



She-Woman-Mother-Healer



There is a **calmness that overtakes her** as she settles. A look comes across her face that can't be described. Almost like a knowing or is it a remembering? She remains here, in this moment, in a place of quiet that is not touched by time. A place of surrender, a space of acknowledgement, what greets her is beyond her control, her doing. Each moment she approaches has a potential for new life and a potential for death. Somehow, with a deep courage she is willing to accept either. Her mind is silent, she is silent. She does not strain to hear, to see, to know but simply lets the potential for life find her in this place of acceptance. To let death find her in this place of acceptance. Perhaps her position in relationship to either is the same-something she cannot control through will or effort.



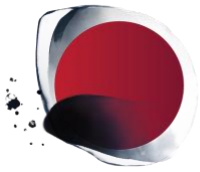
Medical treatments proceed. Alternative therapy persists. All necessary to assure that she is taking every step possible to bring about the natural - to conceive, to carry and to birth. Perhaps this is the metaphor that unfolds in those deep moments of silence. To conceive, to carry, to birth - through surrender.

Perhaps the silence is that place of conception, perhaps she carries a moment as something gentle and accepting, perhaps she births herself fully into these moments and surrenders to that being who is considering the possibility of its own birth. Is this where they first become acquainted? If only for a moment or perhaps a lifetime?

This woman holds a dialogue with someone who cannot be known before arrival. Perhaps the attempt to know impedes in some unknown way.

Who is the woman? She is one of many to come to motherhood in a place of full surrender. I have been given the opportunity to work with her and others as a guide and helper. Someone to walk with in a quiet and still encounter as the ease of surrender invites possibility.

Does it help a woman to find a place of relaxation in her journey to pregnancy? I am sure that the research would prove this to be true. I would suggest that she not only relaxes, but she settles into a type of divine tension. The type of tension that holds everything in balance in this moment and now in this moment. Relaxation then tends toward acceptance.



Finding such a place of acceptance is not easy. It does not happen as a meditation conducted once or twice a day. It is a full surrender to the delicate tension, much like the willingness to carry a full glass of water, with ease, a determination to not spill a drop. Today, all day, every day. Perhaps this is motherhood, a capacity to hold the delicate balance of presence through a loving embrace of the possibility that emerges out of acceptance.

Image Courtesy of: [Jay Castor @jayicastor](#)

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, your family, organizations, culture, society, and the Earth itself.