



Way of Wisdom Group

Month 1.2 - The Journey Begins

How the Journey began for me....

I was sitting in a darkened cafe in Whole Foods in Sedona, Arizona, on March 18, 2022. Not much in the town was opened yet after the COVID closing that had occurred in 2020. I was feeling a bit bitter. I had planned a retreat for myself to ponder and discover what I was wanting to learn about and from wisdom. I had believed going into the vortex energy of the red rocks and sage would open me up to the wisdom I was searching for. I even bought some crystals.

Alas, so far, my rental car had a flat tire, it had been cold and cloudy, many restaurants and places of interest were closed, and I had just lost my REDcard. It seemed like a waste of time to search for wise things. I was feeling overwhelmed and dumb. My big idea for a personal retreat seemed to not becoming a reality.

Yet, as I was buying some groceries in Whole Foods, I saw this darkened cafe and decided to sit down and write. Just to begin writing and let myself see where that would go. I set a timer for sixty minutes and let my pen flow. I was doing a form of automatic writing. This is when you pose a question for yourself and then let yourself write whatever comes to mind for several minutes...until your hand or your brain or your timer stops. I remember sitting there in the gloamy light of the late afternoon and writing. At the time I felt like I was going through the motions just to prove to myself that I had wasted this retreat time. When the timer beeped, I collected my things and went back to the Airbnb to pack for the next day's flight home.

It wasn't until several days later as I was reading—for the first time—what I had written that I found the secret to the Wisdom Journey. I was so astounded, I almost thought that someone had gotten into my journal. And it was true that someone had—I let myself pose questions and answers that I didn't recall writing popped out at me as I read.

What about wisdom? I had posed as a question and the answer flowed—"You know that journey well now. It begins with struggle. It depends with suffering. It heals with the acceptance of what is."

And so my journey on The Way of Wisdom had begun. And I have been learning this entire time on the path that it is a struggle to begin. It is true that it deepens with suffering. And I am continuing to learn that it is the acceptance of what is that allows wisdom to ground me into the lived reality of my life.

What does it mean to begin?

The word *begin* has a murky origin. The studies suggest that it might be connected to the root word *-ginnan*, German, which translates to "open up, to open widely, to yawn open." There is also an Old English connection *beginnan* which means "to attempt, to undertake."

Beginning is a struggle because it requires thinking about and doing familiar things in a different way. And everyone knows that it is hard to change old ways of doing things, even if the new way of doing things is a better way.

Yearning for a new way will not prove it. Only ending the old way will do that.

You cannot hold onto the old, all while declaring that you want something new.

The old will defy the new.

The old will deny the new.

The old will decry the new.

"There is only one way to bring in the new—you must make room for it."

- Neale Donald Walsh

And so, we begin....

Model Overview

Way of Wisdom Model

It begins with struggle.
It deepens with suffering.
It heals with acceptance of what is.

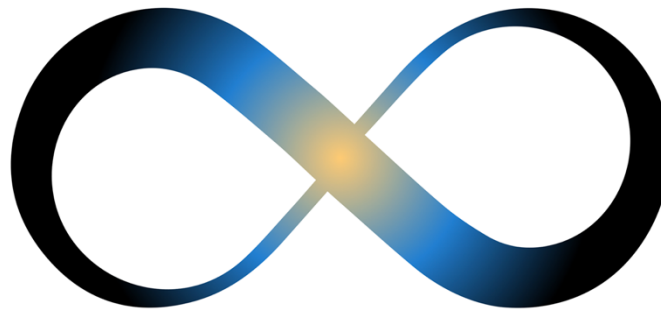
KNOWLEDGE

You realize something or someone is causing a struggle in your life.

You understand what's happening around you and in your life.

You are seeking your **WHY**, a purpose or to deep desire to be relevant (again).

You have a deep feeling that you seek or need change.



EXPERIENCE

Your struggle turns into suffering and it is real.

You have the passion to determine **HOW** to resolve the struggle.

You tap into your life experience by:

- * embracing new opportunities.
- * resolving challenges.
- * accepting failures and success.
- * moving, doing and exploring.

WISE ONE WITHIN

You achieve wholeness, integration and acceptance by:

- Accepting and saying yes to WHAT IS.
- Feeling present in the moment.
- Experiencing gratitude, peace and and rorgiveness.
- Finding your still point.