



Wisdom is
not taught...
systems are
taught.
Wisdom
comes from
experiencing
life, or it
never comes
at all.

James Kavanaugh
(1928 - 2009)
Priest | Author

There are some things we try to speed up and other things we try to slow down. We seek to increase the tempo of a sprint, a swim, a rescue; or we attempt to slow the pace of a sunset, a meal, the passing of one well loved. Whether faster is better depends on what it is that we want to time.

Wisdom may come by living at a pace that allows us to fully experience the gift of life.

Wisdom develops through curiosity. One way of cultivating wisdom is to open ourselves to that which is around us. We can wonder about, and reflect on, what we encounter. We can seek to deepen our understanding by broadening the types of persons and places and ideas we meet. Our journeys – both physical and imaginative – allow us access to a range of experience and therefore to diverse wisdom.

Wisdom develops through adaptability. Wisdom can grow as we allow ourselves to adapt. Changing in response to an ever-unfolding world may help us to grow in unexpected ways. There are insights that cannot be grasped until we move to a different vantage point; there are sensitivities we cannot nurture unless we allow ourselves to be shaped. Wisdom may come through change, as change both expands our vision and reminds us of our freedom.

Wisdom develops in the presence of love. Love is the most fertile ground for deepening insight. Love can stir us to pay such close attention to something that we comprehend ever more of its beauty and uniqueness. With the warm gaze of affection, we are transformed, and the world is made new.

Wondering, adapting, and loving are ways to inhabit a life of wisdom and of grace.

What is a consistent theme in my life? What wisdom has my experience given me?