



When the Body Speaks



Listen

Martin was in his forties, attractive and charismatic: the life of the party, the first to crack a joke at the water cooler, and a caring and loving father and son. It was tough being first generation American, but he did so flawlessly: he graduated from college, married the love of his life, bought a home in the suburbs, and raised a family. Martin even made time on Sundays to drive to the old neighborhood to share a hot meal with his parents.

At least that was how it all began. Slowly, however, things began to shift, to fall silently apart. His wife became remote, his children were facing challenges in their adult lives, his senior management team was “static, weak and suffering from an expired shelf life.” Yet, Martin rose each day and donned a tailored suit just back from the dry cleaners.



Immaculate he left the house, always. His predictable and secure world could not be mismanaged. As long as Martin was “in charge,” he would not have to feel.

This abruptly changed one morning as Martin was driving to work down the same road to the same office that he had driven to since landing this job ten plus years before. He felt a tug at his chest and then another tug. Trying to shrug it off, Martin took the prescribed left turn into the parking lot and parked his Mercedes in his reserved space, the one with his name blazed boldly across the asphalt. And there he sat. Waiting. Watching his world slowly dissolve. It was in this space that Martin was forced to feel because Martin now needed help.

A sense of calm came over Martin as he heard the diagnosis of “severe heart arrhythmia.” A bed was waiting for him at the local hospital. In this bed, alone, Martin awaited recovery from surgery. Stints had been placed into the side of his heart that received the blood flow back from the body. It seemed that Martin’s heart had little trouble giving blood but was severely restricted in its capacity to receive.

This is when I met Martin. And his heart surgery became an enlightening metaphor for our work together.

Image (search “When the body speaks”) courtesy of: [Shane Rounce](#) [@shanerounce](#)

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.