

Opening the Door to Golden Wisdom

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In any age and at any age, each of us is on a spiritual journey seeking the highest, most authentic expression of our being. We may not know it consciously but one day we'll suddenly realize that we've gained some wisdom or street smarts or alacrity in being able to maneuver through the challenges of our days. How did we gain these understandings and how have they shaped our lives?

Wisdom is actually a very simple thing to come upon. When we're very young, we gather wisdom such as avoiding things that will harm us. As we grow, we observe the things that happen to others and make distinctions about whether those things will be good for us. Of course, we also do just the opposite.

Somewhere along the line, though, we learn to honor ourselves and only do things that uplift and nurture us—that make us clear channels and vehicles for Divine Spirit. Ultimately, everything we do is a spiritual exercise, the gist of which is the gathering of wisdom.

Wisdom comes in many forms and expressions. It can be found in the simple outlook of children as they take in a world of wonder. Wisdom can come through a dream that gives us greater insight into some aspect of our lives. Wisdom can be learned through another person as they share their life experiences. The seeds of wisdom can be read in a book that must then be learned through the application of challenges and opportunities of everyday living. Wisdom can also be gained by just sitting in silence with our eyes shut, letting the distractions of the world disappear, and seeing what comes into our minds from deep within our being.

There are even times when we are the bearers of wisdom. What we might say to someone may surprise us—it was not something we'd ever thought of before. What does that say about our innate being? Simply, that we are more than we know and within us resides the well-spring of all Divine knowledge. And Divine knowledge is all about love.

No matter what we are faced with in our lives, if love is the impetus of our intent and all our interactions, then we have not only gained wisdom, but have also become wise. We've learned that opening the door to Golden Wisdom doesn't require a grand gesture or event. What it does require is the desire to explore more deeply, to see the subtle offerings of wisdom continually surrounding us.

Here's a short exercise: Think of something you'd really like to have more insight about. Then, close your eyes and envision a beautiful door glowing with golden light. Feel yourself being beckoned to it. Walk up to the door and gently push it open. The door opens. What do you see? What are you feeling? Walk through the doors. If there is a person there or other people, talk to them. Listen and take to heart what they have to share. When you are ready, take a deep

breath and open your eyes. Write down your experience.

Use this exercise whenever you want to gain some wisdom about any aspect of your life. See what you learn and where it takes you. The universe is at your fingertips. Reach out and touch the Divine.

