



Alignment



A world of miracles one is about to discover or to lose.

How do we bring ourselves into alignment? We all have heard of many helpful techniques for this. It is morning and many of us are tired, not quite prepared for the day and things seem out of focus. I assume if you are reading this you have some sort of spiritual practice so, on those days when you have the time and determination to meditate, sit, do yoga, walk, write, read, or run you may feel pretty together.

However, there have got to be other days, if you are like me, that you don't "practice," and even if you do you may still feel not-quite-together. What do you do? How do you proceed with that day?



This is not about tomorrow or when we have more time, but now. I am curious to find out, from you, how do you enter this day? Can you write to me and tell me?

Sometimes a quote from my research is enough to pull me together:

"My grandfather was different: he was old, smiling, gentle and in a constant state of love with me . . . he knew that the world of the very young and of the very old is essentially the same, namely a world of miracles one is about to discover or to lose."

— Muller, 2005, p. 103.

Reference

Muller, Robert. (2005). *Most of all they taught me happiness*. Los Angeles CA: Amare Media.

Image (search "Alignment") courtesy of: [Dave Hoefler](#) [@iamthedave](#)

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.