

When You Are Present



There are moments when your infant makes a sound that is so endearing, your toddler has invented an expression that is so cute you want everyone who loves you to share in it, or your teenager experiments with a behavior that stops you dead in your tracks. You don't want to miss these moments, because in the next moment, day, week, or month they will be gone forever.

When you are present:

You won't miss her first steps - The first time she stands up, utters your name, walks, sees snow, goes into the lake, catches a ball, rides her bike without help, wears make-up, celebrates her first goal in a soccer game, looks for you in the audience when on stage or reaches out for someone to understand just how she feels.



You will learn to feel – all the subtleties of emotions that evolve only within a relationship.

You will be the father you wanted to have – when your underage son calls you late at night to pick him up from a party because he drank too much beer, you know he listened to you and is willing to take the risk of asking for a ride home.

You will be the guy she talks to when she needs help – “Dad, how do I say no when I really don’t want to do something?” “How do I not participate when my friends insist that I ...?”

You will receive the blessings that only a child can offer – A smile of appreciation, a look of recognition that the humor you share rests within both of you, a love that is meant only for you.

You will be the first one in the morning to greet him – as you trudge up the stairs to awaken your sleeping teenager for his breakfast at 1:00 in the afternoon.

You will be the one she talks to when her heart is broken – from a love that was too fragile to hold the stresses of growth and change.

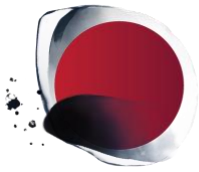
You will know in your heart that you have done everything you could to parent this child – as you leave her standing on the front lawn of her college dorm.

You will realize – what it means to love somebody that is always moving toward or away from you but never staying quite long enough.

You will rest in countless moments – and realize that there is no better time than now as he smiles and continues to explain to you who he is today.

You will recognize the absolute necessity to keep your agreements – by meeting the expectations you set with your child and ensuring that she is not disappointed by you.

You will greet your children’s problems first by communicating that you understand and feel what he is feeling – before and as you help him find a solution.



You will weave your presence into your child's understanding of all that she encounters – so that as she continues in life, she does so with an internalized and felt sense that she is not alone and that you are with her.

You will notice something hidden and just about to emerge into this world – your child's unique gifts that you will be blessed to teach her to trust and utilize.

You will be there to guide him and intervene if necessary – when there are potential dangers or challenges, he is not ready to face.

Image Search “When you are present.” Courtesy of: [Nikolett Emmert](#) [@niki emmert](#)

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.