



NC

## Wisdom in the Whirlwind Day 4



### Individual to the Collective Wisdom

Yet more juice today! You will have noticed yesterday, how becoming a student of your own situation provided an almost immediate sense of relief, perspective and wisdom in all that has been churning around. Today the relief will get ever more palpable.

We are living in an age in which the ease of hyper connectivity has allowed us to live in the most extraordinary isolation. We are networked to the hilt and yet so many of us feel lonely, feel as though our experiences are peculiar to us and that our struggle is not one shared by others.

The brilliant thing about wisdom is, of course, that she weaves through, in and out and around our individual and collective experiences and there is great wisdom in learning the stories of others or recognising the experiences you are currently having, as ones you have already been through before.

If you don't know the answer because the situation or challenge you are encountering is new to you, there will be collective wisdom on the matter and it is to that that we point today's exercise.

So, once more, I would like you to go back to the specific challenge identified in the second session.

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



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### Collective Wisdom

“Listen carefully to what country people call mother wit. In those homely sayings are couched the collective wisdom of generations.” **Maya Angelou**

1. Have you been in this situation before? Are there echoes of a past situation in this one?
2. What did you do last time you were in this situation?
3. Who helped you last time you were in this situation? What resources helped you? Could they help again?
4. Has anyone else you know faced this kind of challenge? Could they help you? How?
5. What was helpful/not helpful last time you were in this kind of situation?
6. How would your most trusted advisor advise you about the specific challenge you are facing?

**Self Care Action Step:**

Write down 4 things you are grateful for, 2 people you send love to and 1 thing you wish to see manifested.