

MAKING MEMORIES MOVING FORWARD



Our 1890's Queen Anne Victorian stood tall against the morning light. This was the day to say goodbye to a home that housed a thousand memories. As I approached the door, I turned the knob just so, just so that the key would round the lock and the thick, oak door would ease its way open. The smell of the house enveloped me, and I breathed in its polished wood and once burned embers that still held court in the tiled fireplace. Light poured in through the windows on the second-floor landing, and I could almost hear the stampede of feet running up and down the wide, wooden staircase. Although the sound of children had long since gone, their handprints still stained the ceiling where they would often slap before leaping to the floor.



It was daunting to think of emptying a place called home. It wasn't just the furniture, the artwork, the pots and pans; it was the unraveling of times gone by. As boxes mounted and rugs were rolled, what was once so intricate a tapestry, became just objects to store or move or to get rid of. Free of projection, removed from context, my dad's dresser became a great piece for the group home, our farm table became a hot Craigslist item, and the letting go became liberating.

Memories are made, remembered, and made again stringing together the many days of our lives. Activated by our senses, we can always go back: the smell of a cook fire, the fragrance of a rose, the way the sun hits the water, the sound of the foghorn in the night.

Freedom comes at a price; it always has. Letting go took time; it took the release of years saved for some future date; it took surrender; it took the relinquishing of an ideology that was no longer supportive. However, in the goodbye came a quiet hello. Hello to choice, the choice to choose consciously those objects that carry light and speak gently to the heart; the choice to say hello to a new dawn unconditioned by the past. Hello and welcome.

— S. Dukes

Image courtesy of: Timothy Dukes, April 26, 2003

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.