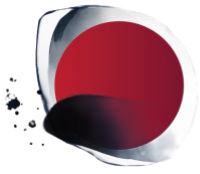


Illness



Illness is the most heeded of doctors.

“Every part of life is a fertile field for practice. Rachel Naomi Remen, a physician and healer, speaks of sickness as a gateway, an invitation to deepen our soul’s connection with life.



She says the goal of illness is to bring us back to what is important to us, to wake us up. The point of spiritual practice is not to wait for illness or death to awaken us, but to draw on the life and health we have now to bring peace to our body, heart, and mind.

And if we don't not have the courage to enter our body full, then life itself may simply insist. As Marcel Proust reminds us:

*'Illness is the most heeded of doctors.
To goodness and wisdom, we make only promises;
pain we obey.'*

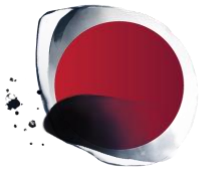
— Kornfield, 2000, p. p.187

“One rabbi who worked ceaselessly for many years as a teacher and scholar found himself overworked and became seriously ill. Over the year of his recovery, he prayed for the blessing of a new life, and vowed to dedicate his prayers to the holiness in the body.

‘At first it was not easy. I had ignored my body for so long. But I realized the body is an essential way of being in contact with God. This is what we are given. I began to pray each morning that I might experience the God-given senses of each moment. I had a regimen of physical exercise and movement, but that was not what made the difference – it was the intention each morning to be alive, present, with the energy of the universe through my body. That was my prayer, and over the months my body changed; through this intention my life changed and became more beautiful and blessed.’

—Kornfield, 2000, p. 187-188

Reference



DR. TIMOTHY DUKES

DrTimothyDukes.com | Sanctuary | Theory | Illness | 20240220

Kornfield, J. (2000). *After the ecstasy, the laundry: How the heart grows wise on the spiritual path*. New York: Bantam.

Image (search “Illness”) courtesy of: [Adrian Swancar @a d s w](#)

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.