What Would My Wisdom Say?

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Welcome!

This guide is here to bring you back to yourself, to remind you that you are worthy, that you are capable, and that you don't have to do anything at all.

Whenever you feel stuck in guilt, confusion, uncertainty, fear, or worry—when it feels like your whole world is collapsing, and you've forgotten where you were headed and why; when you fear you won't succeed, question your abilities, or lose faith in yourself—turn to your inner Wisdom through writing.

Each of us carries Wisdom within, and it's completely natural sometimes to forget it or overlook it due to life's circumstances and the fast pace of modern living. In our everyday lives, under the influence of external factors, it's easy to drift away from ourselves. Writing allows us to return to our path and our authentic truth. It helps us recognise limiting beliefs and see what blocks us from living freely and fully. Beyond that, writing brings us into contact with our dreams, desires, and ideas. It reminds us of our values, potential, resources, knowledge, and talents.



It’s up to you how you want to name your Wisdom. Will it take the identity of a Wise Woman, a Supportive Parent, a Therapist, a Teacher, a Healer, or even God…?

Or perhaps the identity of someone you admire, someone you trust, or your secret imaginary friend from childhood.

You have complete freedom to play, to get to know her, and to give her the qualities you wish for and need. You can even draw her, paint her, color her, and give her a name. Feel in your body who she is, how she vibrates, what her voice sounds like… Step into her shoes and allow her to guide you on this journey. :)

Holistic Coach
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Writing Guidelines

The only rule for writing is that there are no rules. :) The beauty lies precisely in that spontaneity and freedom of expression.

Please feel free to write whenever you feel the need. For example, I often write when I struggle to understand myself or to communicate my needs out loud. When I feel confused, scared, sad, or angry, when I seek clarity or a safe space to express myself.

Paper can handle it all. It gives you complete freedom to be everything you are and everything you want to be. On its surface, you can dream, imagine, swear, get angry, write stories, and reveal your deepest secrets.

Paper doesn't judge, condemn, or evaluate. It can be your best friend if you allow it to be. :)
Moreover, writing can also serve to connect with and "materialize" your desires and visions, set goals, and retell your dreams.

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Questions You Can Ask Your Wisdom

You can ask your Wisdom anything you wish. I suggest writing in an interview format and recording the answers in the first person. Before you address your Wisdom, it's helpful to calm yourself, become aware of and deepen your breath, and connect with your present sensations through your body.

Now, slowly begin writing down the answers to the following questions, allowing your heart to lead while your mind serves:

- *What am I feeling right now?*
- *What name would I give this feeling?*
- *Where does it reside in my body, and how does it feel there?*
- *What does it look like?*
- *When does it appear most often?*
- *What is its positive intention?*
- *What is it trying to tell me?*
- *What is it protecting me from?*
- *What does this feeling need?*
- *How can I provide that for it?*
- *What does my Wisdom think about this?*
- *What suggestion or guidance does it offer?*
- *What do I need to achieve this goal? (resources, knowledge, skills, beliefs...)*
- *How can I provide that for myself?*
- *What is the first step?*

In this way, you bring awareness to your feelings, emotions, visions, desires, resources, and goals, allowing them to express themselves on paper and be seen, while your Wisdom provides appropriate guidance and support for the next steps. :)

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If you have any questions or are curious about how you can continue to free, develop and enhance yourself, feel free to write to me at: kovaceviciskra@gmail.com

Thank you for your trust!

Good luck!

Shine your light



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