

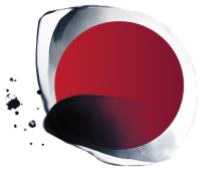
The Dead Sea



Giving - necessary for thriving and feeling alive.

“What we need is to breathe, in and out. To rest our eyes, and mind, and heart, on Nature—on this present moment, on our loved ones, on our work. We can pause, and in that pause, like a lotus out of mud, is where we'll discover genuine insight. Insight that will help our business, our relationship, our stress levels.”

~ [@waylonlewis](#)



This is the story from a successful businessman who spent a great deal of his time volunteering for charity and raising moneys for non-profits. When he was in the Holy Land someone explained the difference between the Sea of Galilee, which is very much alive, and the Dead Sea which of course devolved and became lifeless.

“The Dead Sea has no outlet. Both are fed by the same source, but the Dead Sea can only receive an inward flow. The *Dead Sea* is prevented from flowing outward, and the accumulation of salt has killed it. The *Sea of Galilee* is alive only because what flows in can also flow out. For this man, the metaphor of the Sea of Galilee demonstrates his experience that for him, *giving is a necessary function of thriving and feeling alive.*”

– Simmons, Annette, 2006, p. 14

Practice

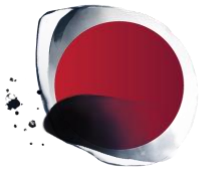
- Business communication, for it to thrive and be healthy, depends upon a full cycle of communication. One must be able to receive and to give in full measure to succeed. This flow of communication, engagement, depends upon a context that supports and values this exchange of life-flow. Ask yourself, “how is this relevant to my life, my relationships, family, or organization.
- Determine what you may choose to undertake to open the flow in your life.

Consider

“Those who look outside dream, those who look inside awaken.”

— Jung

To follow vision with integrity and passion, one needs the capacity to look inside. Yet, the key to unlocking these resources is often determined by one’s ability and willingness to let go and open to the “outside,” and what is to come.



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Reference

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

Image (search “Inlet”) courtesy of: [Keegan Houser@khouser01](mailto:Keegan.Houser@khouser01)

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.