



## Still Mind, Quaker Mind, Mindful Mind



Children are fundamentally mindful. When they are safe, they naturally turn their attention to what is seeking their awareness: a bug crawling across the table, a sound in the next room, a scent tickling their nose. Organically and naturally, they experience these phenomena in some embodied way. They feel right along with what they are seeing, smelling, tasting, or touching. And these feelings create meaning structure that tangibly supports their growth and development. However, as life unfolds and as stimulus increases, they are pulled away from themselves, swept along into life as though they have



plunged into a fast-moving stream. Life, then, begins and continues to dislocate them from themselves and their ability to embody their experience.

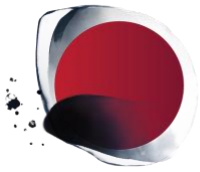
To embody, to make meaning, is to take inward and to internalize moment-to-moment experience and the related emotional and feeling states. On the cover of A Quaker Book of Wisdom is a quote. “Here is a road map to reach the places in the soul which give life meaning.”

There is a way out of that fast-moving stream. There is a road map to follow on this journey into life. And, for a parent who is present, it is a rather simple: Help your children find their way back to stillness and back to the pleasure of silence, daily. Sit with your children in a context of stillness: a quiet room, in the car, next to the window as the rain pours, simply taking a moment to quietly listen, to softly observe.

As we stop and listen to the stillness that is always present, our children learn how to internalize us and our capacity to make sense of the world in this way - quietly paying attention, absorbing, feeling. There is always a time and a place where if we stop reacting, let go of what is driving us, and simply pause, breathe, and consciously come back to the experience in our bodies, we realize, and our children experience that:

**life is always unfolding around us.**

As children learn to be alone with their thoughts, feelings, impulses, they begin to understand what it means to be in true relationship with life. Their aloneness, in these moments of stillness, however, requires our presence. They learn “how” to be alone in our presence, to be with things just as they are. As they mature into life’s moments, they find it



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is natural to just be, by just being themselves. And finally, they discover that in true engagement there is stillness, as they rest in the experience of all that is. — Timothy Dukes, Ph.D.

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*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.*