



As Long as We Are Alive



We live in a world of choice.

"To love our child deeply, we have to make a long-term commitment and help him or her through the journey of life as long as we are alive." — Nhat Hanh, 1992



As a father, one of the most amazing and ultimately beautiful realizations you will have is the understanding that once you are committed, there is no way out. Up to the point of becoming a father, I, like many men I suspect, always had an exit strategy. We could help a friend move because it wasn't going to take more than an afternoon. We could commit to our girlfriend because "who knows how long it will last." We could undertake a job because it was certainly not going to last forever. Decisions in life landed on a ground that was heavily fertilized with denial and ignorance, so whatever we told ourselves was likely to be believable. We lived in a world of choice and change, and we were most likely at the center of this world. Even marriage and a committed relationship came with a back door. Not so with a child.

Image courtesy of: [Jon Tyson](#) [@jontyson](#)

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.