



## You Are Welcome



Thank you.

“I shall leave life just as I've left the table thousands of times. I'll have heard a noise at the door that interrupts the feast; I'll recognize it. I don't know if it will be a bell, or a voice, or a gust of wind. But I know that I'll understand it.

For a moment I'll have to look back. Before following the burst of sound, I'll have to look for my host, smile at him, be courteous, not leaving before I've thanked him.

In turn, have I been a good guest? Did I pay for having been here, both night and day, with



some swift words, some happy notes, some conversation? Did I keep up my end of the conversation? Maybe now I can pay for it all in one fell swoop. Quickly passing, there is a moment in which voice is worth a whole life.

Thank whom though? Where is my host? Who invited me here? I see only strangers, like myself, around the table, only diners who will return home this evening. The master's place is empty. Whom then shall I give this moment of dense equivalence to?

The last look is over. Nevermore will I be able to say "thank you." Thank you for this or that, for this miracle, for the turbulent sea and the fuzzy horizon, for the clouds, the river and fire, thanks for heat, fire, and flames, thanks for winds and sounds, for the pen and the violin, thanks for the enormous meal of language, thanks for love and suffering, for sadness and for femininity...no I'm not done yet; I'm just beginning to remember who must be thanked; I've barely begun my hymn of thanks and my turn is over.

I am the lightening bolt, the wind, the noise. Blinded, blown away, deafened. I've barely begun, tearfully, to say "thank you," the equivalent of grace.

'You're welcome,' says the noise or the wind or the sound from behind the door. You're welcome and be my guest, you're welcome."

— Michel Serres

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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.*