



## **Way of Wisdom Group Month 2.2 – The Three-Dimensional Model**

I have always known that I “think in pictures.” As a therapist I have always known that I think differently than a “normal person.” Sometimes that is a blessing and other times it really creates confusion. Verbal thinkers think in words. This usually means that they use logical, linear, step-by-step approach to problem-solving. I have mastered that form of thinking, but I must be quite focused and disciplined to think that way for extended periods of time.

I am a spatial visualizer. That means I think in terms of visual patterns and abstractions. Believe me, I can entertain myself this way, pondering images, patterns and special relationships. It is how I came up with the model of The Way of Wisdom. To me it holds so much information. In fact, layers and layers and layers of information.

Whenever you use paper to communicate ideas, you are committed to a two dimensional—read flat—presentation of the idea. In reality, this model is three dimensional. It is called a lemniscate. It looks like an infinity symbol but it lives in space, not on paper. The term “lemniscate” comes from the Late Latin word lemniscus which means “a ribbon.”

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So, I see the model as a ribbon. On one side of the ribbon is the KNOWLEDGE. Read inner knowing. These are the things you know in your bones. It is your purpose, your WHY, the questions that you seek or that seek you, your calling. On the other side of the ribbon is your EXPERIENCE. These are the things that you do with your bones. It is your HOW, your direction, your passion, your personal experience of life and living.

But notice that ribbon. One side is knowledge and the other experience. The ribbon holds both. When that is recognized and accepted, the WISE ONE WITHIN is free to accept what is happening. Saying “Yes” to that reality of BOTH, in the present moment, allows integration and wholeness. It allows you to say, “What is possible if I say YES to this. Even this. With the acceptance of WHAT IS allows healing.

Our mission, should we choose to accept it, is to allow what we know and how we choose to experience the knowing with acceptance that integrates the two realities into the present moment with gratitude, creativity, and forgiveness of the situation or oneself. My equation for WISDOM:

Inner Knowing + Experience with Passion = WISE ONE WITHIN

- Beth

