



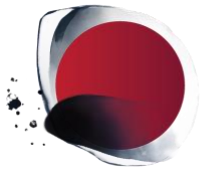
## Reflect

*Life is like playing a violin solo in public and learning the instrument as one goes on.*  
—Samuel Butler

These teaching tales are a collection of stories, some personal, some gathered, others found along the way. They are here for your enjoyment. Read them, take them gently into your body of awareness with as little expectation as possible. **Allow them to reveal their truths**, their guidance, their wisdom. Hold them as you would a candle which lights your way as your journey continues to unfold.

## [Introductory Video](#)





Rainer Maria Rilke

“Have patience with everything unresolved in your heart  
and try to love the questions themselves. . .  
Don’t search for the answers,  
which could not be given to you now,  
because you would not be able to live them.  
And the point is, to live everything.  
Live the questions now.  
Perhaps then, someday far in the future,  
you will gradually, without even noticing it,  
live your way into the answer.”

-Roberts, Elizabeth and Elias Amidon. (Editors). *Life prayers: From around the world*. San Francisco: Harper. (p. 217)

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*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.*