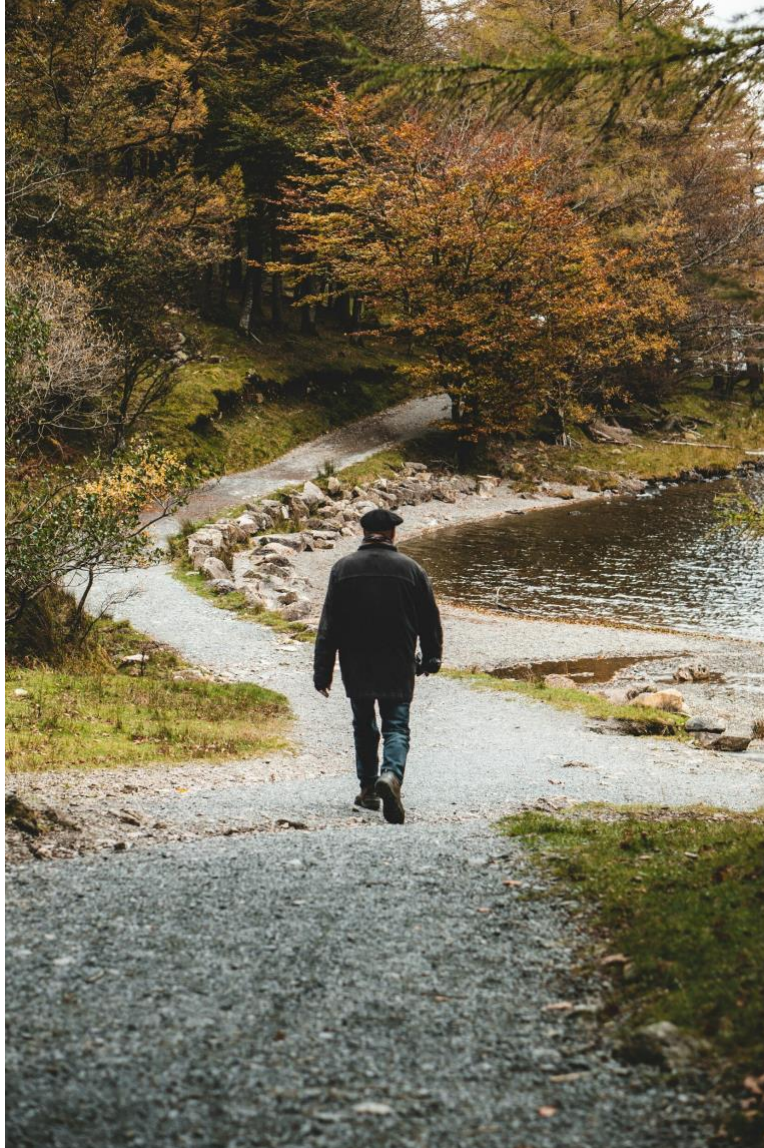


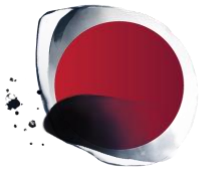
Mastery



Go forward.

What you hold, may you always hold.

What you do, may you do and never abandon.



*But with swift pace, light step, unswerving feet,
so that even your steps stir no dust,
go forward
securely, joyfully, and swiftly, on the path of prudent happiness,
believing nothing
agreeing with nothing
which would dissuade you from this resolution
or which would place a stumbling block for you on the way,
so that you may offer your vows to the Most High
in the pursuit of that perfection
to which the Spirit of the Lord has called you.*

— Clare of Assisi (1193 – 1254)

Image (search “Courage”) courtesy of: [Illiya Vjestica](#) [@illiyapresents](#)

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.