

Blazing

Receiving into our consciousness disturbing thoughts and feelings.



Vignette



Robert has avoided his senior team for years. While they run the business, he tells himself that his job is to work on the business. Slowly he is losing touch and now feels he needs to "re-connect." He is considering instituting one-on-one meetings with each one of his senior staff. This low agenda, "personal" time with his key people feels intimidating to Robert. But with some prompting he is going to take a risk and *blaze* into this new territory with hopes of improving his communication with each of his key people.

Clarification

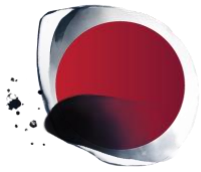
When we take the risk to question into the unknown and receive into consciousness thoughts and feelings that may disturb us, we could say that we are "blazing" new territory. Much like the early explorers, we have before us the opportunity to venture into the internal landscape or the relational terrain and as we encounter new and unexpected insights, opening-up to new ideas or emotions.

Discovery Phase

Blazing is a term we use to describe this "discovery phase" of a relational process. It refers to the opening of relational "territory." Whether this relationship is with our self, another person, or a group; blazing occurs when we take a risk of feeling, communicating, or expressing something which is just outside our norm or comfort zone. When this "risk-taking" is held in a climate of safety, freedom, facilitation, and unconditional positive regard there arises a potential for significant insight and discovery.

Marking Our Way

One feature of blazing is that we find ourselves marking our way. Traditionally, trees were marked by chipping off a piece of bark so that one could return from where they came



as well as find their way into this new territory at some future date. These markings were also left so that others could follow.

Practice

In your communication today, can you remain open and aware of the new possibilities that await you? Can you maintain a sensitivity to others so that your consciousness will experience the vast opportunities that rest just outside of the familiar world you reside within? Can you take a few steps into this “unknown” and mindfully mark your way so that the territory of your awareness is expanded, just this much more?

Image courtesy of: [Martino Pietropoli](#)

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.