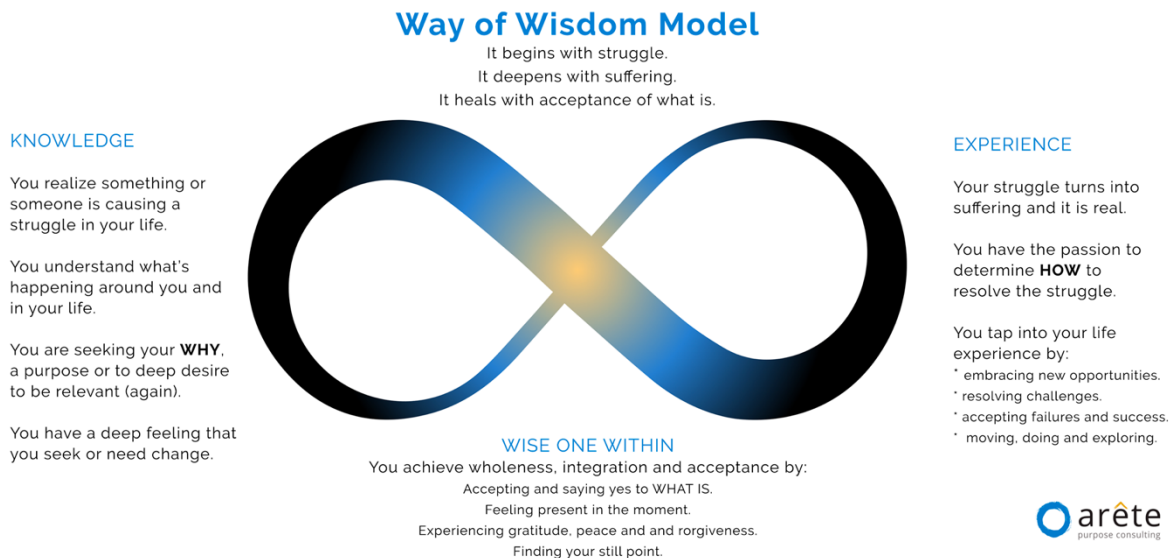




Way of Wisdom Group Month 2.3 – Too Much Information



So.... The introduction to the model is a bit dense, don't you think?

Sometimes when we start new adventures, it feels like drinking out of a hydrant. And although I think that would be fun water to play in, I don't think that I would have fun trying to drink from it!

This is the time to slow it down and play with it!

Playing with the Model

Pick one of these options and see what you discover.

WRITE IN A JOURNAL

Don't feel like you have "to answer" all of these. Just pick one and explore.

Take a look at the *KNOWLEDGE* content. What inner knowing do you have? Do you know? Take 5-6 minutes and let yourself explore *What You Know* — in your bones.

Do you struggle with your *KNOWING*? How?

What EXPERIENCES have called to you in your life? What have you learned from them?

Have you ever suffered as a result of your life experiences? What did you learn?

Have you ever met your *WISE ONE WITHIN*? What did you discover? What would you want to hope to discover?

GO ON A SCAVENGER HUNT

Find a quote, an artifact, a TikTok, anything that grabs your interest and that represents:

- What you *Know*.
- How you *Experience* what you know.
- Your *Present Moment*.

Explain how these found items represent this to you.

- *Beth*