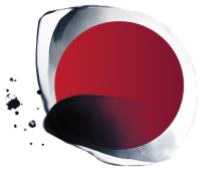


Courage to Reveal



Do not stand idly by.

Do you have the courage to risk the responsibility of your own decisions and to open to what you know to be true?



As I have aged, I find that in all situations, if we listen, we know what is true. Don't we know what we need to do in our relationships, for example, but will often confuse the issue so that we don't take the necessary steps because of a refusal to feel what we must feel to address this truth?

I think there is a perfection in the way we engage in our relationships with a geometry that is readily discernable. However, if we refuse to feel and hold our ground, over time we become rigid as life around us continues to grow. We feel lost, not because we have lost our way, but because we have failed to act and consequently lose perspective.

*Our rigidity places us as an object
in the very world
that could be our playground.*

And we stand idly by and observe our gradual obsolescence. . .

Questions

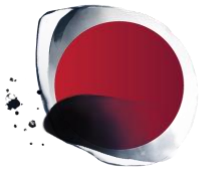
- What will you do instead?
- How will you incorporate this understanding into your daily practice?

From "Anonymous" seeking guidance:

"I am interested in what is elusive. Those experiences words fall short of explaining. My strongest desire is to see my true self. I don't know what that means. I engulf myself with mysticism, follow a path seeking understanding, inevitably not find it, then return to normal existence.

I'm interested in Zen. "The truth that lies in our inner most being." but I feel lost in how to attain the truth. I was once told that it is when we are lost that God reveals itself and we find we were never truly lost.

I find this to be true:



“When looking for the truth; when you think you have caught a glimpse of it, it is no more; from afar it looks so approachable, but as soon as you come near it you see it even further away from you than before.”

Not many people around me are interested in this truth, busy with the hustle and bustle of the world. More and more, I seek this truth, but feel discouraged in ever finding it.

Image (search “Courage”) courtesy of: [Sammie Chaffin](#) [@sammiechaffin](#)

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.