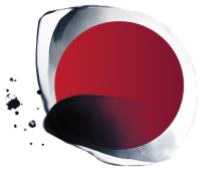


## Up The River Alone



“This woman decided to go up the Congo River deep in the heart of Africa. She hired herself a boat so she could paddle herself upriver.



She got supplies, and people tried to tell her that she was going to need paddlers to help steer the boat.

She was adamant she needed no extra help.

She was intent on doing it all by herself.

All along the river, she would take out her own cooking supplies, pots, and such.

She took this boat all the way up to the headwaters of the Congo River.

Near the end of her trek, she even dragged the boat over rocks until she was clearly up out of the water.

Alone, she built herself a fire, added water to the pot, and began to wait for it to boil.

When the water started to boil, she crawled in.

Suddenly, she began to yell, 'Help! Help!'

Nobody was there.

When the water cooled, she crawled out and rebuilt the fire, and climbed in again.

As it boiled, she began to yell, only this time louder,

'Help, Help, Help!'"

—Larsen, Chonita. Journal of Sandplay Therapy, Vol. XI, II, 2002

Image courtesy of: [Luke Moore @chasingluke](#)

*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.*