



NC

Wisdom in the Whirlwind Day 3

Cultivate Curiosity

So today is where things get really juicy and we begin to make that shift from overwhelm into insight finding the wisdom in the whirlwind.

It feels so clear that we are living in times that are completely overloaded. We have information coming at us from so many directions, 24 hour news, products, apps that we have become slaves to and the ever increasing background noise of a crowded world.

Things have become so busy that we often fail to see or hear wisdom. And yet she is there, she is all around us. Listening to wisdom has been the biggest game changer for me and I listen to her, tap into to what she is saying at every opportunity. Everyone taking this mini course is already tapping in to wisdom because it is what humans do, she is always there! But now we are going to amplify her and supercharge her impact on an area in our life.

To find the wisdom of a situation we need to first cultivate curiosity. This means taking an objective look at a situation and asking the kinds of questions a friend, a colleague, a trusted mentor might ask you. As Rob Bell explains it our curiosity changes the posture with which we face life. Whatever we are going through, however bad, we can change the posture to one of enquiry. One that says 'Ah interesting, what will wisdom say today, what is the learning here?'

So in today's exercise I would like you to go back to the specific challenge identified in the last session

Remember, no judgement, no fear just kindness and trusting that what you need to write will be perfect.



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*"The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvellous structure of reality." **Albert Einstein***

1. **WHY.** Did this situation come about? Do I feel this way?
2. **WHAT.** Part do I have to play in the unfolding of this? Is the worst / best that could happen? Am I learning? Is new about this situation?
3. **WHY.** Would I want that to happen? Did I..?
4. **WHAT ELSE.** Has is there to be understood about the situation? Am I not saying? Am I not clear on?
5. **HOW COULD.** This situation look if resolved? This be different? I see this situation differently?
6. **WHAT IF.** I were to..? The situation were seen like..?

Self Care Action Step:

Now, make some tea, go for a walk, have a snooze, have a bath, write down 4 things you are grateful for and two people you send love to.