



# *Seeds of Wisdom* 13-Week Email Course

*with Elka Eastly Vera, M.A.*

## Week 2 — Mystery

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

*Seeds of Wisdom*  
13-Week Email Course

## Week 2 — Mystery

### { Read }



Keywords for **Mystery**

*infinite possibilities; listening; silence;  
patience; spiritual practice; meditation;  
alignment; presence;  
emptiness; openness; receptivity*

Into nothing can go anything. Out of nothing can emerge everything! Emptiness invites all possibility. The blank page precedes creation.

The theme of Mystery presents the energy of the unknown. If something is known, it is not a Mystery. The process of *defining* makes *finite*. Mystery eludes that. Mystery can open you to the *infinite*.

The wisdom of Mystery is silence. Remember: it is within a field of silence that we can hear most clearly. Align yourself with the spaciousness of listening.

When we seek guidance from within, the paradox is that guidance requires no seeking at all. It is all right here. It is just a matter of hearing it.

When inner guidance arises, your quiet receptivity ensures you will hear it. No need to strain your ears.

Mystery holds the power of possibility. It is an invitation to attentive spiritual practice.

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

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

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### { Respond }

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

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Sketch a picture of one of your symbols.

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

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## { Possible Practices }