

Walking Barefoot Across the Livingroom Floor



Home is where we place our feet, where we touch the Earth. Most people experience this sense of placement through their sight or in their mind's eye, but Buck clearly and definitively places his awareness on the ground. Step by step, moment to moment, Buck knows where he is going yet has never forgotten where he's been.

Without guts or drive, according to Buck, you will be lucky just to be ordinary. On the open road, traveling alone, ranch-to-ranch, horse-to-horse, Buck breathes his authenticity, his humanity into each soul, be it human or animal. He is not ordinary nor is he necessarily unique. He is simply a master.



Having survived abuse at an early age, Buck made the conscious choice to live in the present. “You can’t live in two places at once,” he reminds us. If you do, the wounding of the past will clearly tarnish your vision of the present. With each step, Buck walks the ridgeline.

Buck doesn’t maintain this delicate balance despite his emotions but rather in relationship to them. **He knows what it means to feel**, and to Buck, feel can have 1,000 differing definitions. To feel, to respect, to respond, these are the dance steps that keep Buck positioned.

And yet, at the end of the day, at the end of the circuit, all Buck really wants is to walk barefoot across his living room floor, because, believe it or not, even cowboys get the blues.

Reference:

Rent or buy this film:

Direct

<http://buckthefilm.com/>

After Watching the Film, Please Consider:

Exercise One:

Please review the film: Buck Brannaman by Cindy Meehl, Director
<http://buckthefilm.com/> also found on Netflix or Amazon Prime.

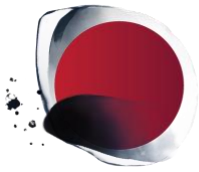
Exercise Two:

Write a summary of your experience of the film. What actions you would like to take in your life?

Exercise Three:

Create a 45-day follow-up self-evaluation regarding the impact this work has had on you.

Exercise Four:



Please send the summary of your experience of the film to:
tim@drtimothydukes.com.

Client Reviews

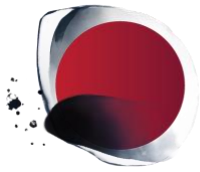
“What really resonated with me from this movie upon reflection was the calm, compassionate confidence Buck brought to every interaction with a horse (and with people for that matter). Confidence in the outcome he was pursuing and that he had a method to get there, even when things arose that were unexpected. There's something so simple about how creatures learn - something so straightforward about modifying the environment so that consistent consequences give the learner clear information about what will and won't work. Clear information about what behavior has function for them and what behavior doesn't. When you have a solid grasp of this, it's possible to make incredible impact with *just enough* energy/pressure. And "just enough" keeps the interaction so much calmer. There is no superfluous agitation, emotion, or inner/outer dialogue clouding the interaction. Just calm, consistent presence, and calm confidence that we can get where we need to go, even if the path has to be modified along the way. Even if you have to step away in the moment because you realize you need to rethink things. You can only work with the animal in front of you, not the animal you wish it would be. Sometimes your initial plan wasn't the one the animal needed.”

—S. D.

“The points that had the most impact on me were. First, the concept of a firm, but not sudden, hand to lower barriers. Second the foolishness of using our emotions when trying to effect change. Third, the willingness to endure hardships for the passion of the right path. Fourth, the obviousness of the pain that drives ineffective behaviors. And lastly the wonder of all the unknown positive effects that are unleashed by one person finding his path....

Maybe one more, is it pain, that needs to be endured, to develop sensitivity to others?

The best movies show the viewer connections that he didn't see before. Cause and effect, impacts known and unknown, the reflection of the self as we go about learning, and the transparency that is there for all to see.



Buck made these points and more. The concept of the animal as a reflection of the owner is so common it is iconic. Buck takes this further; he sees the person from the reflection. The woman keeping a dangerous horse in a manner that increased the danger and ultimately lead to the horse' being killed told Buck what her life was like. The woman who said with regret that she just didn't know another way to train a horse. He knows that person.

I can see myself in both. I have done both. And more, my struggles are visible to all but myself in those moments.” – J.M.

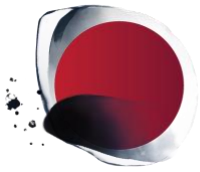
“The watching of the filmed deeply moved and inspired me. He doesn't have to break the horse he moves through them. Watching Buck work with horses and its riders reminds me of what is possible within humans and between us and other living things. When we are truly present to another being and can communicate with care and integrity, true connection and alignment is possible. Alignment with the self is the same.

Real peace. Very few people can access this level of consciousness state or truth for any length of time. Buck's experience of his upbringing made available to him a level of consistent awareness that is truly rare. And that he cultivated in such a manner with horses to me is such a rare and magnificent bit of lightening.

By watching the film, a little bit of that truth and state was made available to me. Since watching the film, I have been wondering how I can cultivate what I learned. I am now thinking of how I can have that show up in my interactions with my son. I am now thinking about how I set expectations with others and how I can do that with more grace, trust, and effortlessness. The only action I can think of right now is to watch the film again and then sit down and brainstorm all the ways I can activate this in my life. Do this.” – B.S.

Image Courtesy of: [Melanie Mauer](#) [@melaniemauer](#)

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



DR. TIMOTHY DUKES

DrTimothyDukes.com | Sanctuary | Inquire | Walking Barefoot Across the Livingroom Floor |
20240306

*creatives to ensure long-term viability — as a continuing investment in the well-being of
yourself, your family, organizations, culture, society, and the Earth itself.*