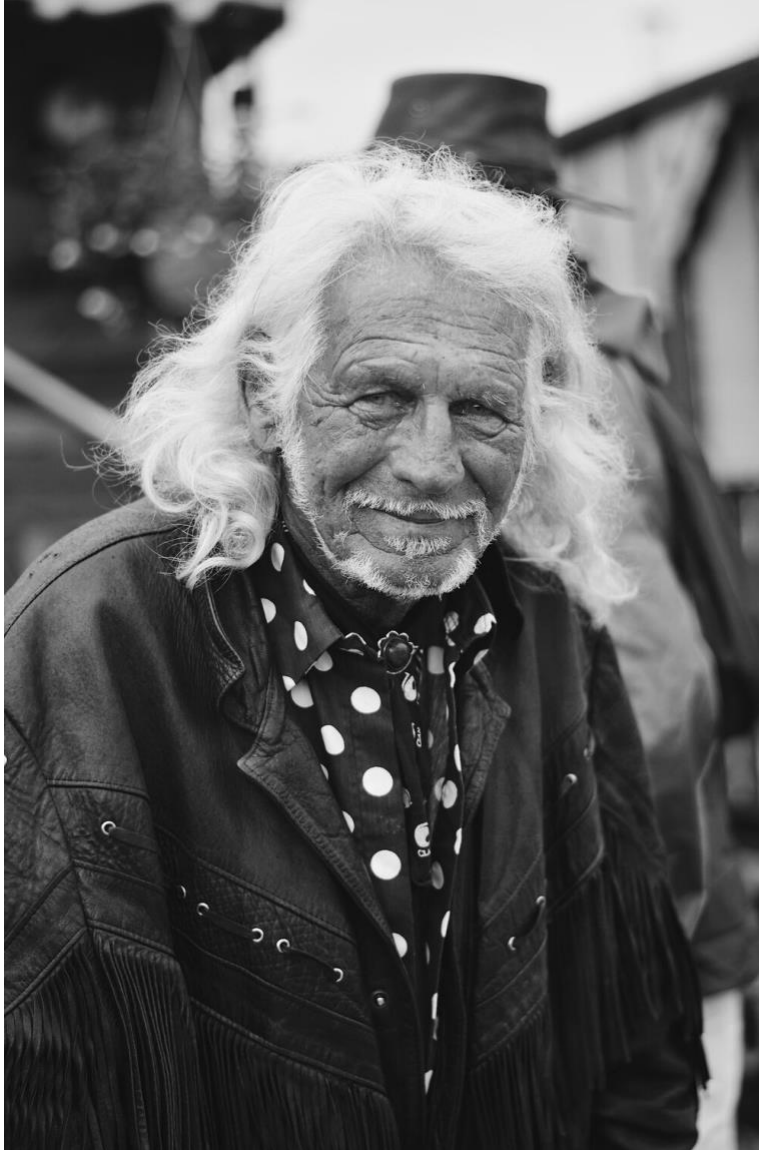


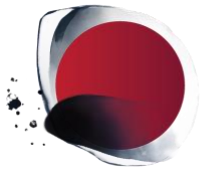
First Words



Be Mindful

AN OLD HASIDIC POEM:

Take special care to guard your tongue
before the morning prayer.



Even greeting your fellow, we are told,
can be harmful at that hour.
A person who wakes up in the morning is
like a new creation
Begin your day with unkind words,
or even trivial matters—
even though you may later turn to prayer,
you have not been true to your Creation.
All of your words each day
are related to one another.
All of them are rooted
in the first words that you speak.

Reference:

Muller, Wayne. (1999). *Sabbath: Finding rest, renewal, and delight in our busy lives*. New York: Bantam Books. (p.232, 233)

Image courtesy of: [Caroline Hernandez](#) [@carolinehdz](#)

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.