

## **An Introduction and an Invitation.**

This is both an invitation and an introduction to **The Way of Wisdom**

**Introduction:** To bring a subject to the attention of topics or information to be shared. ( L. Introdúcere, from intro- 'to the inside'+ dúcere 'to lead. To bring a person into a place or group.)

**Invitation:** A request of the presence or participation of an individual to unique experience. (L. Invítare, invite: To attract, allure, entice, challenge, incite, encourage, invite, summon.

**The Way of Wisdom** is an experiential model that I have created that challenges each of us to keep our wise eyes on what is actually happening in our lives. The here. The now. This present moment—as we integrate that which we know deeply and the experiences we choose that create the reality of our lives. This integration of knowing and experiencing creates the opportunity of saying “yes” to the lives we are living. A “yes” that allows us to see what is actually occurring and to allow the best of who we are to respond:

To this day.

To this moment.

To the Now of our lives.

**The Way of Wisdom** requires much from those who walks its path. It takes the willingness to endure struggle as you begin, the determination to suffer through painful experiences as you continue, and the practice of accepting the reality of what is in the moment as we go along.

It challenges us to look at WHAT IS and to move forward with the curiosity and the commitment to answer the question of—What would be possible if I say Yes? Yes to what is. Yes to accepting what is. Yes to allowing what is to be what it is without judgement.

Wisdom is something you see as you allow yourself to connect, integrate, and hold what it is instead of yearning for what it should be.

Take some time to reflect (and if you are really brave, to write about) the following questions.

1. What makes you feel more alive? Being invited or being introduced to THE WAY OF WISDOM?

2. What do you expect to be your biggest challenge?

3. What do you hope to bring to this journey—so often talked about and so rarely begun?