



## Transitions



In transition, children experience most of their challenges.

My child is playing in his toy room, totally absorbed. I walk into his room and, without a word, sit near the door, on the boundary between his world and mine. He knows I am there, of course, but I am not doing anything to demand his attention. I just sit and observe for a few moments, leaving his world intact. Then I hear his mother call us for lunch. I know he will protest; this is one of the reasons I have come quietly into his room. I give him a few moments and then repeat his mother's call to lunch. As expected, he launches his protest:



"I am too busy, Dad!" In spite of my intention, in spite of his hunger, this intrusion is unwanted. I calmly facilitate this transition, explaining what lies on the other side of the painful place in which he finds himself. His world is ending and a new one is emerging. With my words, I show him a glimpse of his future: "We are having tasty tuna and soup, nice and warm. After lunch, you can return to your play and if you want, I will come with you!" He ignores me for a moment; then, he slowly starts detaching from his play. I am careful not to move, not to rush him. It takes some time, but he moves to the kitchen. Soon his discontent is over, and he has made the journey through this transition.

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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.*