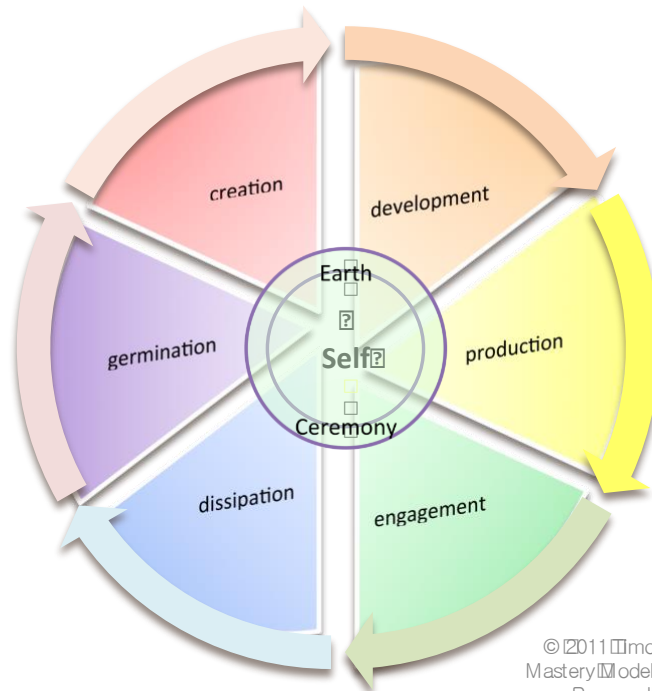




Self-Determination Model

Self-Determination Wheel



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Core Functionality

- Earth
- Self
- Ceremony

Unconscious

- Beyond his-story.
- Timeless
- Not personal
- Space



- Spirit
- Esoteric
- Impermanent
- Emptiness
- Inspiration
- Self-emergent
- Surrender

Dissipation

- Before and beyond his-story.
- Attention is an involuntary act.
- Informed by what can't be known.
- The life cycle begins to end.
- Letting go, surrender, a momentary "death."
- The experience of mortality.

Germination

- The root of impulses develops.
- A time to nourish seeds of inspiration so that they begin to sprout or emerge through our creativity.

Creation

- Impulses begin to emerge into consciousness.
- Twilight experience.
- Requires even hovering attention.
- Birth of ideas, behaviors, come into being.

Conscious

- Attention can be directed.
- Time
- Personal
- Body
- Form



- Content
- Manifest
- Concrete
- Logic and Reason

Development

- Formation begins cognitively and kinesthetically.
- Intention emerges as a directive.
- Things matter.
- A time to ask what is currently in development that needs to be pushed into production?

Production

- Things begin to have an identity.
- The emergent becomes manifest and a/re established.

Engagement

- Life unfolds in an external context and is sustainable.
- Products, services, intentions manifest.
- A time to examine what structures are in need or risk of dissipating?

Dissipation

- The cycles continue.

Dynamics

- Moving from core functionality toward the perimeter involves an increase in time, form, and velocity.
- Core Functionality = Presence and an ability to allow consciousness to unfold in a seamless, unfettered way.
- Presence unfolds in the center, at the core and as we move outward, we



increasingly place ourselves into greater attachment.

- This movement outward moves us from presence to increased identification with duality... life is perceived and experienced through polarity.
 - Creativity is thwarted through a drive to engage in the world.
 - We are perpetually in development mode in flight from mortality, which disallows actual production.
 - We can be so stuck in production that we dry up our access to authentic feelings and thoughts.

Quotes

“These images point me in the direction I wish to go, but they are not the way itself. The way is a contemplative one, which simply means looking at someone or something without absorbing them into our little world of ideas and values. Contemplation means seeing what is there and refusing to hallucinate so that we see only what we want to see. We then wait to receive what chooses to reveal itself (as in the Greek word for truth, *aletheia*, which literally means to uncover. The truth then, is that which reveals or uncovers itself). It means being attentive to whatever and whoever is there as truly *other* than ourselves. This is what is suggested by the word *aesthetic*, which strictly means seeing things in such a way that the viewer is changed by what he or she sees. Perhaps that is why artists in totalitarian countries are often locked up. They help people see a new world through their art, and that is dangerous to the existing totalitarian political system.”

— (Jones, 1985, p. 28)

Image courtesy of: [Enis Can Ceyhan](#) [@enisvisuals](#)

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.