



Way of Wisdom Group

Month 2.1 – What to Do With What You Know

Welcome back!

This month, we are going to look at how to invite your Wise One Within to begin **The Way of Wisdom**.

I am fascinated by this journey. No matter where each of us begins, we are always at the same, meaningful place: HERE. NOW. THIS.

What you know in your bones.

This is the deep inner knowing that you feel when you are no longer looking for answers from outside of yourself. It is a knowing that pulls away from confusion, anxiety, fear and exhaustion. It pulls us toward choosing the life that calls for us to show up and make a difference—right where we are. It is the purpose that moves you into the experiences of your life.

What you do with your bones.

This is what you decide and choose to do when you know you are pulled in the direction of your purpose. This is your direct passion and experience of living. It allows you

- To embrace new opportunities.
- To resolve challenges and conflicts.
- To accept failures and successes.
- To keep moving in the direction of your purpose.

What is possible with the acceptance of What Is?

This is the integration of what you know and what you do. It holds the question, "What is possible if I say Yes to this?" What if I say yes to life as it is, in this moment? This is where the Wise One Within lives.

Questions to ponder.

- What do you know about "in your bones?"
- What do you do with your bones?
- Do what you know and what you do match?

- *Beth*