

Books

Key words: knowledge, self-knowledge, wisdom

We are about to go on our journey into the grove, but there is one last thing to do before we pack: gather everything we learned and write it down into our book of self.

Here lies everything we know about who we were, who we became, who we are now. Here lies everything we did, everything we lived, everything we felt.

This is where we write our own personal saga, what we keep deep within, in a sacred place, in a sacred space. This is where we log our adventure in order to refer to it later, or just to make sure we keep the memory of it.

As we get ready for a new journey, the time has come to choose or to build a new volume, to feel the blank pages, to caress the paper, to imprint it with our energy. The time has come to pick a pen and to choose the ink color we will use this time. The time has come to write the title on the front page, to embellish it as we wish.

And if we feel inclined to, we can also spend some time to read former volumes, to dive into these past escapades and to be aware of our growth, to feel how they are ours but that they are only part of our life journey. They may feel really distant, as we have outgrown them, as we are ready to make a new step forward.

This is a time of groundwork. We are gathering our memories, our values, our intentions. We are making sure that they will have a space to be expressed.

We are blank pages, ready to write our own story, our own journey.



The time has come to take time to write down your journey.

You can start a new volume or go on with the former one, depending on where you are in your path.

You are called to log your inner wisdom and knowledge into your book of life. Take a book, a notebook a journal, whatever feels right to you, and let the pen glide on the pages, let it tell your story, your emotions, your adventures. Your saga only begins.

The time has also come to read former volumes, to envision your own growth. You are at the edge of a new adventure, you need to realize that you are ready to go, that you have all you need within to enjoy and to learn from it.

The time has come to step back a last time before stepping forward into these unknown territories. As you read your past explorations, you become aware of your confidence, of your ability to face anything on your road, to learn from it and to become who you are.