

Let Go of Indifference



Practice presence.

To let go of indifference and benefit from a presence practice, one must retain a degree of mindfulness and the ability to sustain presence repeatedly over a long period of time. Remain curious and open to your thoughts, sensations, emotions as well as the



thoughts, feelings, and emotions of who you are with as well as the environment you find yourself in.

Dr. Saron, is a principle investigator of the Shamatha project¹, a research study investigating the effects of three months of intensive full-time training in meditation on attentional, emotional, and physiological processes. They found improvement in:

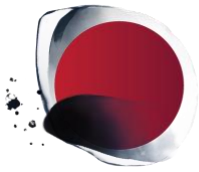
- adaptive psychological attributes,
- perceptual and attention-related skills,
- brain activation changes in related to visual perception and attention,
- improvements in inhibiting habitual responses,
- decreased mind-wandering,
- changes in the emotional response to the perception of human suffering
- and changes in biomarkers associated with stress and cellular repair.

Additionally, we know that even small amounts of daily practice in presence, supports leaders in retaining the content of their experience so that they can make better strategic choices. If your participation is approached in a halfhearted or indifferent manner, only a small portion of the options are available to you will be retained and for a shorter time. It is necessary to observe, think about, and reflect on what is in front of you. Ask yourself, what am I learning in this very moment, ask this repeatedly. In this way, the knowledge is retained and available for future situations for a long period of time.

Practice Presence:

- Challenge yourself to let go of your indifference.

¹ More information can be found on the attached at www.contemplativestudies.org.



- Be willing to become increasingly uncomfortable and agitated.
- Be willing to be disturbed.
- Act as if what you are experiencing has something to do with you in every moment.
- Indifference is a default setting. “Eyes wide shut.”
- Why would you ever adopt a posture of indifference?
- Your indifference will affect everyone who is associated with you.
- IF YOU ARE INDIFFERENT THAN YOU SABATOGUE WHAT IS GOING ON.
- If you are indifferent, be accountable for it, come and sit down and change it.
- Challenge yourself to be accountable, especially if you slip into indifference.
- Don’t be over trained, over practiced, or over educated. Then we have nothing to teach you.
- Don’t behave in a way that you know anything.
- Holding a position of presence in relationship to what is in front of you, allows for the teachings to flow.
- Recognize the power of your presence and the impact of your absence.
- Be accountable to yourself and that which disallows your presence.

Reference

- www.contemplativestudies.org.

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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.