

## Go Ask Alice



Barbara (a client) was sitting on my front porch swing, and we were talking about the value of mindfulness and its role in determining how much we allow into consciousness at any given moment.

As a building architect, Barbara has highly developed visionary skills. She can “see” the entirety of a design within minutes of meeting with a prospective client. Their fantasies, their hopes, and their dreams take form before her very eyes. This is what she does; and she does it very well. However, because she has a developed ability to concentrate and focus her attention so one-pointedly, she naturally and consistently energizes everything



that she looks at. After all, she is a visionary. For design and creativity this is very useful, in fact, it is a gift. But, when there is too much unconscious material presenting itself, the amplification is often unsettling and counterproductive. She can bury herself in her observations.

*Gently rocking back and forth she asked, "What am I to do?"*

Facing the corner of the house where the large, paned window exposed the library, she could catch a glimpse of her reflection in the glass. As she drew closer, she could look through the glass to see the books on the shelves and the clock on the mantle, and as she swung back, there she was mirrored in the very same pane of glass. Somewhere in the middle of her motion, the pane of glass simply was a pane of glass; she could no longer see her reflection in the glass or the contents of the library through the window. A contemplative smile formed on Barbara's lips, and she spoke from a distant place,

"I get it. I need to regulate how deeply I investigate the situation. Like now, I could simply move my awareness away from the fireplace and books that are visible through the pane of glass that I am peering through."

"Just like with my thinking, I don't have to focus on all the content that is so potentially disturbing to me. I can focus on my experience of thinking, move through it and sort for something that is pleasant, and which does not disturb me."

Had Alice, in Alice in Wonderland, simply seen the rabbit hole as a rabbit hole and not as a place to focus her attention, she could have lived her day happily in the sunshine



on the banks of the river. By following the White Rabbit into the earth (unconscious), her dream forced her to live in an over-amplified world that was beyond time and rational.

*"But I don't want to go among mad people," Alice remarked.*

*"Oh, you can't help that," said the Cat: "we're all mad here. I'm mad. You're mad."*

*"How do you know I'm mad?" said Alice.*

*"You must be," said the Cat, "or you wouldn't have come here."*

—Carroll, L. *Alice's Adventures in Wonderland*

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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.*