

DrTimothyDukes.com | Sanctuary | Reflect | Teaching of the Crescent Moons | 20231028

## Teaching of the Crescent Moons



Let Go.

It is a brand-new table that we have returned with after a snowy trek to the expensive designer furniture shop where we received the new kitchen table that we ordered weeks before.

We had little money at the time, but this was to be our first family purchase. Our boy is young, nearing his first birthday. The designer and builder of the table is with us, he and his crew are bringing the chairs and table into the house and placing them in the vacant spot just off the kitchen. Four chairs with spindle backs, slightly over sized to accommodate



DrTimothyDukes.com | Sanctuary | Reflect | Teaching of the Crescent Moons | 20231028 my six foot, 200lb body. These chairs are too large for my wife, but she is going along with it. Our son's chair is cute, a miniature with longer legs so he sits at the same height as we do. I imagine long dinners with friends - wine, lobster, and our children.

Later that afternoon, dinner is ready, places set, our first family meal at our first new piece of furniture. We are happy and excited; we bless our food. I hand our boy his metal spoon and without hesitation he expresses his delight by banging it on top of the table.

I notice immediately the small crescent shaped dents multiplying with every "bang." I urgently reach out to stop him. Holding his hand for a moment, as though suspended in a dream, I realize that this will be the nature of our life together - As perfect as I will try to make it, life will accumulate dents. Small dents that over time, influence the well conceive plans for our life together, that is real and made up of the inevitable impact we will have on one another.

I let go.

Image courtesy of: nichiiro @nichi\_iro

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.