



FIVE INGREDIENTS



For Cultivating Wisdom

As a *Wholeness Advocate*, my work is to ensure that no aspect of human life is left in the shadows of our unconsciousness. The more we are aware about ourselves, the less we are driven by habit, and the more we can live **an awake and aware life**. It is not a rite of passage to become wiser as we grow in age. Cultivating wisdom over our lifetime requires intentionality, passion, and pursuit. And, wisdom requires five essential ingredients.

We don't just grow
wiser as we grow
older. It has to be a
CONSCIOUS CHOICE.

Awaken Your Power Podcast. Season 1, Episode 23.

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HUMILITY

Humility is a misunderstood quality in our culture, where it is often used to keep people silent and compliant. But true humility asks us simply to question what we know, and admit what we don't. Humility is the perfect starting point for growing wise.

Curiosity is not simply a trait for the young, but for the young-at-heart. Wisdom cannot be gained without actively seeking more and more truth—even as we know that “truth” often changes. What do you wish to know? Who might you want to learn from? The teachers and the teachings stop flowing only when we do.

CURIOSITY

REFLECTION

If there is one piece of advice the elders hand down to the younger generations, it is this: reflect on your life, and do it often. But because we are so busy, many people don't take the time to reflect on their lives until nearly the end. By bringing reflection into our daily practices, however, we can learn, and grow, as we go.

As much as we might wish that wisdom could simply be heard or read and then embodied, for us to truly become wise we must experience life for ourselves. We must try things. We must fail now and then. We must get lost on occasion. These things are mandatory; wisdom will not arise through careful living.

EXPERIENCE

DESIRE

Nothing happens without the heat of the fire of desire! But how to keep it lit day after day, year after year, in a world that would like nothing better than to put our fires out? That answer lies within our souls, and what they came here to do.

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FURTHER RESOURCES

FOR EXPLORATION & PERSONAL GROWTH

BLOG POSTS

[What Are We Willing to Trade for Greater Wisdom](#)

[How to Be the Person Your Idea is Looking For](#)

BOOK

[Embodying Soul: A Return to Wholeness](#)

PODCAST

[The Power of Reflection and Hindsight](#)

FACEBOOK GROUP

[For thoughtful discussions, come visit the Embodying Soul Facebook Group](#)