



Inspiration Central

Today, I am marrying intention with action!

Day 3

Today's gua is Knowledge & Self-Cultivation.



As we continue our journey of discovery, we move into the gua of Knowledge & Self-Cultivation. It is associated with the I Ching trigram, *Ken*, meaning mountain. The mountain is still and stable. In Career, we dove into the depths within us. In Knowledge & Self-Cultivation, we climb to the heights within. Knowledge is the seed of wisdom. Wisdom grows when nourished by study and contemplation. Acquiring knowledge is not enough by itself. It is the quiet contemplation of knowledge that enables wisdom to reach its full bloom. Self-Cultivation is taking the knowledge and contemplating and integrating it into our life.

The only thing that remains the same is that everything changes. As we move through life, we gain knowledge and our perspectives often change. For example, until I lost a parent, I had no idea what that was like. Contemplation of the wisdom I gained from that event has forever changed how I relate to others as they lose a parent.

I cannot pass through this gua without mentioning self-talk. There are many ways to gain knowledge and to cultivate our own spirit. There are really no mistakes. Even if we experience something we deem a "mistake," we gain knowledge. We have the opportunity to take the gained knowledge and make a new decision. We may do that by brow beating or loving ourselves. Which one lifts our spirit up and empowers us?

Be the mountain today. Sit in the stillness of this area of your life and contemplate its meaning to you. The I Ching instructs us to spend time on the mountain so that our fields of knowledge will be lush and productive. There is a direct link between a calm mind and a wise mind. Find it within you and see if it changes your life.

Ask your questions:

What is my intention?

How do I live my intention?

Have a most beautiful day!



Much Love,
Terri

Bagua Map

| | | |
|---|---|---|
| WEALTH & PROSPERITY Persistent Wind | FAME & REPUTATION Clinging Fire | LOVE & MARRIAGE Receptive Earth |
| HEALTH & FAMILY Arousing Thunder | CENTER | CHILDREN & CREATIVITY Joyous Lake |
| KNOWLEDGE & SELF CULTIVATION Still Mountain | CAREER Deep Water | HELPFUL PEOPLE & TRAVEL Creative Heaven |

**All of these and higher for
the greater good of all beings.**

copyright 2004 - inspirationcentral.net

