

Quotes 2023

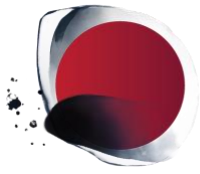


Reflect

Virginia Woolf // "I need solitude. I need space. I need air. I need the empty fields round me; and my legs pounding along roads; and sleep...animal existence."

[@HsnRgb](#), is an interdisciplinary designer who has worked in architectural practice for many years. When Midjourney launched the artificial intelligence program, he became an Ai architect, but instead of building gorgeous and creative models and images, he believed that people should withdraw from this frenzy of the times and look for the true connotation of self-worth, aesthetics, and pursuit.

In his view, although Ai art can enhance people's means of expression and creativity, at the



same time, there are potential risks that are difficult for humans to control. If people only passively use new technologies to create, then the civilization and art of the past are likely to gradually disappear in the digital mode.

Therefore, he is committed to integrating the known cultural heritage into a new field, promoting the interaction and fusion of the real and the virtual.

Each day we wake up with the power to change our destiny. Harness that inner electricity and take control over your happiness, strength, and health. Just BREATHE ⚡ iceman_hof

Carl Jung // "No matter how isolated you are and how lonely you feel, if you do your work truly and conscientiously, unknown friends will come and seek you."

After receiving these teachings, it is now up to you to sew them into the fabric of your life so that they become integrated into all your thoughts, words, and actions.

~Dilgo Khyentse Rinpoche. ~Lama Surya Das

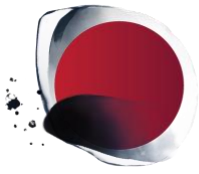
Nowness-awareness is freedom and the ultimate therapy. When one is totally in the incandescent now, aware and awake—there simply is no past to bind or future to distract us. ~Lama Surya Das

Henry Miller // "The aim of life is to live, and to live means to be aware...joyously, drunkenly, serenely, divinely aware. In this state of god-like awareness one sings; in this realm the world exists as poem."

[lamasuryadasusa](#)

“Nothing comes from outside your mind. Usually we think of our mind as receiving impressions and experiences from outside, but that is not a true understanding of our mind. The true understanding is that the mind includes everything; when you think something comes from outside it means only that something appears in your mind. Nothing outside yourself can cause any trouble. You yourself make the waves in your mind. If you leave your mind as it is, it will become calm. This mind is called big mind.” ~Lama Surya Das

It is not the mountains ahead to climb that wear you out; it is the pebble in your shoe. —



@MuhammadAli

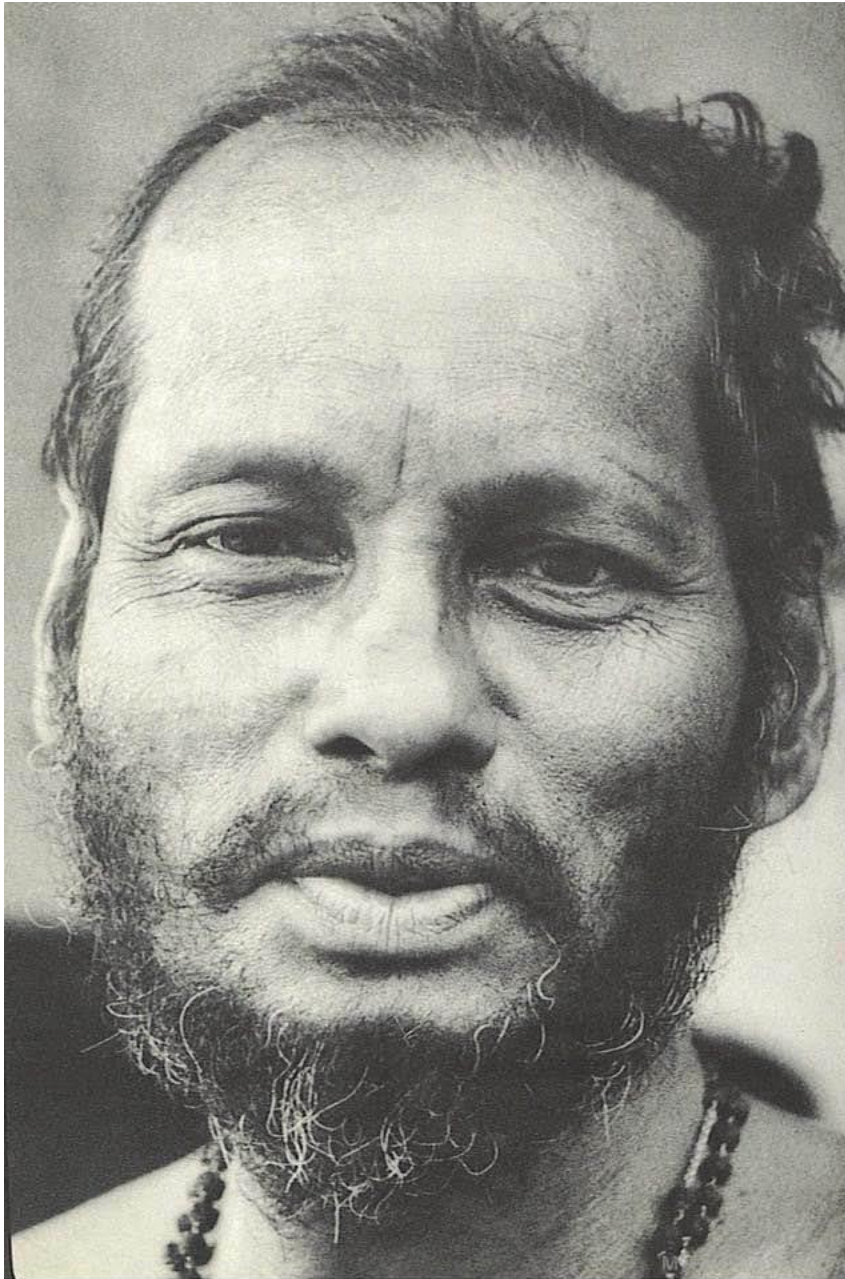
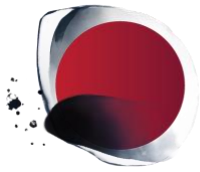
Henry Miller // "I do not believe in words, no matter if strung together by the most skillful man: I **believe in language**, which is something beyond words, something which words give only an adequate illusion of... Talk is only a pretext for other, subtler forms of communication... If two people are intent upon communicating with one another it doesn't matter in the least how bewildering the talk becomes. People who insist upon clarity and logic often fail in making themselves understood. They are always searching for a more perfect transmitter, deluded by the supposition that the mind is the only instrument for the exchange of thought. When one really begins to talk one delivers himself. Words are thrown about recklessly, not counted like pennies. One doesn't care about grammatical or factual errors, contradictions, lies and so on. One talks. If you are talking to some one who knows how to listen he understands perfectly, even though the words make no sense."

John Muir // "The body seems to feel beauty when exposed to it as it feels the campfire or sunshine, entering not by the eyes alone, but equally through all one's flesh like radiant heat."

Anthony Bourdain // "Maybe that's enlightenment enough: to know that there is no final resting place of the mind; no moment of smug clarity. Perhaps wisdom...is realizing how small I am, and unwise, and how far I have yet to go."

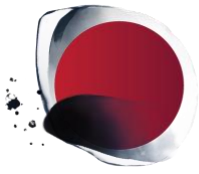
Virginia Woolf // "Style is a very simple matter: it is all rhythm. Once you get that, you can't use the wrong words. But on the other hand here am I sitting after half the morning, crammed with ideas, and visions, and so on, and can't dislodge them, for lack of the right rhythm... What rhythm is...goes far deeper than words. A sight, an emotion, creates this wave in the mind, long before it makes words to fit it."

"Through intense deep meditation you reach a state that is beyond thought, beyond change, beyond imagination, beyond differences and duality. Once you can stay in that state for a while and come out of it without losing any of it, then the inner divine love will begin to pour through you. You will not see people as different, separate individuals. You will see your own Self in everyone around you. Then the flow of love from within you will be constant and unbroken." - Baba Muktananda



[lamasuryadasusa](#)

What did that funny Korean Zen Master Seung Sahn always used to say?:
“Only straight ahead, ten thousand years!”



[__nitch](#)

Charles Bukowski // "My life has hardly been pretty...the hospitals, the jails, the jobs, the women, the drinking. Some of my critics claim that I have deliberately inflicted myself with pain. I wish that some of my critics had been along with me for the journey. It's true that I haven't always chosen easy situations but that's a hell of a long ways from saying that I leaped into the oven and locked the door. Hangover, the electric needle, bad booze, bad women, madness in small rooms, starvation in the land of plenty, god knows how I got so ugly, I guess it just comes from being slugged and slugged again and again, and not going down, still trying to think, to feel, still trying to put the butterfly back together again...it's written a map on my face that nobody would ever want to hang on their wall. Sometimes I'll see myself somewhere...suddenly...say in a large mirror in a supermarket...eyes like little mean bugs...face scarred, twisted, yes, I look insane, demented, what a mess...spilled vomit of skin...yet, when I see the 'handsome' men I think, my god my god, I'm glad I'm not them."

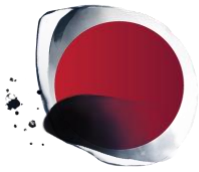
Sylvia Plath // "Remember, remember, this is now, and now, and now. Live it, feel it, cling to it. I want to become acutely aware of all I've taken for granted."

[__nitch](#)

Björk // "I'm not trying to repeat the sagas. I make my own stories and I'm very obsessed with not being nostalgic, because I think that 90 percent of the world is too nostalgic. They don't have the courage to face the present and make stories that are relevant today, about life today... I want people to do more of that."

Kurt Vonnegut // "I've often thought there ought to be a manual to hand to little kids, telling them what kind of planet they're on, why they don't fall off it, how much time they've probably got here... I didn't learn until I was in college about all the other cultures, and I should have learned that in the first grade. A first grader should understand that his or her culture isn't a rational invention; that there are thousands of other cultures and they all work pretty well; that all cultures function on faith rather than truth; that there are lots of alternatives to our own society... It means we don't have to continue this way if we don't like it."

Werner Herzog // "Always take the initiative. There is nothing wrong with spending a night in jail if it means getting the shot you need. Send out all your dogs and one might return with



prey. Never wallow in your troubles; despair must be kept private and brief. Learn to live with your mistakes. Expand your knowledge and understanding of music and literature, old and modern. That roll of unexposed celluloid you have in your hand might be the last in existence, so do something impressive with it. There is never an excuse not to finish a film. Carry bolt cutters everywhere. Thwart institutional cowardice. Ask for forgiveness, not permission. Take your fate into your own hands. Learn to read the inner essence of a landscape. Ignite the fire within and explore unknown territory. Walk straight ahead, never detour. Manoeuvre and mislead, but always deliver. Don't be fearful of rejection. Develop your own voice. Day one is the point of no return. A badge of honor is to fail a film theory class. Chance is the lifeblood of cinema. Guerrilla tactics are best. Take revenge if need be. Get used to the bear behind you."

from Albert Einstein

"I didn't arrive at my understanding of the fundamental laws of the universe through my rational mind."

"Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. Matter is spirit reduced to point of visibility. There is no matter."

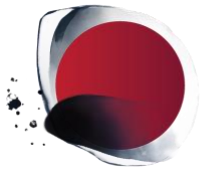
"Time and space are not conditions in which we live, but modes by which we think. Physical concepts are free creations of the human mind, and are not, however it may seem, determined by the external world."

"Time does not exist – we invented it. Time is what the clock says. The distinction between the past, present and future is only a stubbornly persistent illusion."

"I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me."

"The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, the solution comes to you and you don't know how or why."

"A human being experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to



us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"Our separation from each other is an optical illusion."

"When something vibrates, the electrons of the entire universe resonate with it. Everything is connected. The greatest tragedy of human existence is the illusion of separateness."

"Reality is merely an illusion, albeit a very persistent one."

"We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music."

"When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been aligned first with their spiritual nature and only then with their physical selves."

"The true value of a human being can be found in the degree to which he has attained liberation from the self."

"The ancients knew something, which we seem to have forgotten."

"The more I learn of physics, the more I am drawn to metaphysics."

"One thing I have learned in a long life: that all our science, measured against reality, is primitive and childlike. We still do not know one thousandth of one percent of what nature has revealed to us. It is entirely possible that behind the perception of our senses, worlds are hidden of which we are unaware."

"I'm not an atheist. The problem involved is too vast for our limited minds. We are in the position of a little child entering a huge library filled with books in many languages. The child knows someone must have written those books."

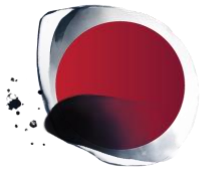
"The common idea that I am an atheist is based on a big mistake. Anyone who interprets my scientific theories this way, did not understand them."

"Everything is determined, every beginning and ending, by forces over which we have no control. It is determined for the insect, as well as for the star. Human beings, vegetables, or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible piper."

"The religion of the future will be a cosmic religion. It will transcend a personal God and avoid dogma and theology."

"Energy cannot be created or destroyed, it can only be changed from one form to another."

"Everything is energy and that is all there is to it. Match the frequency of the reality you want and you can not help but get that reality. It can be no other way. This is not philosophy. This is physics."



"I am happy because I want nothing from anyone. I do not care about money. Decorations, titles or distinctions mean nothing to me. I do not crave praise. I claim credit for nothing. A happy man is too satisfied with the present to dwell too much on the future."

Simone Weil // "Attention is the rarest and purest form of generosity."

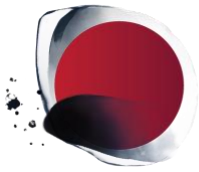
Leonard Cohen // "You've got to be serious about what you do. And you've got to understand the price you pay for frivolity or just for greed...it's a very high price, especially if you're involved in this sacred material, which is **about the human heart and human desire and human tragedy**. If there isn't some element of seriousness in the training of the artist or in the atmosphere that surrounds the enterprise, then this shabbiness grows and eventually overwhelms it. I think that's what we're in now."

"What if growth means that you step away from the powerful platforms and go deeper into the quieter things? That's a risk, but it's one we needed to take."

Krista Tippett, <https://www.instagram.com/p/CfpHaq4h-C3/>

Tennessee Williams // "It is the pursuit of beauty in things and people that is the journey...the real journey. I was happiest when I sought beauty in words and music and images. I was happiest in movies or in the middle of a symphony...whatever allowed the mind to ponder all that was possible and glorious. The world, I suppose, is the result of actions taken by people possessed of an image or an idea, and the world I care most about is constructed from those images that reminded someone of the beauty and the nobility of people... I'm back on the job of looking for this beauty, and nothing is safe from my eyes and my ears. I want to find and host the beauty of the world."

[lamasuryadasusa](#) To prepare for the bardo state, it is very important to always keep in mind that, "Whatever I experience right now, whatever happens, is unreal, illusory." Such training will make it much easier to remember in the bardo states. The most crucial point, however, is to resolve on and rest in the state of rigpa, the nature of mind. Whether the world turns upside down or inside out, it does not matter: just lean back and rest in rigpa. We do not have to pigeon hole every single little experience that takes place as such-and-such, because there is no end to the ideas that dualistic mind can create. It is not at all necessary



to categorize. It is more important to simply resolve to recognize rigpa no matter what occurs.

John Cassavetes // "These days, everybody is supposed to be so intelligent: 'Did you hear about the earthquake in Peru?' And you're supposed to have all the answers. But when it gets down to the nitty-gritty, like, 'What is bugging you...why can't you make it with your wife? Why do you lie awake all night staring at the ceiling? Why, why, why do you refuse to recognize you have problems and deal with them?' The answer is that people have forgotten how to relate or respond. In this day of mass communications and instant communications, there is no communication between people. Instead it's long-winded stories or hostile bits, or laughter. But nobody's really laughing. It's more a hysterical, joyless kind of sound. Translation: 'I am here and I don't know why.'"

Henry Miller // "Some day I am going to own a few feet of earth somewhere and put a house over it. Just one big room will do, with a stove and a basin of water, a huge desk, a bookcase and an easel. Then life can go rolling by, and what floats in through my door will be sufficient for me."

Hermann Hesse // "My story isn't pleasant, it's not sweet and harmonious like the invented stories; it tastes of folly and bewilderment, of madness and dream, like the life of all people who no longer want to lie to themselves."

How you do anything is how you do everything.

Term: Multi Threading

Harmonic Interactions, mirroring of one another's emotions.

"We don't get to control what happens, but we do get to turn what happens into something of value and beauty." -Oscars

read - **To speak for the trees**, Diana Beresford Kroeger

When one thing ends, something else begins.



“In some mystical way, Garbo was able to transcend the stillness of a pose—even the stillness of a photograph—and keep moving within it. You seem to be watching an inner drama unfold, like a flower opening under your eyes so slowly that you can never detect the change.” - Imogen Sara Smith on Greta Garbo's portraits

I truly hope this finds you well, that your family is healthy and happy and that you are finding a lot of joy in each day.

Manikarnika Ghat

William S. Burroughs // "Build a good name. Keep your name clean. Don't make compromises, don't worry about making a bunch of money or being successful...be concerned with doing good work and make the right choices and protect your work. And if you build a good name, eventually, that name will be its own currency."

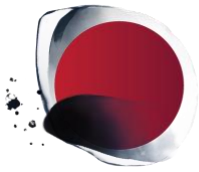
Living Through the Unthinkable: The heart of 9 ordinary people – the soul of their extraordinary times

We will get to the outcome which is important., however the process that got you there is more important.

Difference between being tolerant and accepting.

Carl Jung // "At present we educate people only up to the point where they can earn a living and marry; then education ceases altogether, as though a complete mental outfit has been acquired. The solution of all the remaining complicated problems of life is left to the discretion, and ignorance, of the individual. Innumerable ill-advised and unhappy marriages, innumerable professional disappointments, are due solely to this lack of adult education. Vast numbers of men and women thus spend their entire lives in complete ignorance of the most important things...The adult is educable, and can respond gratefully to the art of individual education..."

"A student once asked anthropologist Margaret Mead what she considered the first sign of civilization in a culture. The student expected the anthropologist to talk about hooks, clay



bowls or sharpening stones, but no. Mead said that the first sign of civilization in an ancient culture is evidence of a person with a broken and healed femur. Mead explained that in the rest of the animal kingdom, if you break your leg, you die. You can't run away from danger, go to the river to drink water, or hunt for food. You become fresh meat for predators. No animal survives a broken leg long enough for the bone to heal. A broken femur that has healed is proof that someone took the time to stay with the one who fell, healed the wound, brought the person to safety, and took care of them until they recovered. "Helping someone go through difficulties is the starting point of civilization," Mead explained. Civilization is a community aid."

Point in time information:

- Is always in the past.

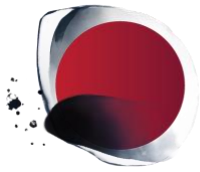
'Beauty of style and harmony, grace and good rhythm depend on simplicity' - Plato.

Joan Didion // "We flatter ourselves by thinking this compulsion to please others an attractive trait: a gift for imaginative empathy, evidence of our willingness to give...we play roles doomed to failure before they are begun, each defeat generating fresh despair at the necessity of divining and meeting the next demand made upon us... To free us from the expectations of others, to give us back to ourselves...there lies the great singular power of self-respect."

Bruce Lee // "In order to control myself, I must first accept myself, by going with and not against my nature."

Triggers for Group Flow (Directly quoted from the book)

1. Serious Concentration
2. Shared, clear goals.
3. Good Communication
4. Equal participation
5. An element of risk, mental, social, physical, etc.



6. Familiarity: Common language, shared knowledge base, and a communication style based on unspoken understanding
7. Blended egos, no one is hogging the spotlight, and everyone is thoroughly involved.
8. Close listening: when we're fully engaged in the here and now. "Real-Time, unplanned responses to the dialogue as it unfolds."
9. Always say yes: interactions are additive verses argumentative.

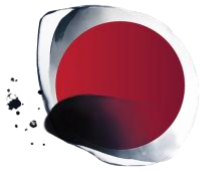
*Kotler, Steven. The Rise of Superman: Decoding the Science of Ultimate Human Performance. New Harvest. Kindle Edition.

Virginia Woolf // "Style is a very simple matter: it is all rhythm. Once you get that, you can't use the wrong words. But on the other hand, here am I sitting after half the morning, crammed with ideas, and visions, and so on, and can't dislodge them, for lack of the right rhythm... What rhythm is...goes far deeper than words. A sight, an emotion, creates this wave in the mind, long before it makes words to fit it."

[publicdomainrev](#) "When I look back and think how much time has been wasted in vain, how much time lost in delusions, in errors, in idleness, in ignorance of how to live, how I did not value time, how often I sinned against myself — my heart bleeds. Life is a gift, life is happiness, each minute might have been an age of it. Youth is wasted on the young! Now, I am being reborn into a new form."
—Today is the 200th anniversary of Fyodor Dostoevsky's birth.

Charlie Chaplin // "There's something just as inevitable as death. And that's life. Think of the power of the universe...turning the Earth, growing trees. That's the same power within you...if you'll only have the courage and the will to use it."

Timothy Leary // "Individual societies begin in harmonious adaptation to the environment and, like individuals, quickly get trapped into nonadaptive, artificial, repetitive sequences. When the individual's behavior and consciousness get hooked to a routine sequence of external actions, he is a dead robot, and it is time for him to die and be reborn."



Jung // "I always worked with the conviction that...there are no insoluble problems, and experience has so far justified me...I have often seen individuals who simply outgrew a problem which had destroyed others. This 'outgrowing'...revealed itself on further experience to be the raising of the level of consciousness. Some higher or wider interest arose on the person's horizon, and through this widening of his view, the insoluble problem lost its urgency. It was not solved logically on its own terms, but faded out in contrast to a new and stronger life-tendency. It was not repressed and made unconscious, but merely appeared in a different light, and so became different itself. What, on a lower level, had led to the wildest conflicts and to emotions full of panic, viewed from the higher level of the personality, now seemed like a storm in the valley seen from a high mountain top. This does not mean that the thunderstorm is robbed of its reality; it means that, instead of being in it, one is now above it."

"Resign yourself to the influences of the earth." — Richard Powers

Frida Kahlo // "I wish I could do whatever I liked behind the curtain of 'madness.' Then: I'd arrange flowers, all day long, I'd paint; pain, love, and tenderness, I would laugh as much as I feel like...they would all say: 'Poor thing, she's crazy!' ...I would build my own world, which while I lived, would be in agreement with all the worlds... My madness would not be an escape from 'reality.'"

Image courtesy of: [Christian @axcreativeagency](#)

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.