

# Three Wisdom Practices You Can Begin Today

The Way is Easy, Mastery Requires Practice.



First things first: mastery arises from innocence, become as a little child.

Stop. Be aware of your environment. This is the beginning of wisdom.

1. Focus on being aware that you have literally created this experience. Our thoughts are precursors to the tangible. This doesn't mean you are to blame for something you don't like, but have the ability to make a change. Change is an agent of creation.

How can one embrace change? Keep this in mind, resistance is the energy of fear. When one can embrace change and let go of resistance, then opportunities and synchronicities have space to present themselves. This is childlike behavior; carefree, not careless.

What can you do to increase your innate ability to create a desired future? Do your best to stay in the present moment. How? Be deliberate! Practice bringing awareness each hour of the day. Bring this quality of awareness to what you are experiencing. Also, when the thought arises, "I need to be in the present moment", practice it.

2. I need do nothing. On the surface, this seems to contradict the practice in step one. However, it is far from it. Need is a perception that you lack something. Lose the word need.

Relax into the state of being that within you is housed your higher being that always desires for you to be the best version of a human being.

Cultivate this every morning and evening.

Let the thought arise as you wake each morning; I need do nothing. Write it down and think about it during the day. Take some pressure off and stand in your power. Remember you are practicing to become wise, so that doesn't mean you forgo responsibilities. You embrace your tasks from a position of strength, not need.

3. Choose something you do every day that is ordinary and seems to hold no significant power or spiritual meaning. Something as simple as brushing your teeth, drinking a glass of water, or yawning. Then use it as a focus of worship. Say to yourself as you brush your teeth or drink your water, "It is very good". Cultivate the innocence of your creation. It's like building a castle in the sandbox. Enjoy the experience and then when you want to be rid of the castle, be as a child and brush it away and go about the next thing. Don't hold on tightly to anything. Be flexible and joyous even in the what seems to be the mundane.

What is the significance of these wisdom practices? They aid you to get out of your own way by helping you to release fear, be present, and by not allowing circumstances to create a control factor. Simple practices that offer profound results. It's only difficult when we think it to be so. You are a wise being, trust your innate nature so you can navigate these days with grace and ease. Much love to you my friends, Julia.



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