

## Are You Called to Create?



“I love going into another world, and I love mysteries. So I don’t really like to know very much ahead of time. I like the feeling of discovery. I think that’s one of the great



things about a continuing story: that you can go in, and go deeper and deeper and deeper. You begin to feel the mystery, and things start coming.”

— David Lynch

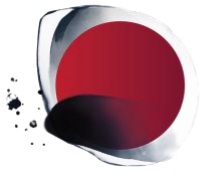
Where do you go to be inspired, impassioned, compelled to create? Where do you encounter the mystery that is in all moments of life? Do you search outside for your inspiration? Or can you settle down inside to draw up your big ideas? Lynch (2006) writes about ideas being like fish, the deeper you dive the greater the catch. He suggests that it is expanded consciousness that allows us to dive deep and discover our inspiration.

**Take a moment to consider, where do you encounter your passion,  
your heart's desire?**

Rilke suggests that being creative is not just an option... we have a need to create. For the artist in us, he suggests we must be a world onto ourselves and find everything within and in relationship with nature.

“Go into yourself and ... explore the depths whence your life wells forth; at its source you will find the answer to the question whether you must create. Accept it as it sounds, without enquiring too closely into every word. Perhaps it will turn out that you are called to be an artist. Then take your fate upon yourself and bear it, its burden and its greatness.

without ever asking for that reward which might come from without. For the creator must be a world for himself, and find everything within himself, and in Nature to which he has attached himself.” — Rilke, 2008



The message from these wise beings is to turn away from seeking ourselves in the outer world, our relationships, and our careers. We must realize who we are and what we are here to accomplish. This comes by pointing our awareness directly into our experience of ourselves.

However, the question remains, how do we do this? How do we find the deep impulses to guide our creativity, to connect, to engage authentically? We simply open ourselves to this possibility and ask, David White (Whyte, 1994) suggests. This “can be done with a minimum of fuss, simply by sitting back in our chair and closing our eyes for a moment...and... ask[ing] for an image... it can, with a little practice, appear spontaneously.”

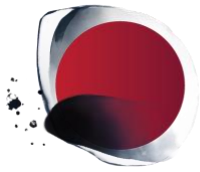
**Try** it now, close your eyes and ask silently, “May I have an image that will guide me to deepen my relationship with my creative self.” Wait for a few moments to allow an image to appear.

**Notice**, is there is a particular feeling that goes with the image, can you experience it in your body? Is there an emotional tone as well? Whyte continues, “A discipline of calling up an image is an old form of contemplation. But a further step is to rest into the way the body feels in the presence of the image, then the image can be released and the state itself reached directly.”

**Rest** now within a state of wholeness as you again close your eyes and spend time with the image. Notice the feelings in your body as they emerge. Realize you are only this moment away from your creative self and being who you are meant to be.

## References

Lynch, David. (2006). *Catching the big fish: Meditation, consciousness, and creativity*. New York: Jeremy P. Tarcher/Penguin.



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Rilke, Rainer Maria. (2008). *Letters to a young poet*. B N Publishing.

Whyte, David. (1994). *The heart aroused: Poetry and the preservation of the soul in corporate America*. New York: Doubleday.

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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.*