



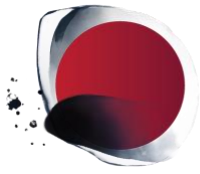
Introductory Video

Wisdom from the Heart



Images Courtesy of Timothy Dukes

I trained with a Hindu Brahmin along the banks of the Ganges River in Varanasi, India. This is an ancient town, brimming with life, merchants, holy men, travelers, and families. It is webbed with dark alleys opening to an expansive avenue leading to one of our most sacred rivers. It is embraced on one side by this sand-colored town where monkeys romp on the tile roofs, and on the other shore by an infinite expanse of flood plain, surrounding this heart of Mother India.



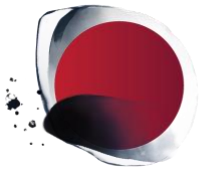
The training involved pre-dawn yoga and meditation on the rising sun as it peaked over the horizon moving from red, to orange, to yellow, and finally white. The teachings were a daily rigor for a three-month period. Perhaps we worked together for six hours each morning with afternoon and evening discussion and meals. What was remarkable about the hours I spend with this man, Anand, was that all our conversations were accomplished in an abbreviated sign language. He had lost his hearing and the ability to speak, at an early age to smallpox.

I learned the sign in a matter of days. Now this is the most remarkable part - what I realized then and now is that the depth of our conversation and the dynamic nature of the teachings could not possibly been conveyed through the lexicon of his sign language. We held a deeper conversation, a conversation of the heart.

In fact, what evolved between us was a subtle and direct transmission of knowledge that occurred somewhere below the standard reality of daily discourse. For the most part, at the time, our communication was not experienced as anything special; the sign language seemed to hold our attention while meaning was transferred and received in less obvious ways.

Was it intuition, fantasy, projection, or imagination? Sure, it was all that and more. Upon reflection, I think meaning was conveyed through less dominate senses. If I am to use metaphors to describe the experience; it was like the warmth of the morning sun heating the muscles of a chilled body. Like a welcome memory, **his teachings seemed to radiate into me a felt sense of knowing.** If what we shared was a fragrance, it would have been experienced like the scent of a flower. If it were music, it was received as a melody that played jointly through our minds.

I think what allowed for this level of communication was something quite simple; a relationship unencumbered with doubt, fear, judgment, or many of the other obstacles that cloud our perceptions. Through trust, time-spent-with, mutual regard, strong concentration,



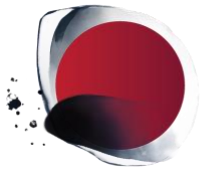
and the willingness to suspend disbelief, we held this shared-phenomenal world-in-common.

What was within our control was the choice to hold-open this dialogue, this exchange of information, and to remove the considerations which disallowed its manifestation. Coincidentally, by surrendering control, we allowed the free exchange of thought, feeling, inspiration, and emotion that carried the information and wove a web of understanding. **We spoke the language of the heart.**

In just this way, I think we are all defined by our relationships and find identification and meaning in an interdependent union with everyone around us. We are not separate and disconnected; however, we typically don't experience our connections consciously. Instead, **we believe in the experience of being separate and consequently imagine that we must find ways to connect.**

The context of your organization, your business, your profession, your family, and the relationships that ensue may ironically be the most productive context to realize this oneness and to begin to appreciate and tangibly receive the benefits. We can all profit from the realization of our deep and undeniable connections. We profit by reaching the outcomes we are after, by performing at the level we know we are capable of, while achieving our dreams. We do this through our connections with other people and the support that they offer. And if, in fact, we already live in connection with one another, we do not have to create the bond that brings about the realization of our goals, we just must be able to remove the distortions that inhibit their manifestation into our conscious daily life.

With awareness, this subtle and indisputable connection can be brought to consciousness. While working with my client's I establish the basis for awakening to this shared-phenomenal-world-in-common and facilitate it into consciousness. Your strategic relationships, the daily operations of your business, your vision for the future and the patterns generated by past behaviors that influence today's performance all move into view and rest on the platform of our dialogue.



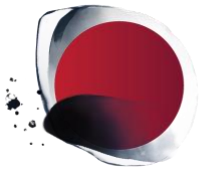
This **shared-phenomenal-world-in-common** becomes the context for the resolution of problematic processes, the development of new strategies, and the actualization of desired outcomes. We achieve these results without disrupting daily production. This transformative process becomes a metaphor for growth and change in all aspects of your life.

Through dialogue, good design emerges which in turn encourages good practice. Good practice evolves into controlled outcomes which then positively influence the fulfillment of objectives and expectations.

Our dialogue provides a basis for the recognition and full disclosure of everything that is trying to transform in your world. The dialogue, held by compassion and understanding, becomes the mechanism which uncovers this third place; the content of the dialogue mirrors the essential dynamics operational in your business, your organization and if you are an artist, your creative process.

The changes you can make evolve out of this third place and occur because you are more aware, you have a fluid and deeper insight, you are allowing a broader understanding, and you can surrender to the transformation of your thought patterns. I always find that when our dialogue is informed by this shared-phenomenal-world-in-common, this third place, there evolves a multiplication factor that directly influences transformation in your daily life, your organization or business, and of course your relationships. When we transform it **here**, between us, it allows for the potential to transform it **there**.

My work with individuals, groups, teams, organizations, and businesses is supported by over 25 years of daily practice, ongoing study, and the act of simply living life consciously. My work draws on the traditions of mindfulness, yoga, the healing arts,



western and Buddhist psychology, athletics, scholarship, and play while receiving the teaching and guidance of numerous friends, mentors, and teachers.

I am available for remote consultations and face-to-face meetings with you, your relationships, your organization, or business, and for the journey that you are undertaking and the adventures that lay ahead.

Research

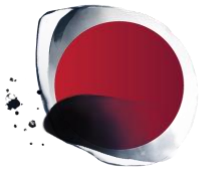
We can consciously cultivate a capacity for empathy: with practice we can refine this awareness and recognize the subtle reality that we are fundamentally connected. We have this ability - to know one another directly - with no prior experience. There exists within us a "wisdom of knowing," - **a system in which "self" is not experienced as separate from "other."**

"As Giacomo Rizzolatti, the Italian neuroscientist who discovered mirror neurons, explains, these systems 'allow us to grasp the minds of others not through conceptual reasoning but through direct simulation; by feeling, not thinking.'" (As quoted in Sandra Blakelee, "Cells That Read Minds." New York Times, January 10, 2006. p.C3). Goleman, 2006, p. 43.

"This triggering of parallel circuitry in two brains lets us instantly achieve a shared sense of what counts in a given moment. This creates an immediacy, a sense of sharing the moment. Neuroscientists call that mutually reverberating state 'empathic resonance,' a brain-to-brain linkage that forms a two-person circuitry...." Goleman, 2006, p. 43.

"Stern concludes that our nervous systems 'are constructed to be captured by the nervous systems of others, so that we can experience others as if from within their skins.' At such moments we resonate with their experience, and they with ours."

"We can no longer, Stern adds, 'see our minds as so independent, separate and isolated,' but instead we must view them as 'permeable,' continually interacting as though joined by an invisible link. At an unconscious level, we are in constant dialogue with anyone we interact with, our every feeling and very way of moving attuned to theirs. At least for the moment our mental life is cocreated, in an interconnected two-person matrix." (Goleman,



2006, p. 43.)

References

Blakelee, Sandra. (2006, January 10). Cells That Read Minds." New York Times, pp.C3.

Goleman, Daniel. (2006). Social intelligence: The new science of human relationships. NY: Bantam Dell.

Stern, Daniel. (2004). *The present moment in psychotherapy and everyday life*. New York: W.W. Norton. p.76.

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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, your family, organizations, culture, society, and the Earth itself.