



Seeds of Wisdom 13-Week Email Course

with Elka Eastly Vera, M.A.

Week 1 — Initiation

Read... Reflect... Respond...

Seeds of Wisdom
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Week 1 — Initiation

{ Read }



Keywords for **Initiation**

*readiness; forward motion; courage;
claiming power; walking the talk;
rite of passage; willingness;
wisdom through experience*

Change. Opening. Move forward. Step by step. These are the meanings of the symbols carved into the portal of Initiation.

Behind you is everything you've known — the path you have already walked. Ahead of you is a threshold into the unknown. Blue skies invite you to take the leap.

Everything in life has led you to this moment. What qualities do you need to step through the portal? Trust. Courage. Willingness.

You can't have an initiation by reading or being told about it. You must live it. Knowledge is what you know. Wisdom is *living* what you know.

Initiation signifies that you are ready to become the person your future self is calling you to be.

Your journey has prepared you for what's ahead. It is time to live what you have learned.

When you gaze at the Initiation card, what impressions arise in your awareness?

When you read the brief excerpt, what words or phrases stand out to you?

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{ Reflect }

How do you plan to reflect on the theme of Initiation? Describe your sacred process:

What does Initiation mean to you? Try setting a timer for 5 minutes to free write on the theme.

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{ Respond }

What can you put on your altar to symbolize your understanding of Initiation? (See the course email for ideas.)

Sketch a picture of one of your symbols.

What, if any, insights arose as you paused at your altar during the week?

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{ Possible Practices }

Which, if any, of the four possible practices in the course email did you use to explore the theme of Initiation?

What did you gain or learn after working with the theme of Initiation this week?

Be sure to clear your altar to mark completion with Initiation and prepare for the coming theme.