



Hold Her World



We are together now.

“She stands in front of me, scowling.

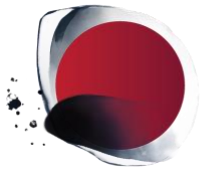
I offer her hugs, space, food, drink, toys, a trip to the park – all I get is a whiny “No!”

This is frustrating!

Her discomfort is growing, along with mine.

There are so many more ‘productive things’ I could be doing with this time,
if she would only tell me what she wants!

Then I remember: she is two years old.



She may not even know what she wants.
Maybe all she wants is to be cranky.
I sit on the floor in front of her.
Smile. Look into her eyes.
Tell her I love her.
Hold out my arms, patiently, holding quite still.
Slowly she approaches, allows me to embrace her, lays her head on my shoulder,
and cries.
We are together now.”

—Tdukes

Image Courtesy of: [Diego PH](#)

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.