

## The Way of Stillness



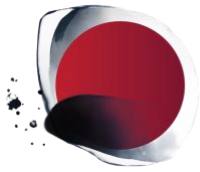
It awaits your return.

"In our constant rush, we forget our own talents, our own abilities,  
our own gifts, our own worth, our own inner wisdom.  
We habitually ignore who we really are."

— Dr. Lloyd J. Thomas

So many of my clients find themselves in a perpetual state of physical and mental activity. I too am guilty of this "gerbil-like" mentality that keeps the wheel of the cage spinning.

Bill is a 50ish businessman, first generation Italian, hardworking and as my mother



used to say about people like Bill, “salt of the Earth.” Up at 5:30am, to the gym, impeccable business suits, always organized, on time and on topic. As a CEO, he exemplifies success as a knowledge expert in his field, a well-liked leader, and the pride of his investors.

However, Bill nearly died the year we met; overweight, exhausted, and a heart that was so road weary that he needed double bypass surgery. He was a few beats away from abandoning his wife of 27 years and his three children he and his wife put though the best of colleges, debt free.

He knew how to work, how to live, and met the challenges of a demanding life head-on. He, however, did not know how to rest, to recover, to replenish, in short to be still.

It is in stillness that the mountain can see its own reflection in the lake at its base.

It is in stillness that the woods and the ravines can embrace the call of the birds, the sound of four legged footsteps through the undergrowth.

It is in stillness that we remember who we are, where we are from.

It is in stillness that life awaits us, recognizes us, and reveals a way forward that softens the demands of modern life.

It is in stillness that we remember to breathe.

Stillness is always here, awaiting your return.

Questions arise, and they are endless: “What is stillness, when do we have time to be still, and more simply, how do we achieve stillness?”

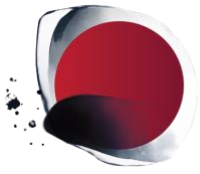
The way of stillness is not found in the answers to these questions. We do not have to “achieve” stillness. There is not something we have to “do” to be still.

Stillness is always with us: it is in the smile of a loved one, the twinkle in a child’s eye, an intoxicating scent of a flower, a home-cooked meal.

Stillness lives in beauty.

Stillness emerges from the aftermath of a particularly exhilarating workout.

There is stillness in the kind gesture of a stranger, the lilt of the sound of a foreign



language.

There is always stillness in the natural world.

There is stillness in the feeling of our breath as it enters and leaves our body.

Find stillness in your moment-to-moment awareness, it is there to greet you, waiting for your arrival. Rest in your awareness that stillness is in every moment, soften the momentum of life just enough to feel its return, remember who you are, your gifts, your unique talents.

It is okay to forget about stillness; life today demands it. As a matter of fact, stillness can bring with it a crowd of sorrows, revealing all the dents and dings of a challenging life. They are merely the footprint of the past imprinted on our souls. Have courage; don't doubt for one moment that stillness has forgotten you.

Stillness is always here, awaiting your return.

## References

Dr. Lloyd J. Thomas  
[The Value of Stillness,](#)

The Art of Stillness

[https://www.ted.com/talks/pico\\_iyer\\_the\\_art\\_of\\_stillness?platform=hootsuite](https://www.ted.com/talks/pico_iyer_the_art_of_stillness?platform=hootsuite)

Image courtesy of: Timothy Dukes, Alaska, June 2013

*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.*