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**Mark Your Calendars for Upcoming Events!**  
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Sunday Morning Meditation - Sunday, Sept. 20th - 9:30 a.m. - 11:00 a.m. Visit www.aboutwisdom.com for more details.
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**Thursday, Sept. 24 - 7:00 - 9:00 p.m. - Book Signing at Barnes and Noble at Jefferson Pointe. Barnes and Noble is showcasing local authors in a book signing. Get your very own "Sophia and the Seven Goddesses: A Journey of Self-Acceptance" AND have it personally signed by Beverley Danusis!**  
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Friday, Sept. 25 - 6:30 p.m. - 8:00 p.m. - Book Signing - Everybody Reads Bookstore, 2019 E. Michigan Ave., Lansing, MI 48912. For more details, please contact Everybody Reads Bookstore @ 517.290.0099 or visit: www.becauseeverybodyreads.com
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**Saturday, Sept. 26 - 10:00 a.m. - 3:30 p.m. - "Discover the 7 Wisdoms of Women" Workshop in Lansing, MI. For more information, contact Linda - 517.896.4822 or Jack Pyle - 517.243.3223.**  
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Beverley Danusis on Facebook, Twitter and LinkedIn!

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**What They Say About  
Wisdom Goddess Bev:**

**Referring to "Ponder This: Are You Lying to Yourself Too?"**

**Dearest Goddess, I have just read your "ponder this" about lying to ourselves. How right you are! I have experienced exactly the same and there is no stopping me!**

**"I'm relishing in my own mad creativity which I know and feel connects me directly with spirit. To me it is expressing what is already there, just putting it out into the world. It has made life exiting and gifts."**

**Wouldn't it be wonderful if we didn't have to get so far out before following our path? How wonderful you are!**

**With Goddesslove,  
Nanna**  
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P.S.

If you enjoyed "Ponder This," please pass it on and invite your family, friends and colleagues to sign up...after all, these mailings are free!

Simply click below to the "Forward email," and empower someone you value today.

Thank you.
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**"Bringing Wisdom into the World through the Hearts of Women & Girls."**

**"Sophia and the Seven Goddesses" has received the Dove "Family-Approved" Seal by the Dove Foundation!**

**"Congratulations! Sophia and the Seven Goddesses (Book) has been awarded the Dove "Family-Approved" Seal by the Dove Foundation. This means the Foundations believes that the content expressed makes for the kind of entertainment family and other entertainment products that portray and encourage posi-**

**to 4000 books.**

To read more, visit our website: [www.aboutwisdom.com](http://www.aboutwisdom.com)

**Ponder This - Want to Make Sense of your Life Stories?**

Last week I wrote about the "power of our stories" and once again you responded favorably. Thank you. Today, I would like to share with you an exercise, which I created to utilize my stories. This exercise empowered and permitted me to obtain a clearer understanding of my life's journey. The exercise made sense out of my experiences. I gained more insight from this exercise as an annual ritual.

**I call the exercise "Story Mapping."** I empowered myself by titling my major life stories and creating a time line, or map, with them. I chronologically arranged my major stories on a piece of green construction paper - I am an artist at heart, so color is important to me. I recommend not using a computer program; construction paper and allow your inner child to play. You can keep this project simple or you can complicate it. Since this may be

I started out with my childhood stories to date. I coordinated my stories to the years, as this was much easier to recall. I used simple words to label each story or a symbol. Try using different symbols for each year or story and connect them with a squiggly line... it's like connecting the dots. If you have more than them in some way. For this exercise, it is best not to use straight lines, if you can mute the left side of your brain. Make your map creative and not linear. Use your imagination and have fun.

Follow your intuition when choosing your symbols which best express the particular year or story. To save time you may use circles, hearts, triangles, or squares. If you need ideas for symbols choose from.

Once my story-map was completed, I studied each one and noted the year to better understand what I gained from that time. I could see my wisdom growing each year, but strangely enough, I had never given myself permission to recognize it or own it. I was shocked by what my intuition and my creative mapping had brought to me. I noticed with each year a nudging from Spirit, toward my purpose or destiny. I am sure you will gain a similar insight and agree this is a powerful process to engage.

I believe that each and every experience we have points us toward our souls' dream of whom and what we are and can become. By creating my personal story map, I not only made sense out of my life, but it immensely encouraged me to understand that each event in my life is crucial for my personal, professional, and spiritual growth. More importantly from this simple, yet powerful exercise, I began to notice the wisdom I had gained from each experience and why I needed to share them - to empower others.

Use your creative imagination, create a map with your essential life experiences and see what you discover; there is a wise person within you able to share his or her wisdom to help create a better world. Go for it!

**Please stay in touch and share the power of your stories and what your mapping process reveals to you. Sharing is good for the soul!**

If you would like to further read about the power of our stories I suggest you go to the following two sites:

<http://www.co-intelligence.org/I-powerofstory.html>

[http://hpinstitute.com/book\\_power\\_of\\_story.html](http://hpinstitute.com/book_power_of_story.html)

Poet Murial Rukeyser tells us "the universe is made of stories, not atoms."

**Ponder That!**

Wisdom Goddess Bev

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