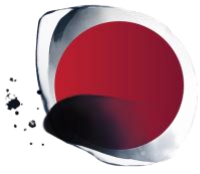


For Warmth



My pain was profound.



“I hold my face in my two hands.
No I am not crying.
I hold my face in my two hands.
To keep my loneliness warm.
Two hands protecting,
Two hands nourishing,
Two hands preventing,
My soul from leaving me in anger.”

— Thich Nhat Hanh

(“I wrote this poem during the Vietnam War after I heard about the bombing of Ben Tre City. The city of 300,000 was destroyed because guerillas fired several rounds of unsuccessful anti-aircraft gunfire and then left. My pain was profound.”)

Image courtesy of: <https://unsplash.com/@ahmedcarter>

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.