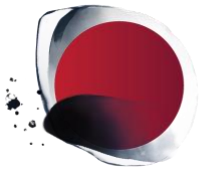


Knots



Gone Fishing.

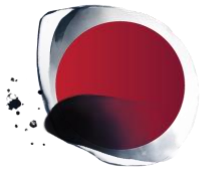
I work with CEOs and business owners and for want of a better description, I am their Consigliere. Oddly, it is not because I know that much about business – most of my career has been spent in psychology. It is because of my clients generosity that they teach me about their particular industry and through our dialogue that I become their trusted friend and counsel. I also do a few things well; I listen and trust in them just-the-way-they-are, as I help them untangle the knots.



Through a process of unraveling complex issues and challenging business decisions, I often encounter personal and professional lives so knotted that little light or air separates one thread from the next. I also discover that there is an investment in maintaining this mess because it fend off deep feelings of isolation. Sadly, many of these powerful men and women experience themselves as being alone. But are they really? With minimal investigation most often, they realize that this experience of isolation is simply the feeling of being on a dead-end road. They have taken a wrong turn somewhere and need to retrace where they came from. Many turn around and retrospectively discover that their return leads them to the moment where people who care deeply for them are waiting. Years ago, I wrote in a journal.

“It is a bright, windy autumn day and my boy and I are down by the water casting with a spinning rod that his grandfather bought for him. He's only 3 and with the rod in hand he whips the lure so rabidly, with an abbreviated arc, that the line becomes snarled in the tall grass that skirts both sides of the small sand beach on which we stand. Finally, the reel binds up and his repeated tugs knot the line. I open the reel and there is indeed a tangle, what a mess! He sits on the tackle box and watches as I approach the task. I'm thinking, "I guess this is what Dads are for." I have no faith, no experience at untying knots, particularly when a little boy's expectations idle next to me.

But I try. I really don't have another choice and I don't want to disappoint him. I gather up the pieces of the reel, the rod with clumps of line and we relocate to a near-by bench. To my amazement, within 10 minutes I clear the line. I reassemble the reel and he is casting, once again, into the tall grass. Catching a fish does not seem to be the point. I realize today it is simply about a father and son, undoing

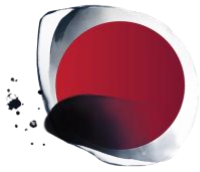


knots, moment-to-moment, and moving-on together.”

As I look back on this and many other similar experiences, I think of the men and women I work with and wonder; “did they have a parent to guide them?” I also think of other senior corporate executives who we read about in the news and the problems they create in their businesses, the lives of their families, their associates, employees, and stockholders. And I ask myself; “who stood beside them when they were young, when their messes were simple enough to unravel?” When these men and woman were children, teenagers, young adults, did they have anyone who could teach them or guide them? Or did they simply evolve uninitiated into the demands of adulthood.

The courageous men and women that I work with do the difficult work of unraveling themselves. In doing so something wonderful is revealed, the love of a child or a partner whose life predicaments hold greater significance than their own, and this makes the difference. They realize that they live, not only in their own world, but more importantly in the world of those who care for them and depend on them. They realize that as adults, we find ourselves not by imagining our goals and striving to fulfill them, but by assuming the responsibility of serving and caring for the people we love while we allow them to serve and love us.

I imagine a sign that occasionally hangs on every important person's office door; **“Gone Fishing.”** And I envision that they are simply telling everyone they know that they are busy spending time with someone who needs their attention, their self and someone that loves them.

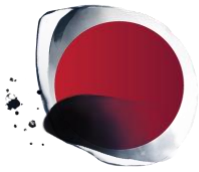


Reflections

To face the life-not-lived one must approach the present moment with an awareness of becoming. Each moment is then understood to be the opportunity to become what is seeking embodiment. As Joseph Campbell once said; “We get the adventure we are ready for.”

Quotes

- “Whatever success we have is usually one-sided. Then our less developed aspects, or ‘our shadow,’ as Jung calls it, come into the light. These are more raw, less controlled aspects of ourselves. There are certain truths we can learn only by descent, truths that bring wholeness and humility in surrender. In times of our heart’s greatest vulnerability, we come close to the selfless mystery of life. We all need periods of fecund time, fallow time, of being drawn closer to the humus of the earth. It is as though something in us slows down, calls us back. And out of that time a deepening knowledge and beauty can emerge.” (Kornfield, 2000, p. 131)
- “Consciousness in one area does not necessarily transfer to other parts of our lives. We know that Olympic-level athletes, however highly tuned and aware physically, may be quite emotionally immature or mentally undeveloped. Conversely, certain brilliant intellectuals may suffer from ignorance and disregard of their bodies or their emotions. Other people, quite conscious of their feelings and expert in human relationships, may be utterly unconscious of the thought constructs and beliefs that limit them.... Yet until these dimensions are included in their practice, they may suffer unnecessarily with everything from poor health to emotional problems. Any area that is still unconscious brings with it suffering, conflict, and limitation. As Gandhi says, ‘One cannot do right in one department of life while still occupied in doing wrong in any other department. Life is an indivisible whole.’” (Kornfield, 2000, 163)
- “The truth is that these interior boundaries must be dissolved.... It is in a deep and honest listening to whatever has been feared or left out that our freedom will be found. And if we don’t choose to look, that which is unattended will come find us; the lost parts of ourselves will present themselves, knocking ever louder if we don’t



listen to their cries. We end up hearing their voices in divorce or depression, in illness or some strange failure. If we do listen to and welcome all parts of the self, we will find they enrich our garden as compost, as nourishment for life itself.” (Kornfield, 2000, p. 164)

Image (search “Gone Fishing”) courtesy of: [Steinar Engeland](#) [@steinart](#)

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.