

Way of Wisdom Group Month 2.3 - Too Much Information

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



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

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



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