



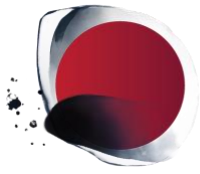
Practice



We Simply Practice.

“With no-mind, blossoms invite the butterfly;
With no mind, the butterfly visits the blossoms.
When the flower blooms, the butterfly comes;
When the butterfly comes, the flower blooms.
I do not ‘know’ others,
Others do not ‘know’ me.
Not-knowing each other we naturally follow the Way.”

— Ryokan



PRACTICE = INTEGRATING THE HIDDEN

Did you know that as we grow and develop, we actually hide parts of ourselves? Ensuring mastery of the hidden sides of the self is not only a good idea. For sustained success, it is a requirement. All high functioning people have arrived at a level of perfection because we are able to focus on certain gifts and talents to the exclusion of others. These others, the hidden parts of ourselves, we bury for safe keeping. Usually in our forties or fifties we find that the time has come to unearth and integrate them whether we like it or not. Unfortunately, for many of us, when these hidden sides of the self emerge without conscious intention, it is often problematic.

On some level, we all know that we do this. If you don't have examples in your own life, look at the media or at some of your friends and you will see what I am talking about. Some of the symptoms of the hidden emerging are: We drink even when we don't want to. We overeat. We have relationships which ultimately become destructive. Someone in our careers become unmanageable and even detrimental to our wellbeing. Our personal lives cycle through problems with diminishing insight as to why and what to do about it.

Why we do this is not easily explained. Many of us simply had to put certain parts of ourselves on hold and have very good reasons. And we did so incrementally. The hidden parts of the self do not originate as a result of one decision. Rather there are countless, small decisions which determine what lives in the light of day and what waits in the shadow for future consideration.

These parts of the self will seek us if we do not directly seek them. Without a well-defined process we most likely will seek what we have yet to realize as though it is



something external to us. If we don't realize that this is better addressed within ourselves, we will imagine it in the other and the external.

We Practice:

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 of us. Others exercise or find relief and insight through meditation. Some of us just walk and we do so regularly. Other times dreams will speak to us of the hidden. Where do you greet what is seeking to emerge in your life?

Quotes

"In order to be able to truly integrate one's practice with one's life, a few sessions of sitting meditation a day are simply not enough, because we live a twenty-four hour day, and an hour or two of practice just won't give the right results.

"Integrating", on the other hand, means understanding the condition of "what is" in relation to life itself, without correcting it, so that every circumstance of one's life becomes an occasion for practice."
— lamasuryadasusa

"Without trying to do something, we simply practice, in the same way as when we are hungry, we eat; when we are tired, we rest."
—Maurine Stuart

"This is the extraordinary thing about creativity: If you just keep your mind resting against the subject in a friendly but persistent way, sooner or later you will get a reward from your unconscious."
— John Cleese

"Contemplation is always beyond our own knowledge, beyond our own light, beyond systems, beyond discourse, beyond dialogue, beyond our own self. To enter into the realm of contemplation one must in a certain sense die: but this death is in fact the entrance into a higher life. It is a death for the sake of life, which leaves behind all that we can know or treasure as life, as thought, as experience, as joy, as being....



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In the actual experience of contemplation, all other experiences are momentarily lost. They
“die” to be reborn again on a higher level of life.”

— Thomas Merton

“The object isn’t to make art, it’s to be in that wonderful state which makes art inevitable.”

— Robert Henri

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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.