

This quote came to me during meditation:

"She had her experience, too."

We all deal with things from our own perspectives, but when our beautiful selves are expansive and our empathy is growing, we are able to see things from other people's experiences.

The wisdom of what we thought as children isn't adequate for where we want to go as adults, and the experiences I had as a 4-year-old shouldn't be defining me today. I get to redefine those experiences and extract the lessons that still serve me.

There is so much freedom in being able to let go of things like this - we spoke about that on Wednesday.

Our experiences are like a buffet table, and we get to choose which lessons we are going to take with us.

Empathy is important, and sometimes this is all it's about, but so is wisdom. Wisdom says, I don't just want to look for the puzzle pieces but I want to put them together. When we build a puzzle, we start with the outer edges, and similarly, when we start to build the lives we want to live, we have to build our framework first and look at the box (our vision) for direction.

How do we become wiser?

- We first have to understand where it comes from.
- We get it by asking God to show us, to help us to glean it and bring it in. Remember, your reticular activating system will look for the things you think about regularly. If you are pursuing wisdom, you'll find it all around you, but you have to be tuned in to notice it.
- Meditate to center yourself - it clears all the mental clutter in our lives.
- Be wholehearted. No half-assery allowed, only full badassery!
- Be choosy about your words - listen to understand, not to reply.