



# Pearls of Wisdom

13 Contemplations inspired by *Jewels in the Net of the Gods*

Dear Readers, Please enjoy these 13 thought provoking contemplations based on *Jewels in the Net of the Gods*. They invite insight & bring home the book in a personal and meaningful way! - Lorell

# Contemplation 1 • Chapter: Pearl



*“Kundun adjusted his cushion, took a breath and began his Tonglen practice, visualizing taking on the suffering of others as he breathed in, and sending happiness and success to all beings as he breathed out ~ sending peace to his friends and enemies alike. This ancient practice was part of a Bodhisattvic vow he had taken to extend a helping hand in leading all sentient beings as they moved towards nirvana. He vowed to help them before he dissolved into that ultimate state himself. No small vow, understanding as he did, that sentient beings are numberless.” Pg 3*



**JOURNAL PROMPT:** What would you have to let go of to send peace to your friends and enemies alike?

**EXERCISE 1:** Think of 2-3 friends you would like to send peace to. What would you say to each them?

# Contemplation 1 • Chapter: Pearl



**EXERCISE 2:** Think of 2-3 enemies or adversaries that you wish you could send peace to. What would you say to each them?

**EXERCISE 3:** What were some of the differences in sending peace to friends vs. enemies/adversaries?

# Contemplation 2 • Chapter: Quartz



*“She wished that she and her ex-husband could have honored the Native Americans on whose sacred land they had inadvertently built their house. They would have learnt a lot about foundations and grounding. She knew now that though neither sexy nor glamorous, foundations are the unseen roots that hold tenaciously to the dank, grounded-ness of the deep earth and draw elemental succor from hidden realms. Her foundational support, she learned, needed to be strong and fortified and made of values that are real and lasting. And it had to be flexible, pliable enough to hold fast in life’s inevitable storms.” Pg 11*



**JOURNAL PROMPT:** What are the foundations that support your life? Are there any aspects that need strengthening or changing?

**EXERCISE 1:** Write the names of the people that are the biggest supports in your life.

**EXERCISE 2:** Think about others who are part of your support system (Family, Doctors, teachers...)

**EXERCISE 3:** Are there other groups, communities or organizations that help provide strength and support in your life? (Religious/spiritual communities, clubs, teams...)

# Contemplation 3 • Chapter: Chrysocolla



*“Saying nothing, when the pains became very intense she left the camp quietly and made her way to the little hollow she had prepared behind a termite mound. Private and discreet she squatted alone in the dust.... As she dropped her baby from her tired body, troops of baboon shouted a warning from the safety of treetops. The sudden crack of a tree branch alerted her to elephant, and amazingly she found herself surrounded by a herd of mothers with their babies. Keeping a respectful distance, they had watched her birthing process in silent protective arrangement ~ mothers in front, babies securely behind; except for the imperative of one newborn taking succor from the powerful body of its mother, the blood of birth still drying on its little legs.” Pg 20*



**JOURNAL PROMPT:** Write about some of the people or projects you have birthed in your life.

**EXERCISE 1:** Write down 2-3 projects that you have brought into the world.

# Contemplation 3 • Chapter: Chrysocola



EXERCISE 2: Name the people who helped you the most during the process of birthing those projects.

EXERCISE 3: What are the most valuable lessons you learned in bringing these projects forward?

# Contemplation 4 • Chapter: Onyx



*“He became aware that initially he experienced resistance before he came to the earth plane. Somehow, he intuited that life on earth could be very intense. But it was on earth that he would be tempered and polished, and would learn to embrace imperfection and limitation. And then suddenly, and painfully, he had a memory of the lifetime when he experienced his first great loss...” Pg 25*



**JOURNAL PROMPT:** In what ways have you been shaped and polished by the difficulties and the joys of life?

# Contemplation 5 • Chapter: Amethyst



*“Through it all they discovered a deep sense of peace and connectivity that enveloped their motley group of travelers and bound them together. So when the time came to part, and they said their final goodbyes, they took a moment to acknowledge and recognize the miracle of healing that had taken place in the desert between Jewess and Muslim, male and female. They noted with genuine warmth, that out there, none of those things mattered?” pg 32*



**JOURNAL PROMPT:** Describe an unexpected connection you've had to someone who felt foreign or strange

**EXERCISE 1:** Write down 2-3 strangers who became friends.

**EXERCISE 2:** What happened to turn these strangers into friends?

**EXERCISE 3:** What have you learned from these friendships?



# Contemplation 6 • Chapter: Tiger's Eye



*“This knowledge should guide your life”, the old woman whispered. “You will find it in the secret teachings of the Hindu Yogis, the Jewish Kabbalists, the Naqushbandi Sufis, and all others who study the sacred patterns of the Divine Mystery.” Liora shivered. She knew then that she would not rest until she had found those secret teachings. And she became instantly aware that those teachings were the gift she really desired.” Pg 44*



**JOURNAL PROMPT:** Where do you find the deep wisdom that governs your life?

**EXERCISE 1:** What is your spiritual or religious path?

**EXERCISE 2:** How has this practice helped you in your life?

**EXERCISE 3:** Name a practice you do to tap into your intuition.

# Contemplation 7 • Chapter: Citrine



*“The tiny space was sparse but in contrast to the busy-ness of the massive church, it was infused with great peace and stillness. The old monk seemed to have disappeared. In the center of the little room stood a large dark boulder, a simple but imposing iron cross bolted to its summit. The impact of the cross was like a bolt of lightning, direct and palpable. Suddenly Liora found herself utterly bereft, weeping for the very soul of the world, overwhelmed with thoughts about the nature of war and peace, pain and suffering, and the challenge of compassion.” Pg 56*



**JOURNAL PROMPT:** What are the most profound moments that have impacted your life?

**EXERCISE 1:** Write down a few moments in your life that have moved you profoundly.

**EXERCISE 2:** Consider how have these moments changed the way you live life?

# Contemplation 8 • Chapter: Agate



*“Theirs is a journey towards the experience of Divine interplay between creation, manifestation, and the one who experiences it all ~ between the Lover, the Beloved and Love itself. This is the state that 13th century Sufi mystic poet Mevlana Jelal-ad Din Rumi had expressed as “I, you, he, she, we ~ in the garden of mystic lovers, these are not true distinctions.” She learned that Rumi invited friends to enter into that mysterious ‘paradise beyond all the false barriers’ that we unconsciously create as an illusion of protection and survival.” Pg 65*



JOURNAL PROMPT: What do think of the idea that our perception of separation is an illusion?

# Contemplation 9 • Chapter: Tourmaline



*“We are strong and powerful in our belief,” he said. “nurturing and healing our relationships with one another, our families and our communities.” Friar Angelo nodded. That he could understand. But it was what Niyol said next that most confounded and intrigued him. “The thing is,” Niyol emphasized, “we are not apart from the earth, we are of the earth. We are this place. As an indigenous person I feel the trees, I feel the plants, I feel the animals and I feel the wind. And this affords me a deep compassion for all of life.” Pg 83*



**JOURNAL PROMPT:** What do you think of the idea that we are closely connected to our environment? If that were true, what would it mean for your life?

**EXERCISE 1:** Write down some of your favorite ways to interact with nature.

**EXERCISE 2:** What are some ways that these interactions with nature affect your life?

**EXERCISE 3:** What other ways can you imagine interacting with nature if you had time?

# Contemplation 10 • Chapter: Ruby



*“That year, Sarah told Aliyah, she intended to visit relatives in Essaouira, the beautiful white seaside town partially sheltered by the island of Mogador. There, on the dock of the ancient harbor, she would throw breadcrumbs into the waters, symbolically casting off what she no longer wished to carry in her life, metaphorically washing herself clean. Sarah explained that the process of releasing is understood to work on many levels, the physical, the emotional and the spiritual, thereby relieving the soul of its burdens and opening the way for the fresh and the new.” Pg 90*



**JOURNAL PROMPT:** What are the rituals that help to let go and move on?

**EXERCISE 1:** Describe your favorite cleansing ritual?

**EXERCISE 2:** How does this ritual usually shift your perspective?

**EXERCISE 3:** Via Google search, explore purification rituals from other cultures...which ones appeal to you?

# Contemplation 11 • Chapter: Moonstone



*“It was after her first visit to England when she was 17 that she began her past life regression sessions. She had such a strong sense of déjà-vu and an innate knowledge of the English countryside that she was determined to find out whether she had ever lived in England in another life. On the day of her first session, she arrived at the appointment feeling a mixture of curiosity and skepticism, but was not really surprised when, during the regression she met herself as a young English girl in search of something very important...” pg 95*



**JOURNAL PROMPT:** What idea or experience do you have about the phenomenon of déjà vu?

**EXERCISE 1:** Describe a few places you have visited that seemed familiar when you got there?

**EXERCISE 2:** What countries fascinate you that you find yourself reading, dreaming or thinking about?

# Contemplation 12 • Chapter: Prehnite



*“Unlike other members of the Resistance who had to make complex and elaborate reasons to travel, the leeway his life-style afforded him proved fortuitous. He knew that was partly the reason he was recruited..... But before he got out of the car, she placed her hand gently on his arm, and took a moment to gaze deeply into his eyes. “Why do you do this dangerous work?” she asked softly. “People are suffering”, he answered. She nodded, mute, her beautiful eyes wet with tears. They were united then, for a brief instant, in the profound power of a shared heart-space, and a mission well accomplished. “ Pg 108*



**JOURNAL PROMPT:** How have courage and conviction shown up in your life?

**EXERCISE 1:** Write about a time you did something extremely courageous?

# Contemplation 13 • Chapter: Diamond



*“The truth is”, the Sheik emphasized, “the group is aware that their work is to create nothing short of a miracle.” For in the tiny moments looking deeply into the eyes, tears and smiles of the so-called other, sharing heartfelt fears, stories, and dreams, they open the way for miracles.” Pg 114*



**JOURNAL PROMPT:** Write about a few of the miracles that have shown up in your life?



# Extra Notes

