



How We Are



Determines how they are.

Our presence with our children determines the success of our relationship with them. This “success” is determined in every moment of being with them. It is not until we participate in our relationship with our child that the relationship has a knowable form.

Scene: Your child walks in the door late for dinner: “where have you been?” The form or body of the relationship emerges with a feeling of aggression and defense. Perhaps you are frustrated by waiting for her, too often. Maybe you are worried for her safety. In this one statement the relationship with your daughter emerges, this coming together of the two



worlds that you occupy separately from one emerges with a clash! This is the current manifestation of your relationship, entirely determined by your statement as she enters the room.

Relationship exists separately from us in a formless field of possibility: Like some being without a body, our relationship with our child waits to take form and is determined by how we participate.

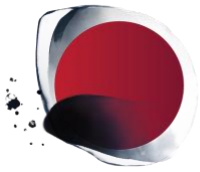
Scene: Your child walks in the door late for dinner: “Hi Sweetie, I worried about you, are you ok? What happened?” This will evoke an entirely different response.

Scene: Your child walks in the door late for dinner: “Hey, there you are . . . saved you some dinner. When you are settled I will sit with you while you eat, I want to hear about your day.”

Each scene is an opportunity to bring into form the relationship you have with your child. Of course there are extenuating circumstances that always come into play. So, how we engage will determine the form the relationship has in any given moment. Our relationship with our child is a participatory phenomenon that is entirely dependant on our behavior, thinking and feelings as we communicate them through our presence. And if we are present for this moment, we have a choice in how we build this relationship.

It is not until we engage with the child that we can actually and accurately determine the true nature of what lives between us, the form our relationship will take in this moment. This means that this interdependent, co-arising entity - relationship, is always in a potential state of transformation. We can literally determine its evolutionary life solely by how we choose to participate.

Image (search “Courage”) courtesy of: [Limor Zeller Mayer](#) [@limorganon](#)



DR. TIMOTHY DUKES

DrTimothyDukes.com | Sanctuary | Fathering | How We Are | 20240226

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.