



Welcome to a Deeper Conversation

Use this reflective guide yourself or with a group. Don't feel you need to explore every idea on every page. Use what draws you into reflection and conversation.

Walking a path of wisdom is an ancient practice where moment by moment we connect virtue to action. What could be more important than that?

Dave Fleming, Ph.D.

Reflect and Discuss

We are inundated by information. But information - and even knowledge - alone bloats the mind. But when we turn knowledge into insights, and then live those insights everyday, *knowledge becomes wisdom*. Reflect and discuss what you believe it takes to turn knowledge into wisdom. How do you do it?

A Wisdom Path

Early in the podcast, we define a wisdom path as a set of wisdom principles that one organizes her life around in order to experience a well-lived life and express that life in the world.

Some wisdom paths have emerged from religions and some from philosophical - or other types of - traditions. As we discussed in the podcast, belief in religious dogma *does not* mean one is practicing the associated wisdom of that religion. Additionally, one can walk a wisdom path without ever associating with any religion. Wisdom is directly connected to moment to moment action that is connected to virtue.

Reflect and Discuss

Belief in dogma and acting with virtue are two different things.

An atheist can live a deeply wise life, while a religious adherent may not demonstrate any wisdom at all . (The opposite is also true).

WISDOM

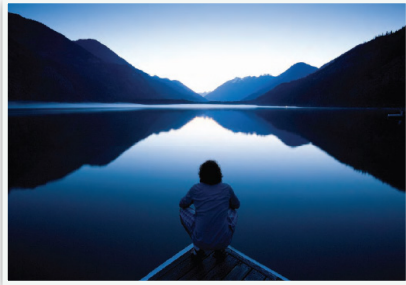
Do you agree with the above statement? Reflect and discuss it.

What are some of the most important elements of wisdom you live - whether they are connected to a particular religion or not?

The Three Elements of a Wisdom Path

Dave outlined three elements of a wisdom path. Though we talk about them separately, we engage them as an indivisible whole. That's what creates the path.

NOTE: To hear about all three elements, you'll have to watch the after-cast.



Contemplate - To look thoughtfully and deeply into the nature of something in order to appreciate it and find the wisdom within in it.

Walking a wisdom path means I will contemplate the angles of my thoughts, feelings, and actions. I will look deeply to see what is, and is not, in line with the values and virtues of wisdom path.

Do you contemplate your life? If so, how do you do it and how has contemplation of your thoughts and behaviors changed you for the better?



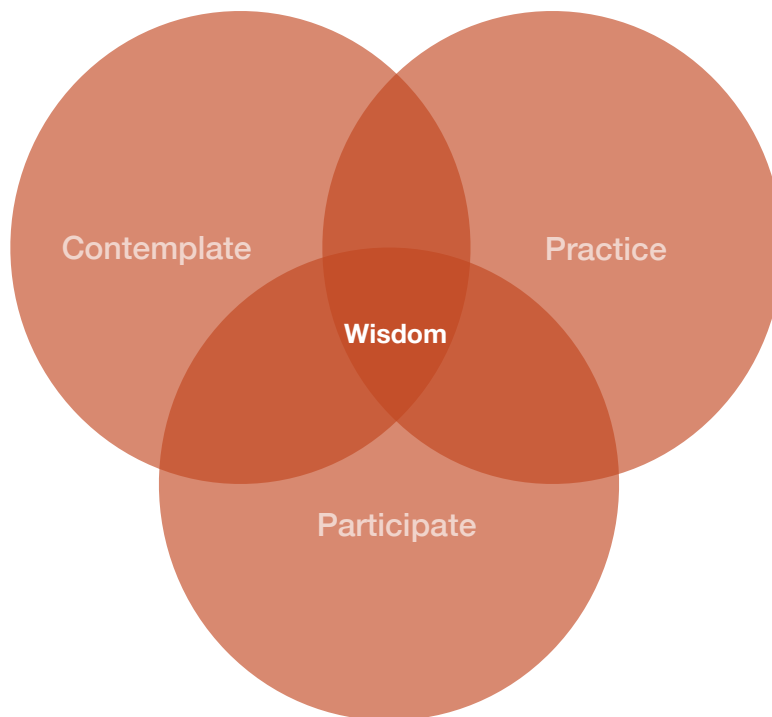
Practice - Aligning effort with the wisdom of my path. This effort can be applied during protected time when I pull away from normal activity to say, practice meditation or journaling. Or this effort can be applied in real-time when I face the various challenges of the day.

What practices - both protected and real-time - are important to your wisdom path? Describe what you do and how your practices have changed you.



Participate - A deep engagement in life where we risk, fail, learn, and grow in our relationships and endeavors. We have to engage life in order to understand where we need wisdom and how to consistently apply it.

Where in your life might you need to deepen your participation in life in order to apply wisdom you already have and apprehend wisdom you don't yet possess?



The Elements of a Wisdom Path

Digging Deeper - The Art of Practical Wisdom

The logo for Brain Pickings, featuring the word "brainpickings" in a lowercase, sans-serif font. The "brain" part is white and the "pickings" part is black, both set against a yellow rectangular background.

Below is a wonderful article on the website, Brain Pickings. It provides further ideas and insights for developing and walking a wisdom path.

[Click HERE to access the article.](#)