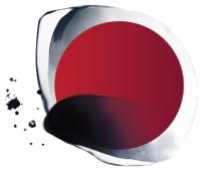


As You Proceed Through Life



Having a sense of humor saves you.

“The first step to the knowledge of the wonder and mystery of life is the recognition of the monstrous nature of the earthly human realm as well as its glory, the realization that this is just how it is and that it cannot and will not be changed. Those who think they know how the universe could have been had they created it, without pain, without sorrow, without time, without death, are unfit for illumination.



DR. TIMOTHY DUKES

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As you proceed through life, following your own path, birds will shit on you. Don't bother to brush it off. Getting a comedic view of your situation gives you spiritual distance. Having a sense of humor saves you.

Gods Suppressed become devils, and often it is these devils whom we first encounter when we turn inward.”

~Joseph Campbell

Image courtesy of: [Damian Patkowski](#) [@damianpatkowski](#)

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.