

Going to the Bear



Ask yourself, “what is calling for my attention. and how long do I wait?”

“City folk need to learn that it’s infinitely easier to kill a few bugs
before the whole crop is infested.”¹

Early, every morning, my grandfather, an 88-year-old, 6 feet, 4 inches, silvered hair man would gracefully bend his lanky frame as he stooped to descend the narrow steps

¹ Karl J. Meyer, second generation pear farmer — personal communication.



leading from the second floor of his tiny cottage. And every morning, he would bark out in a loud baritone voice; “It is always better to greet the bear rather than wait for the bear to come for you.”

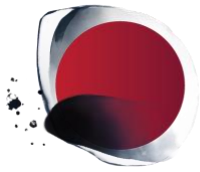
Are you ready to admit that what you will and what you won't are one and the same process That as recognition of a figure requires a background, the sense of being “oneself” requires the apprehension that there is something other and external, and that the achievement of any kind of power, success or control cannot be experienced apart from a perpetual contrast of failure, surprise, and unpredictability.

— Watts, A. *Does It Matter?*

We, as humans, are survivors. At a very early age, we begin both consciously and unconsciously to hone the skills and behaviors necessary for our personal psychological and physical sustainability. We hide the parts of ourselves that have previously been dismissed, abandoning them to the shadows. At times, we simply place other parts of ourselves on hold, because there are more compelling parts in need of our attention. And, we do so incrementally. We make countless, small decisions that determine what lives in the light of day and what lurks in the twilight for future consideration.

Most high-functioning individuals have arrived at a sustained level of success by utilizing their gifted talents all-the-while keeping the hidden parts of themselves buried for safekeeping. However, sooner or later the time arrives to unearth and integrate this shadow material. Acknowledging these hidden sides of one's self is not only a good idea, it is a requirement.

When these hidden sides of the self emerge without conscious intention, they can become problematic. These strangers will seek us if we do not directly seek them. Without



a well-defined process, we will most likely seek what we have yet to realize, as though it is something external.

So, what does it mean in your life to open to something buried or left behind? How would you pursue a conscious unearthing of yourself? Therapy is useful for so many. Others exercise or find relief and insight through meditation. Some just walk and do so regularly. Dreams, in particular, speak to us of the hidden.

Where do you greet what is seeking to emerge in your life? How do you go to the bear instead of waiting for it to find you?

Practice

In moments of transition, before you move mentally or physically, before the impulses take over, ask yourself: “What is calling my attention?” Pause, and check again: “Is what I am focusing on functioning to exclude anything else I may need to address, in this moment? Now, as though you are about to cross a busy intersection, check around to see if you missed anything. Now, proceed.

Image courtesy of: <https://unsplash.com/@markbasarabvisuals>

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.