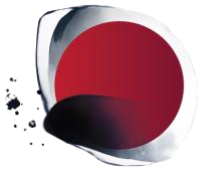


## Introductory Video



## INQUIRE

“When we become masterful at telling a story and influencing people to believe our story, we simultaneously become responsible for the oversimplifications we promote. It is a big responsibility to be influential.” — Simmons, Annette. *The Story Factor*



When we write and analyze our experience, we are taking incremental steps to reveal ourselves, our perspective, our experience, our teaching. What follows are **essential reflections that are the result of an attempt to listen deeply to what is trying to reveal itself.** I hope they help reveal, inspire, and support the reader's individual quest or journey.

## CULTIVATE NAGATIVE CAPABILITY

“The willingness to embrace uncertainty, live with mystery, and make peace with ambiguity.”

## LOVE THE QUESTIONS

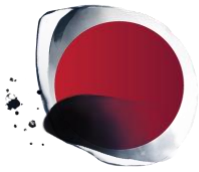
“Love the questions themselves, as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.”

— Rainer Maria Rilke

## Feedback

*Tim,  
Thank you for introducing me to your Sanctuary. Some reflections.  
First off, I just love the notion of it. What a nourishing offering. And it's beautiful.*

*Your love of transformation and practice in addition to your ability and desire to write with so much care and specificity...is infectious. I can really feel your care and passion in it. Your love of being on path is infectious. And when I surrender to that, then the Sanctuary opens. The stories, the quotes, the practices. So rich. An interactive memoir.*



*I notice when I wonder about who the audience is or how your clients might access it or what is the organizing principle for following along, then I feel a bit overwhelmed. So, I just let that go and let myself move however I want to move and find the jewels that I find. And there are so many. Is it evolving into what you want? Or are you letting this be an emergent process?*

Warmly, Ben

Hello Ben,

Thank you so much for your heart-felt and generous words. I love the concept of an interactive memoir. In one way that is just what the Sanctuary reveals. In another, it seems to be an evolving ecosystem, a ceremonial context, which invites the reader's involvement with their own journey. I love how you described that you just let go and essentially meander. I designed the site to encourage giving the literal mind a rest and allowing the play of intuition to prevail.

Most of what is currently on the site is drawn from years of resource materials I shared with clients. There is quite a bit more coming. As it unfolds, I also can experience moments where I am lost, given the volume of material, only to be reconnected with myself through what wants my attention as it reveals itself. It does seem to have a life of its own and it persists in being beautiful to me.

With appreciation,  
Tim

*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, your family, organizations, culture, society, and the Earth itself.*