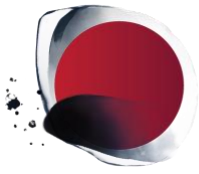


DR. TIMOTHY DUKES

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Terminology H to P





Health

“The first step toward freedom and health is a conscious realization of **the vast reservoir of energy in which we live and move and have our being**. When we reflect upon this repeatedly and make repeated mental efforts to make this part and parcel of our outlook upon life, part of the hard, inflexible shell of the mind breaks down and dissolves. Then, inevitably, life and spirit pour abundantly through us. **Health spontaneously arises, and a new life begins as our point of view undergoes this radical change.**” (p. 18)

— Regardie, Israel. (1997). *The art of true healing: The unlimited power of prayer and visualization*. (Mark Allen, Editor). Novato, CA: New World Library

“Inner fire is wholehearted energy, spiritual passion, Shakti, a full aliveness of being.” — Kornfield, 2000, p.43

Honesty

“Be strictly accurate in your words. Remember what lying really entails: giving someone else an impression of some object or event which does not strictly correspond to the impression to the impression that you yourself have of this same thing. So complete honesty in what you say is nothing less than assuring that the impression which your words leave on someone else matches the very impression you have in your mind. This is a lot more difficult than what we normally think of as honesty!” — Roach, 2000, p. 103

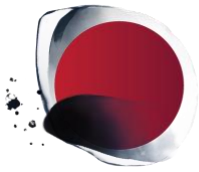
Hope

Nelson Mandela who “brilliantly articulates the challenge we face when we strive to awaken hope.

“Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that frightens us.

We ask ourselves, ‘Who am I to be so beautiful, talented, gorgeous, fabulous?’ Actually, who are you NOT to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people feel secure around you. This is not just in some of us, it is in everyone. And as we let our light shine, we unconsciously give other people the permission to do the same. As we are liberated from our fears, our presence automatically liberates others.” – Nelson Mandela, 1997

—Simmons, Annette. (2001). *The story factor: Inspiration, influence, and persuasion through the art of storytelling*. New York: Basic Books. Page 217.



Interrelational Consciousness

Interrelational Consciousness (IC) is awareness that accounts for both sides of the human equation – self and other. Every time a situation, a group, a person is perceived as being separate from or split off from, Interrelational consciousness becomes possible. IC is the psychological, emotional and embodied context that combines and holds the interior of individual consciousness with consciousness of the other and the social domain within which both reside. Whenever one side dominates at the expense of the other then it is evident if the IC quotient is very low. To reestablish a higher degree of IC, the split needs to be addressed with mindfulness.

Kettling

Kettling is originally a term used to describe large numbers of hawks that appear as boiling bubbles of a kettle of water. These numbers can exceed 80,000. You will see them high up in the sky boiling. These numbers will enter a jet stream and effortlessly fly hundreds of miles.

For the purposes of *Awareness Technology*, I have adapted the term to refer to the individual being able to lift aloft the numerous and dynamic objects of consciousness and allow them to enter a stream of consciousness that allows for a significant expansion and stream of consciousness.

The feeling in the stomach, when one allows consciousness to “stay aloft” at these heights is akin to the exhilaration of flight. It also feels a lot like fear.

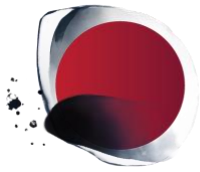
This lofty position allows for the individual to see the whole picture while maintaining a degree of detachment.

He or she can “see the full picture” move the dynamic elements where they want to go and provide this view to others so that they can see what you see.

This is not an easy or risk-free development in the psyche. It takes time and trust to grow accustomed to such heights.

Pacing

Pacing is important in communications as one of the dynamics of building and sustaining rapport. It can occur in written and verbal communications and happens often in the in-between space or gaps. Image: walking along with your client. “To the extent that you can match another person’s behavior, both verbally and non-verbally, you will be pacing their experience. . . . There are two kinds of non-verbal pacing. One is direct mirroring. An example is when I breathe at the same rate and depth that you breathe. Even if you are not conscious of that it will have a profound impact on you. Another way to do non-verbal pacing is to substitute one non-verbal channel for another. . . .Once you have



paced well, you can lead the other person into new behavior by changing what you are doing. This is an overlap pattern in which you “join the client in their representation of the world and then overlap into a different representation (Bandler and Grinder, 1979, p. 79, 80).”

Reference: Bandler, Richard and Grinder, John. (1979). In John O. Stevens (Ed.). *Frogs into Princes: Neuro-Linguistic Programming*. Moab, UT: Real People Press.

Pacing and EFR (Evoke-Facilitate-Reframe)

“As Franz Kafka put it, you may not destroy someone’s world unless you are prepared to offer a better one. But no redemption can be found in the avoidance of difficult issues. Redemption comes only after we have moved through the horrors of our present situation to the better world that lies beyond it. By confronting the problem as courageously as we can and at the same time presenting alternatives, our barriers to clarity, including our false hopes, may crumble to reveal previously unseen possibilities” (Jensen, 2000, p. ix).

— Jensen, Derrick. (2000). *A language older than words*. New York: Context Books

Image (search “explore”) courtesy of: [Julian Paul](#) [@julianpaul](#)

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.