



Burning the Candle at Both Ends



I do not want your advice.

The man is seeing a healer because he is so exhausted.

After several sessions the healer says,

“It may be a good idea to take some steps.

to make some changes in your life.

For example,

more sleep, better nutrition, water, and exercise.

Maybe consider a nap during the day.”



DR. TIMOTHY DUKES

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The man replied, “I know that and more about what you are saying.

I am not actually here for advice,

your deep insight

or wisdom,

I’m here for more wax.”

Image courtesy of: [Jarl Schmidt](#) [@jarl_schmidt](#)

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.