

DR. TIMOTHY DUKES

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Breath Made Visible



You are heading home.

What does it mean to be a master? At a certain age, the life we are living becomes the life we no longer need to live. It is as though we wake one morning to a sun that illuminates the dust as it floats through the bedroom air and focusing on the particles and



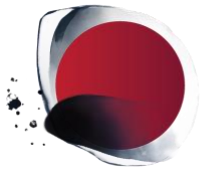
not the sun, we realize in that quiet moment that we are walking a very narrow line. If we look at the dust, we see our life, our times, our memories speak, and we hear that familiar cadence of our daily routine. If we dare to look at the shaft of the sun, seeing in it infinite possibilities, we may glimpse a future that has little to do with the dust that has now collected on the furniture. In that moment we feel free; yet, most often we turn away to dress for another day to carry on a routine that we have perfected over the decades. We tell ourselves that we need stability, our work is important; this is what I do best. What happens to that glimmer of gold in the ray of the sun? When will that call be heeded?

Many folks in their mid-life find themselves in careers that no longer feed their passion, their life force. They cannot afford to look too closely at this truth because it would rock their boat, shake up their apple cart. Many do not realize that they walk a fine line between collapse and mastery. They are holding their breath. Anna Halprin states that, “Once you stop breathing, you stop moving.” Hence collapse. Slowly or sometimes quite suddenly, that very world that was clung to so tightly becomes the very world that turns around to bite you in the back. And then, what?

In her inspiring DVD, [Breath Made Visible](#), Anna Halprin lives into the light. At 89, her life is defined by courage, the courage to follow her path into unknown territory while remaining steadfastly willing to adapt to the present moment. Anna Halprin is a master; she lives continually in the glimmer of gold in the ray of the sun. Her dust settled long ago.

Take a moment to poise as you cling to the ridgeline. Look down into possible collapse and then up towards new heights. Forge a new path by following the shaft of light as it illuminates your way. And, breathe, deeply. You are headed home. —

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Reference

<https://zasfilm.ch/films/breathmadevisible?lang=en>

Image (search “Courage”) courtesy of: [engin akyurt](#) [@enginakyurt](#)

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.