

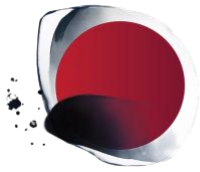
## Always Present

*That which you are going to become is always present.*



### Practice

As you sit quietly. . . and rest into this moment. . . gain a sense of who you are. Who is sitting here? Note the feeling of the body. . . note the tensions. . . the breath. . . and relax.



Now gain a felt sense of who this is. . . sitting here. Release any mental concepts or images and allow a feeling/seeing sense of who this is. Allow a cloud made up of millions of pixels, pinpoints of emotion, image, sensation and feeling.

And ask, "Who is this that I am going to become?" Allow yourself to emerge. Accept this unfolding, just as it is, without modifications. Spend time with this being. Become better acquainted now.

## Closure

When you are finished, with a silent voice and heartfelt attitude give thanks and blessings to this experience.

*Image courtesy of:* [I.am\\_nah@i\\_am\\_nah](mailto:I.am_nah@i_am_nah)

*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.*