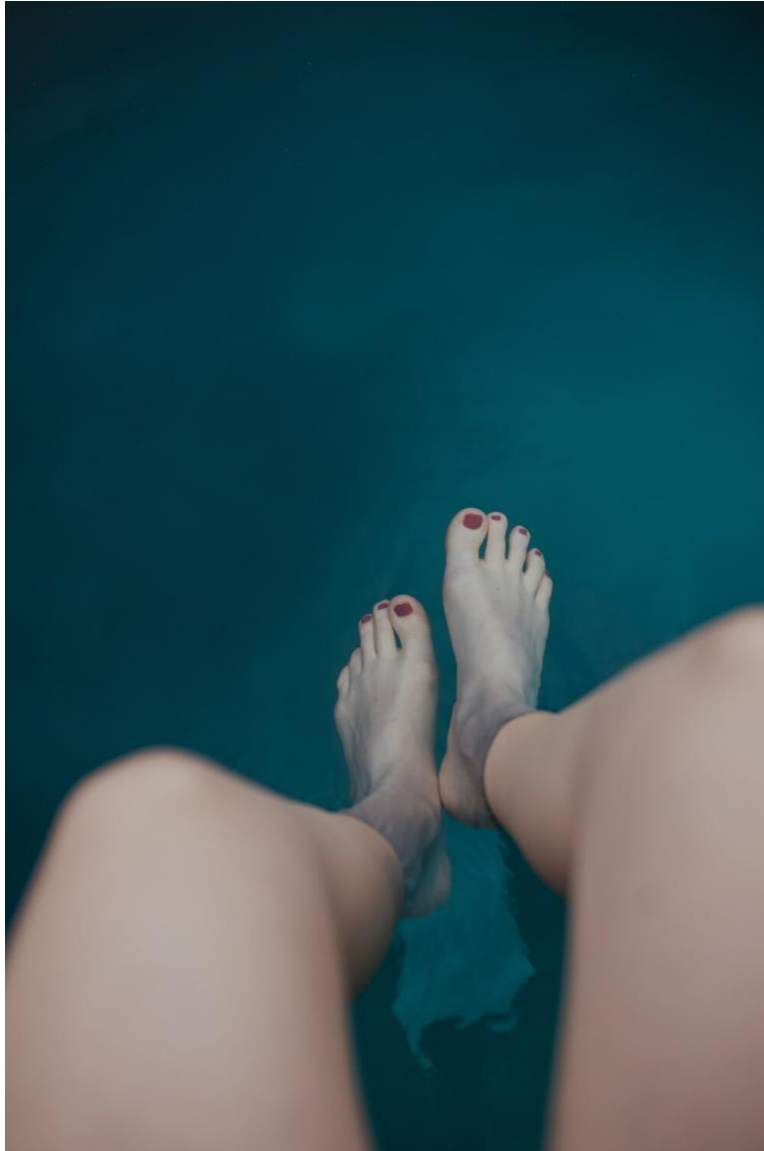


DR. TIMOTHY DUKES

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## Betwixt and Between



Where our dreams give voice to our soul.



Take a moment to close your eyes and take three breaths. Simply get a sense of yourself as you breathe in and out. Gently let your eyelids fall and allow the sensation of breathing to prevail. Relax.

Imagine that you are sitting at the edge of a deep pool, feet in the water, pants or skirt hiked up. Feel the warmth or the coolness of the water on your bare skin. Wiggle your toes in the current. Notice your seat against the edging of the pool; feel the air against your skin.

*And, relax.*

As you are now fully placed in this dream-state become aware that there are fish swimming below. Some are beautifully colored and move gracefully within their school.

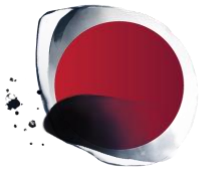
There are several large sharks slowly circling in the shadows, neither retreating nor moving forward. Manage any considerations you may have about having your feet share the same water as these creatures. Notice the sensations that are predominant in your body and relax into them.

Realize that you cannot know what will happen next. Shift your awareness by simply feeling what it is like to be here, seated betwixt and between and manage the impulses that may try to dislocate you from this position.

Open to this in-between space and receive what is here waiting. Allow the images, memories, and feelings to find you and observe.

**It is in the “betwixt and between” that our conscious mind gives way to the unconscious and our dreams give voice to our soul.**

Image courtesy of: [Deborah Diem](#) [@debidiemski](#)



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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.*