



Letting Come



Consciously Participating in a Larger Field of Change.

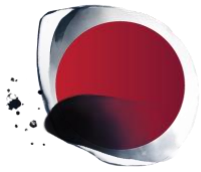
Leadership requires the capacity to open to and allow change. To accommodate change in the external world, the leader, needs the “tools” to open to change internally. “Letting Come” is one of these tools. Rooted in Mindfulness, this ability to open to the life-that-is-seeking to reveal itself requires the allowance of complex feelings and thoughts while settling into a place of equanimity and peace. Peter Senge, in his book Presence explains:



“When this happens, the field shifts, and the forces shaping a situation can move from re-creating the past to manifesting or realizing an emerging future. . . . In esoteric Christian traditions such shifts are associated with ‘grace’ or ‘revelation’ or the Holy Spirit.’ Taoist theory speaks of the transformation of vital energy (qing, pronounced ‘ching’) into subtle life force (qi, pronounced ‘chi’), and into spiritual energy (shin). This process involves an essential quieting of the mind that Buddhists call ‘cessation,’ wherein the normal flow of thoughts ceases and the normal boundaries between self and world dissolve. In Hindu traditions, this shift is called wholeness or oneness. In the mystic traditions of Islam, such as Sufism, it is known simply as ‘opening the heart.’ Each tradition describes this shift a little differently, but all recognize it as being central to personal cultivation or maturation.” (Senge, p. 14)

Effective leadership may very well require that we can access as much information as possible about the changes that are occurring in our life. However, this information is not limited to what goes on around us in our organizations, industry, and the world. Managing change may very well require us to have equal presence in our internal environment where a quiet mind allows for insights and understanding that simply are not available when there is too much external activity.

“In order to cut the root of basic confusion, one should rest in the natural state without altering it. Once one is resting in the genuine natural state, one should neither follow one’s thoughts nor search for an antidote for them. If the intrinsic nature is left in its natural state, as it is said, ‘When water is not stirred, will become clear’, Just as dirty water, if not stirred, will become clear, if the nature of mind is left unaltered, as it is, deluded thoughts will



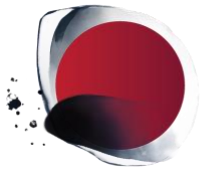
automatically clear up. The natural flow of the intrinsic nature will come automatically.” -Lama Surya Das

Practice

I want to ask you to imagine sitting in your meeting today, or one in the near future. Can you consciously make room for the other? You know that quiet teammate who holds so much tension that you can't help but find them irritating, or the one who overly compensates and jumps in to the gap in defense of her managers, her behavior - more in service of controlling how she is perceived than adding value to your meeting.

Can you make room for these behaviors without reacting or shutting down? Can you find a strategy to utilize them and leverage their talents verses reacting and contributing to counterproductive patterns? Can you move through your own considerations” leading” the process so that all who are involved are enhanced, outcomes achieved, productivity increased? How much choice do you have?

Here is one way to bring more consciousness to such an opportunity/challenge. Right now, as you are reading this post, bring your awareness to your own body and close your eyes, taking three full breaths. Now with your eyes open find the predominate sensation in your body. Simply note this sensation and again breathe three times while relaxing the rest of the body around it. Now allow your awareness to travel to another sensation that calls your attention, breathing and relaxing. Notice if there is a shift in the quality of your attention and gently hold your attention with these sensations predominate in your awareness, while you are breath and relax. Note that you can open your awareness now to include the context you are in while remaining aware of sensations, your body, the breathing, and the space around you.



While sustaining this attention, imagine that you are back in the meeting with your team. Gain a sense of the distance and the degrees of separations. Notice the space and discover if you feel like you may have more choice as you choose to respond. Practice this today.

References

Senge, Peter, Scharmer, C. Otto, Jaworski, Joseph, Flowers, Betty Sue. (2004). *Presence: An exploration of profound change in people, organizations, and society*. New York: Currency, Doubleday.

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