



Soft Eyes

Introduction

“Soft Eyes” is a method of refocusing awareness using the eyes. In developing choice as to how awareness is in relationship to your visual perception, the possibility arises for you to become aware of yourself in the context of your environment. (Situational Awareness)

Process

Bring the awareness to your experience of “seeing.” Choose someone across the table or some object within your view. Study what you see. Notice your own mind as you do this. Any discomfort? Is there any judgment? Is there any self-doubt arising? Notice if this experience is pleasant or unpleasant. How do you know this? Where in your body do you experience this — pleasant, unpleasant, or neutral?

Now choose a point that is located somewhere in the near distance, somewhere between you and the person across the table or the object of your awareness. Now bring your awareness to that point. Begin to soften the eyes and expand your field of vision to include your peripheral vision. Allow the objects to the right, and left, above, and below to obtain equal value in your visual field.

Relax and breathe while keeping the eyes soft and the field of vision open. Notice the difference in your state of mind — as you evenly hover your awareness in this soft and expanded view.

Notice if the thought process that was here moments before is still present — breathe.

Duration

This exercise takes only a few minutes yet is most effective if repeated throughout the day.

Rationale

- The Soft Eyes Exercise brings the awareness to the self, the body, and the context you are sitting within.



- This practice provides you with the opportunity to experience how dramatically you can shift state of awareness with just a subtle shift of the object of awareness.
- This exercise provides you with the opportunity to immediately experience yourself, your body in a context of awareness in which thoughts become secondary to awareness of your visual sense experience.

Variation

*See [Sanctuary/Practice/Smile Exercise]. This exercise is similar in that it brings the awareness to the object of sensation while your awareness is held within a field.

Conclusion

*Practicing Soft Eyes trains the mind to expand the conscious of the individual to include less obvious and more subtle phenomena.

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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.