



The Look, Feel and Sound of Love



Do your best, and if you don't feel it is good enough, start over now.

*It begins in every moment and continues
to the next moment
and then the next.*

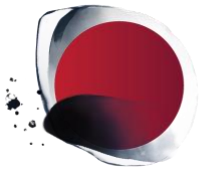
Just a few days ago, I was on a plane with my wife heading to Dublin to celebrate the holiday with our son. Across the aisle were two young parents. I witnessed first-hand a



moment that may never leave my memory. The mother, turning toward her partner who had swaddled their infant on his lap, settled into the most loving expression. She embraced her child with her eyes, her heart. My wife and I, trying not to stare were mesmerized by her expression. We looked away, but our eyes returned to glimpse this moment of indelible bonding between parent and child. We both wondered, separately, is that how she embraced her partner during their early courtship? Does this look of love simply happen or is it developed over time? This was a ten-hour flight. The flight left at 5pm. The parents had to be exhausted after unknown hours of preparation; yet their loving presence had not diminished.

When our son was eight months old, my wife went back to work three days a week. On those days, I had our son all to myself. There were many days when her return just did not come soon enough. My ability to adapt and maintain presence was challenged. From infancy to pre-school, my son and I fashioned our relationship together, both of us somehow aware that we were new to this thing, our father-son relationship. When he was older, placing him in front of the TV while I took a shower was, of course, something I did. However, after a time, I could not abandon him in this way. We began to watch his shows together. He was perfectly capable of playing by himself or with his little playmates, but there were also times that I wanted to enter his world. We built forts, populated an aquarium, and constructed magical boats using the couch and every pillow and blanket we could muster. We made food, started playing computer games, board games and explored multi-volume mythological journeys, me reading out loud while he resisted his nap or night's sleep to hear, "One more story, Dad, one more!" He loved his world of play, and I loved being with him. As his world developed, our world flourished.

Parents are shaped by each and every intimate relational moment. It is a moment-to-moment metamorphosis that changes us in a very real way. The bonding for many parents, man, or woman, does not only happen in utero but rather in our day-to-day



relationship with our children. It happens in moments just like the one we witnessed on the plane. It happens in every moment we show up and hold our children in a loving embrace.

So, let me recommend three ways you can bring these bonding moments into your relationship with your child or children:

1. Think about the “look of love” every time you look into the mirror of your children’s eyes. See yourself in their reflection and feel whatever is unfolding in your heart. Whether you are lifting her out of the crib, placing a bowl of cereal in front of her or picking him up from school, welcome your child into the embrace of your conscious intention.
2. Allow the “feeling of love” every time you embrace your child. If you are rubbing his back to comfort him before sleep, feel your child in your heart. As you hug before your separate for the day, take a moment to allow the feeling into your body.
3. Hear the “sound of love” as you hum softly, comforting your child after a late-night feeding. Hear the tone of your voice as it resonates deeply into her being, as she experiences herself as your child. Lift yourself out of your own experience and try to know what you sound like as you call him to dinner.

Whatever brings you to this moment has enough momentum to carry you to the next. If the look, feel, and sound enriches or enhances how you are experiencing your child as well as how they are experiencing you, then continue. If you find that in this moment you are not satisfied, simply stop. Take a breath and make an adjustment. Your determination of what you do with your consciousness is always just one choice away. It is you who determines how each bonding moment will unfold. Do your best, and if you don’t feel it is good enough, start over now.

Image courtesy of: [Kelly Sikkema](#) [@kellysikkema](#)



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