



## **Way of Wisdom Group**

### **Month 1.3 – What to Do With What You Know**

As the model of The Way of Wisdom shows, knowing something is only one side of the coin - probably heads, right? The other side of the coin is to choose what to do with what you know - here is where the tales of our lives come from. Our life experiences. These are the stories we live when we combine what we know and what we choose to do with what we know.

Things you can do at home to support your intention to begin The Way of Wisdom. This can be something that you try if you begin to feel overwhelmed by all that is going on around you or within you.

And note to self: Beginning the Way to seek wisdom will probably not be a neutral activity for you. Just a tiny thought.

You could also select something below to create a daily practice. And if this is your thought, be easy on yourself. Maybe think of something that can be done daily and completed within a five to ten minute window.

Remember, we get to experience what we choose to do. That is what brings the power to what we know. Here are some tips:

### **Breathe.**

Of course, there are a million YouTubes, books and gurus that share deeper information about breathing, but that takes a lot of time. Here is a quick and easy breath work pattern that grounds us to our bodies.

- *Close your eyes and breathe deeply and slowly.* These are “cleansing breaths.” This is an opportunity for you to slow down and feel your body as you breathe.

- *With the next inhale, pull air in through your nose to a count of four. Hold four. Breathe out through your mouth to the count of four. Hold four. Repeat. There is relief in repeating this pattern five or six times. Doing this for five or six minutes is amazing.*

### **Have a quick and ready mantra.**

This can be as simple as “Breathe, Beth.” It can also be a saying or prayer that holds you in challenging moments. My current mantra is “Practice is progress, not perfection.”

### **Sit in the sunshine for 15 minutes without a phone.**

Journal Prompt: What did you experience in those moments? What were the good and comforting parts? What were the uncomfortable or unfamiliar parts?

- *Beth*