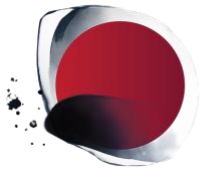


## The Truth About Monsters



The truth is this:  
every monster  
you have met  
or will ever meet  
was once a human being  
with a soul  
that was as soft  
and light  
as silk



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Someone stole  
that silk from their soul  
and turned them  
into this

So when you see  
a monster next  
always remember  
do not fear  
the thing before you  
fear the thing  
that created it  
instead.

-NIKITA GILL

Image courtesy of: [Yaopey Yong](#) [yaopey](#)

*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.*