



Into the Woods



It happens to every one of us.

“We don’t know all the reasons that propel us on a spiritual journey, but somehow our life compels us to go. Something in us knows that we are not just here to toil at our work. There is a mysterious pull to remember. What takes us out of our homes and into the dark. . . forest can be a combination of events. It can be a longing from childhood, or an ‘accidental’ encounter with a spiritual book or figure. Sometimes something in us awakens when we travel to a foreign culture and the exotic world of new rhythms, fragrances, colors, and activity catapults us out of our usual sense of reality. Sometimes it is as simple as



walking in the blue-green mountains or hearing choral music so beautiful it seems inspired by the gods. Sometimes it is that mysterious transformation when we attend at the bedside of the dying and a 'person' vanishes from existence, leaving only a lifeless sack of flesh awaiting burial. A thousand gates open to the spirit. Whether in the brilliance of beauty or the dark woods of confusion and sorrow, a force as sure as gravity brings us back to our heart. It happens to every one of us.”

—Kornfield, 2000, p. 5

References

Kornfield, J. (2000). *After the ecstasy, the laundry: How the heart grows wise on the spiritual path*. New York: Bantam.

Image (search “Numinous”) courtesy of: [Tobias Tullius](#) [@tobiastu](#)

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.