

# IX. Knowledge

**Keywords:** Knowledge, Skills, Understanding, Training, Education, and Practical Experience

**Key Phrases:**

- We exist to learn, as we learn to exist
- Knowledge is power
- Knowledge put to practical use
- Do not limit your potential for learning
- A time of new study and learning
- An opportunity to learn about people and the world
- Surround yourself with books and information
- Bias and its influence
- Improve upon the knowledge that you have
- Learning that aids future goals
- Sharing knowledge
- Skills acquired through practice

# X. Wisdom

**Keywords:** Knowledge, Understanding, Awareness, Self-Knowledge, Illumination, Introspection, Withdrawal, Insight, Common Sense

## **Key Phrases:**

- You are here to become wise
- Knowledge does not make you wise
- Wisdom is learning from one's mistakes
- Apply knowledge, logic, and common sense
- Learn from more than just books
- Seek out your elders
- Time to break a cycle
- Wisdom is understanding
- Wisdom is loving the whole
- Know and love your shadow
- You have unlimited potential
- The road ahead leads to many destinations

# XI. Healing

**Keywords:** Healing, Release, Purification, Forgiveness, Transformation, Infection

**Key Phrases:**

- To be human is to be wounded
- A time to connect body, mind, spirit, and soul
- Let go of definitions and labels
- Nurture passions and seek pleasure
- Authenticity, honesty, and laughter
- Find the source of dis-ease and distress
- Do what's necessary to increase wellbeing
- You need to forgive
- Do not dwell on the unchangeable past
- Shift your attention
- Do not allow your pain to hurt others
- Seek treatment; do not be afraid

## XII. Love

**Keywords:** Love, Infatuation, Love for Self, Confidence, Love for Life, Expansion

**Key Phrases:**

- Experience love in all its forms
- Love is multifaceted
- Your love will shape you or break you
- A past love re-enters your life
- A love that deserves a second chance
- Love versus infatuation
- Loving who we are
- Honour your body as a temple
- Stop making comparisons
- Make time to love and nurture yourself
- Love and enjoy your uniqueness
- Do what makes your heart sing
- Open your heart to new loves