, so that the next opportunity is primed to flourish.”¹

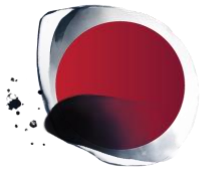
Practice

The practice of sending your awareness forward is a way of preparing for a transition, making the transition, and arriving at your destination fully informed. Practice this several times per day: prior to leaving your house or apartment, before you get out of bed in the morning, when heading to an event. See into every step on the way to your destination. Sense the transition as fully a possible through imagining, feeling, hearing what is encountered when you move from where you are currently to your intended destination.

Step-by-Step

- Please bring your awareness to your breathing and follow it as it enters and leaves the body.
- Relax and shift the awareness to hearing, gently moving between hearing ... and the sensation of breathing.
- Recognize that it is as if you are breathing occurs in the context of hearing.
- Allow awareness to move now to the surface of your skin. Feel (or imagine) the wind as it plays along its surface.

¹ Dukes, Timothy; Landers, Michael. Present Company: Cultivating Cultures of High Performance in Teams and Organizations (p. 26). Conscious Capitalism Press. Kindle Edition.



- When you are ready lift off . . . allow the wind to carry you, out of this location and along a familiar yet perhaps forgotten path, above and beyond where you are currently sitting.
- Travel now to your destination. It could begin with traveling to the market, a meeting, the airport — follow the journey to your destination.
- Maybe you and your partner are heading out to dinner. See into the trip from where you are currently through each incremental step to the restaurant. Look around you and take in your surroundings.
- Notice where you are. . . .
- Listen to the sounds.
- Continue to imaginally build-out your experience and open to what is available to you with all your senses.
- Allow now a gentle return. A coming home, if you will, to your present circumstance, here in the room.
- Make a gentle and full descent back into the room.
- Return and when you are fully here begin, to slowly open your eyes.
- Do this three times as you learn to pattern your way into the unfolding nature of your life, your future.

Rationale

- Continues to build your ability to shift state of consciousness at will.
- Creates that opportunity to give voice to one's experience in different states.
- Opens the psyche to possibility.
- It is fun.

References

Dukes, Timothy; Landers, Michael. *Present Company: Cultivating Cultures of High Performance in Teams and Organizations*. Conscious Capitalism Press. Kindle Edition.

Dukes, Timothy. (2017). [*The Present Parent Handbook: 26 simple tools to discover that this moment, this action, this thought, this feeling is exactly why I am here*](#). Familius, LLC.



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Links

- Dr.TimothyDukes.com/Sanctuary/Practice/The Bear

Image courtesy of: Unknown

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.