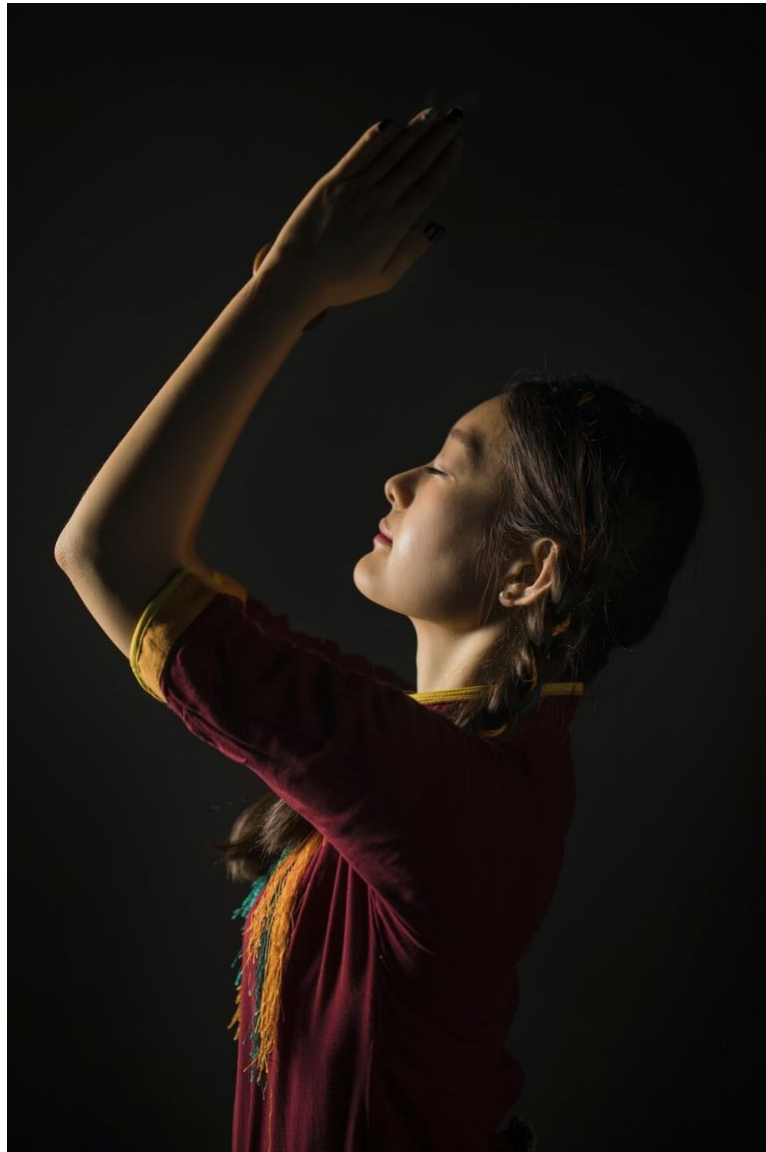




## Namaste'

*I offer recognition to the God that is within you, who is also in me.*



My unfettered thoughts.

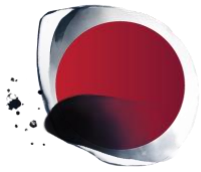


Letter From Sally Hunsdorfer  
March 2010

Greetings!

"I'm perched alone in a cafe in Kathmandu after having bid farewell to my 3 traveling companions of the last 4 weeks.....my husband Peter, Cathryn MacLean and Melissa Davis. They are winging their way home as I write this and I am desperately trying to put pen to paper in an attempt to share my journey of the past month. Life at 18,000 feet becomes stripped of everything that isn't essential; it becomes a blink, a spark, a clear moment of oneness with the world with maybe a flash of insight into the nature of things, no self or ego in the way. If we are lucky we may have a few enlightened stumbles along the way as we walk through the incredible mystery of life, journeying as an infinitesimal speck before we return to the elements which are so raw here....wind, water, air, earth and fire.

Life is extremely unforgiving and uncompromising when dealing with its daily rhythms in these Himalayan villages .....hauling water for daily household use, collecting and drying yak dung for fuel when a village tests it's survival above tree line, frost melting as the early morning sun begins it's descent down the mountain, ice on the inside window of a local "teahouse" as we get the wake-up knock on the door. And then as if to put everything in perspective and reduce life to its most simple and clearest beauty, one notice's a purple primrose stretching itself through a crack in a stone wall or a spider spinning a new home from prayer flag to prayer flag or the sound of oncoming yak bells as they begin their lumbering procession from the day before, carefully and artfully picking their way over the rockiest of trails which drop off hundreds of feet below. As we climb up and up and up, we are serenaded daily by the mantras and prayers of local villagers, the raucous cawing of the ubiquitous ravens, the roar of the glacially fed swollen rivers and women preparing the



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land for potato planting, their voices brought to us on meandering breezes as we peek over stone walls and offer a simple “Namaste”.

Life in these parts is fragile and cyclical and certainly a blend of human and natural, spiritual, and temporal. These are a few of my unfettered thoughts to share with you....”

Sally

Image (search “Nameste”) courtesy of: [Dynamic Wang](#) [@dynamicwang](#)

*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.*