



## A Peaceful Warrior



You are out of your mind.

A while ago, I watched a film entitled *The Peaceful Warrior*: simple lessons cloaked in a modern teaching tale. Based on a true story, this is the struggle of a young man's journey to find himself after a potentially debilitating accident.



The underlying teachings speak to each one of us, as long as we can stay present to listen. Several key phrases are: “All you have is right now. You can live a whole lifetime without ever being awake. People are not their thoughts. Stop gathering information from the outside; start gathering it from the inside.”

At one point, the student turned to his teacher remarking,

**“You are out of your mind.”**

The teacher, played by Nick Nolte working as a gas station attendant, replied, “It has taken a lifetime of practice.” He went on to explain that:

**sometimes you must “lose your mind to come to your senses.”**

If there are no “ordinary moments,” and if all that we have is “right now,” shouldn’t we be looking for the purpose in every action that we take or every obstacle that we encounter?

**If a “warrior acts” and a “fool reacts,” perhaps it is time to become conscious of the choices that we make and revisit the stories that we tell ourselves.**

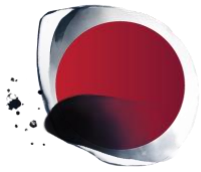
The Peaceful Warrior is a worthy watch. It will touch on your vulnerability, arouse your curiosity, and quietly challenge you to awaken to the very moments that make up your life.

## Reference

Film: The Peaceful Warrior (2006)

Image (search “Peaceful Warrior”) courtesy of: [Xuan Nguyen @darthxuan](#)

*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*



DR. TIMOTHY DUKES

DrTimothyDukes.com | Sanctuary | Practice | Peaceful Warrior | 20240318

*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.*