



## Introductory Video



## Butterfly's Cocoon

"I recalled one dawn when I had chanced upon a butterfly's cocoon in a pine tree at the very moment when the husk was breaking, and the inner soul was preparing to emerge. I kept waiting and waiting; **it was slow, and I was in a hurry.** Leaning over it, I began to warm it with my breath. I kept warming it impatiently until the miracle commenced to unfold before my eyes at an unnatural speed. The husk opened completely; the butterfly came out. But never shall I forget my horror: its wings remained curled inward, not unfolded. The



whole of its minuscule body shook as it struggled to spread the wings outward. But it could not. As for me, I struggled to aid it with my breath. In vain. What it needed was to ripen and unfold patiently in sunlight. Now it was too late. My breath had forced the butterfly to emerge ahead of time, crumpled and premature. It came out undeveloped, shook desperately, and soon died in my palm.”

## Reference

Kazantzakis, Nikos. *Zorba the Greek*. (1952). Simon & Schuster. (Newly translated by Peter Bien)

## Please reflect on any one of the following questions:

1. What significant event comes to mind in your passage from boy/girl to manhood/womanhood?
2. Who was there for you as you made this transition?
3. Did you have a mentor?
4. Can you remember the moment that you knew something of importance was being passed on to you?
5. How have you utilized that information in your life?
6. Do you have your own Code of Honor?
7. What key words would describe your Code?
8. Do you feel that you have lived up to your Code?
9. Was there a significant event that either challenged your relationship to your Code or strengthened it?
10. How do you practice staying true to your Code?
11. Do you have a sacred place where you can go to heal?
12. How have you passed on your years of cultivated wisdom and awareness to the next generation?
13. As an Elder, how have you helped your tribe survive?

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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.*