



## Prologue to the Way of the Wyse-Art

Welcome to the Way of the Wyse-Art. We hope that this will be the starting point of a whole new phase of your life. We know, from personal experience over many years, that what is given in the eleven modules of the course is life-changing if the person works with what is given in a spirit of inquiry and reflection.

If you have already registered for the course, your mentor will have been in touch with you to arrange a starting date and also to decide with you, how often you wish to begin a new module.

In order to achieve the maximum benefit from the course, there are some simple protocols that you should set in place.

1. Set aside a regular time (this may be once a week, once a fortnight, once a month as arranged with the mentor) when you will be able to be private and quiet for about an hour.
2. If at all possible, set aside a special place in your home where you will conduct the Wyse-Art sessions. This space should contain
  - a. A small table where you can light a candle and place a small vase of flowers. You may also like to keep your copy of the Book on the table.
  - b. A CD player (computer, ipod or other device to play sound files).
  - c. A comfortable chair!
3. Purchase a notebook that you can write your own thoughts and reflections down in. This will be your Wyse-Art journal.

Each module begins with a time of listening and reflection. A piece of music introduces the reflection for the module. The same piece of music will return at the end of the spoken section to support the meditation for the week. This is only the beginning of the module however, for each module also contains directions for certain exercises to be carried out during the week. As each module proceeds, you will find that different thoughts, ideas and questions enter your head. Write these into your journal. Since the task of the mentor is to be your personal listener during the course, you may want to share some of your journal entries with the mentor.

We wish you every success on this wonderful journey – for no journey of discovery is more wonderful than the discovery of the real self.

When you are ready, place the first CD into the player and sit comfortably ...