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When I discover sources of wisdom, I feel my mind expand into uncharted areas. I find myself at peace.

I am on a constant search for higher wisdom. I feel it when I am around a well-seasoned person, immersed in nature, silent in solitude, or on the receiving end of lessons from my experiences.

I love to sit at the feet of elders. I enjoy being in their presence. Whether I find them in a place of worship or on the street, I recognize and appreciate their genius.

I feel calm when in the presence of a person of wisdom. Sometimes, they may not say much at all. **I notice there can be a lot of wisdom in just a few words.**

I listen intently when I am around someone of profound wisdom. I am humbled that I have had the opportunity to sit in front of many wise teachers. I am honored to know that many words of wisdom have fallen into my ears like musical notes.

I learn great wisdom from being out in

nature. I can tap into the wisdom of the trees. I can tune in to what the stray cat is sending me.

I find great wisdom in solitude. I listen to my higher guidance. I write down messages from my reflections and dreams and dig into their meaning. I pay attention to what my gut or instinct tells me.

I learn the most from experience.

Experience is sometimes a tough teacher. I am, however, a quick study.

Today, I am grateful for all the wisdom that has come to me, and I welcome more.

Self-Reflection Questions:

1. What are the greatest teachings that I have learned?
2. Who have been my greatest sources of wisdom?
3. How can I apply this wisdom to my life?