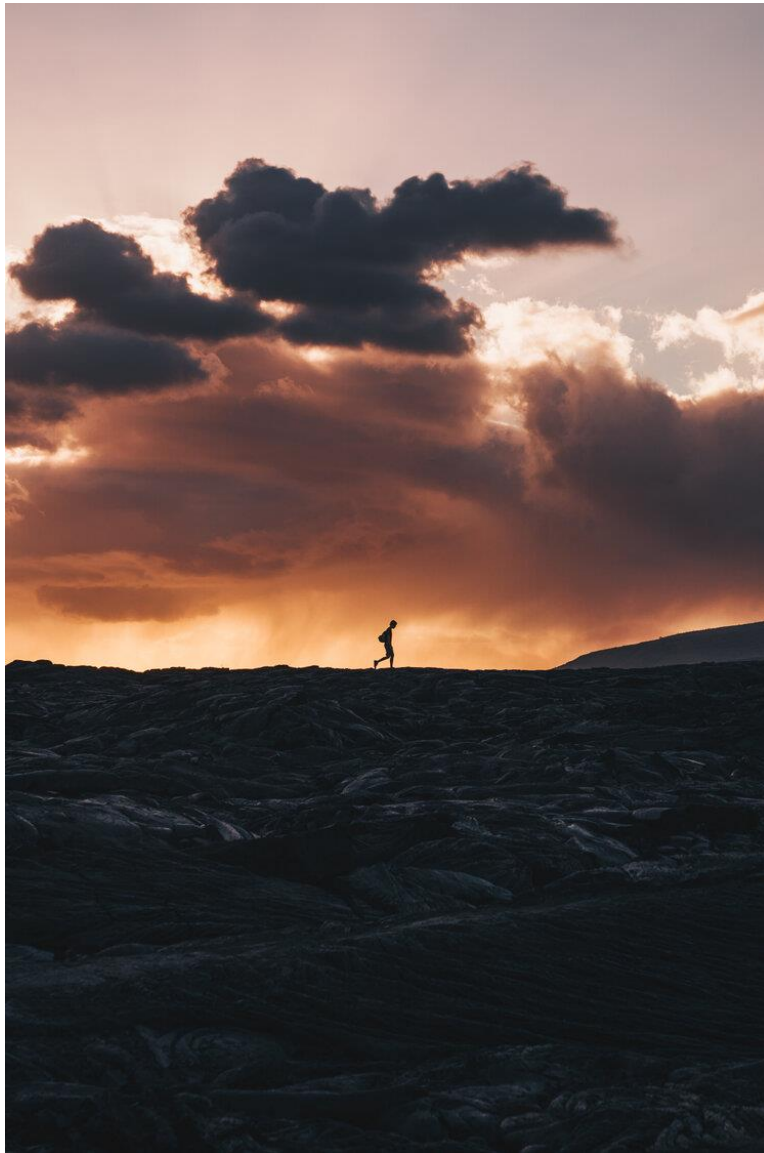
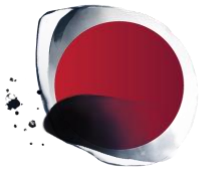


Why Do You Run?



“Rabbi Levi saw a man running in the street, and asked him,
‘Why do you run?’
He replied,
‘I am running after my good fortune!’



Rabbi Levi tells him,
‘Silly man,
your good fortune has been trying to chase you,
but you are running too fast.’

— Traditional Tale, Muller, 1999, p.48

Reference

Muller, Wayne. (1999). *Sabbath: Finding rest, renewal, and delight in our busy lives*. New York: Bantam Books.

Image courtesy of: [guille.pozzi](#) [guillepozzi](#)

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.