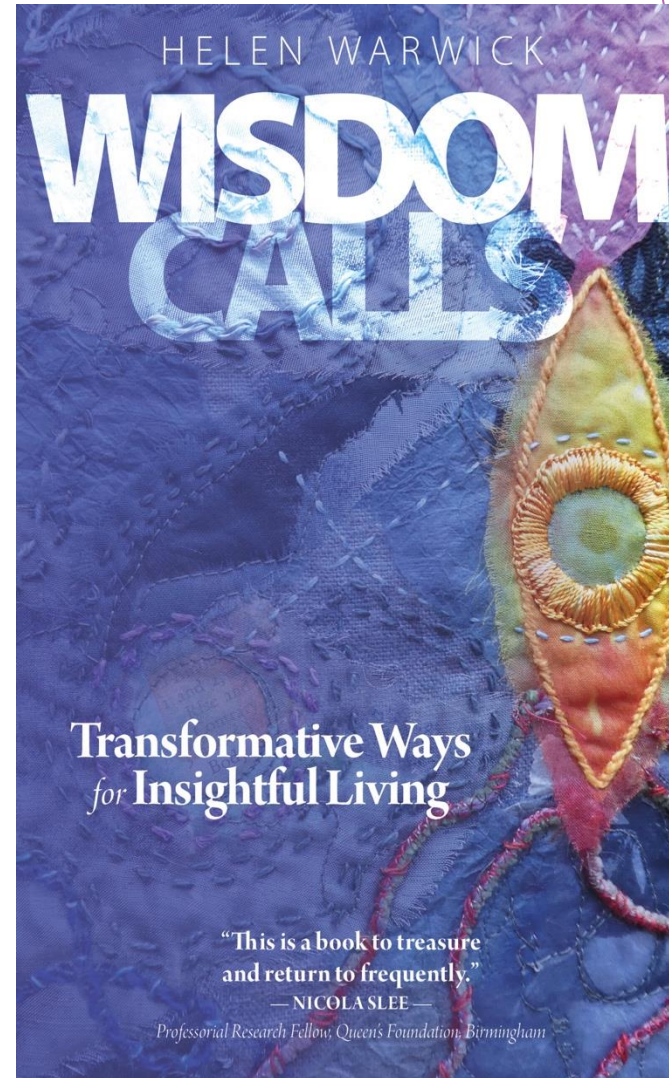


Helen Warwick

# Opening to Holy Wisdom through Spiritual Direction

Wisdom Calls: Transformative Ways for Insightful Living  
by Helen Warwick. Sacristy Press.

<https://www.sacristy.co.uk/books/prayer-spirituality/wisdom-calls>

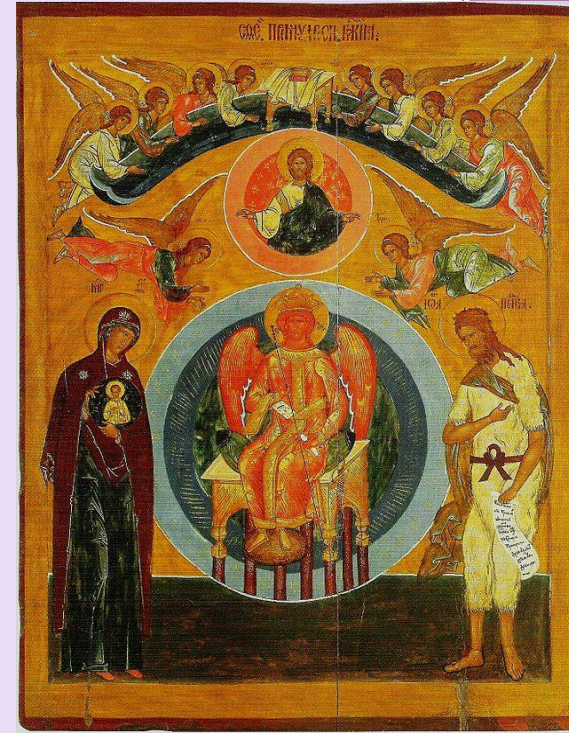


## The Nature of Wisdom (from Wisdom 7 NRSV)

There is in her a spirit that is intelligent, holy, unique, manifold, subtle, mobile, clear, unpolluted, distinct, invulnerable, loving the good, keen, irresistible, <sup>23</sup>generous, humane, steadfast, sure, free from anxiety, all-powerful, overseeing all, and penetrating through all spirits that are intelligent, pure, and altogether subtle.

<sup>24</sup> For wisdom is more mobile than any motion; because of her pureness she pervades and penetrates all things.

<sup>25</sup> For she is a breath of the power of God, and a pure emanation of the glory of the Almighty; therefore nothing defiled gains entrance into her.



Holy Wisdom (16thc.  
Vologda museum)

# How do we know about Wisdom?

Ancient traditions - all faiths link to Wisdom. For example -

- Third Eye - known as the centre of intuition and the eye of consciousness in the Hindu and Buddhist faiths.
- Judaism - Hokhmah - Holy Wisdom
- Greeks - Sophia
  - Athena - Goddess of Wisdom and weaving

Archaeology -  
Digs in the Holy Land  
Nag Hammadi find - Egypt  
Ancient writings and documents.

Ancient cultures - for example - Native American Indians - Wisdom symbols

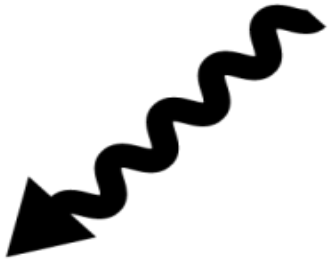
## Wisdom

A way of knowing  
Creative energy  
Relational, transformative,  
connects us to truth, to  
love, beauty, knowingness,  
and feeling more integrated

Carl Jung and the  
Collective Unconscious -  
Wisdom as an archetype

Our own deep body knowing - The  
Wise Mind. Opening to our own  
Wisdom. Listening and reflective ways.

## Ancient Cultures - Ancient symbols of Wisdom



A **blue lotus** represents common sense and wisdom in Sanskrit (language that dates back to 1500 BCE)



Native American rock art  
- 3000 BCE

## Collective unconscious - archetype

Jung believed of a source of Wisdom that is deep in all of our psyches - an archetypal image - a symbol that is grounded in our collective unconscious - inherited from our ancient ancestors.



Crone/Wise  
woman, Sage,  
Wise Man  
Archetype

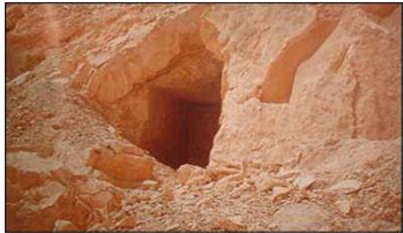
# Archaeological finds



**Judean Pillar Figurines - around 700 BC - located in the biblical Kingdom of Judah, including Jerusalem. Evidence of 'The Lady' (also known as Hokmah/Wisdom). Removed through the reformation as seen as foreign idols. Margaret Barker - Biblical Scholar.**

# Discovery of the Nag Hammadi Library

- Discovered in 1945 in a jar in Egypt
- 12 codices containing 52 writings
- Major source of Gnostic texts



Coptic Museum in Cairo

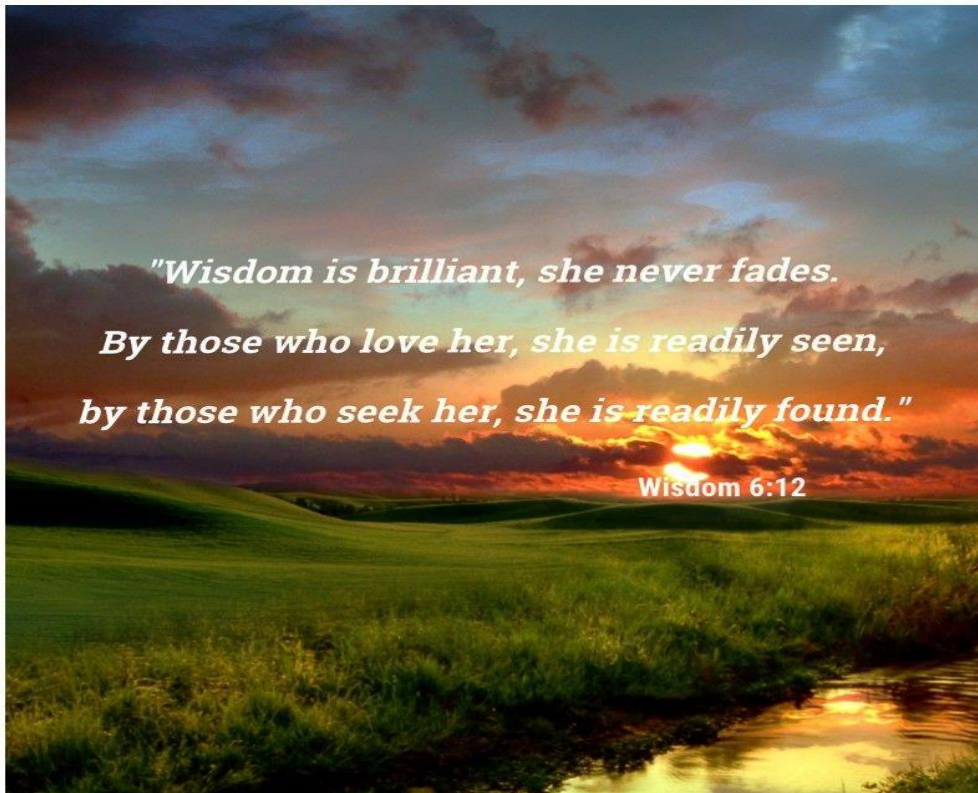
## Archaeological finds



Teaching of Silvanus 41

## Hebrews love of Wisdom or Hokhmah - Holy Wisdom and her feminine ways.

The writings on Wisdom in the Bible came through the ancient Israelites' way of observing the world and human affairs as well as collating the experiences of past generations. In the first century, beginning with the reign of Solomon, Jewish thought had begun to concern itself with the great moral problems and mysteries of the world as well as the deep mysteries within themselves.

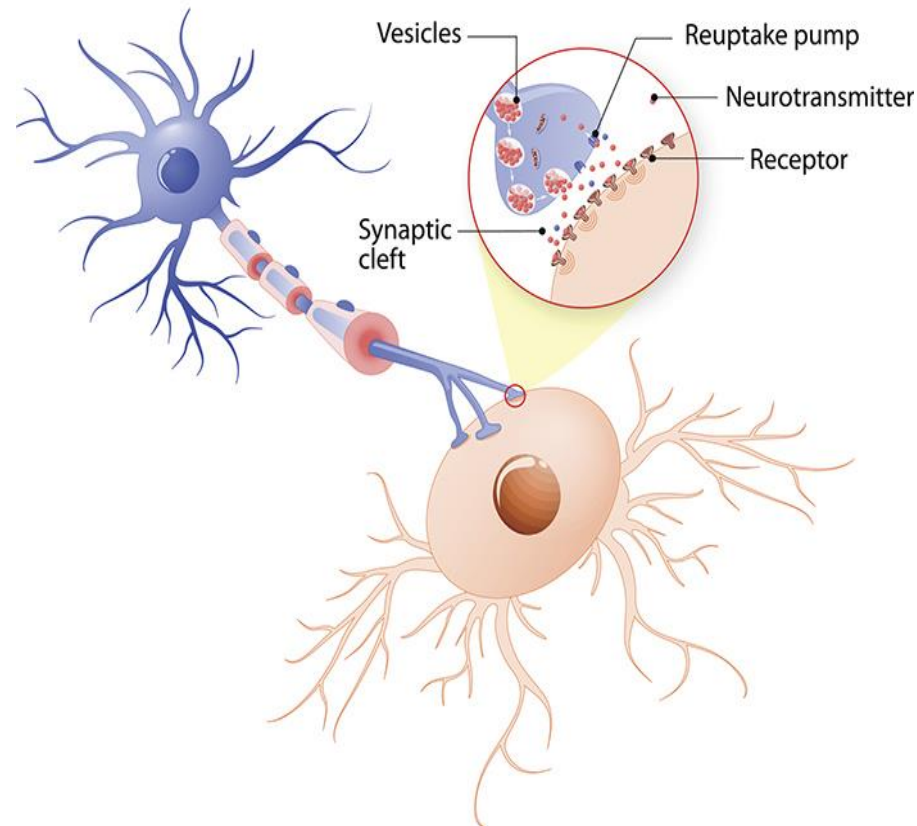


## Our own deep body knowing

The mind and the body are interlinked; the neurotransmitters, the chemicals that transmit impulses along the nerves have been found not only in the brain, but also being produced by internal organs, especially the heart and gut. The more we connect to our body, the more we open up to our intuition, an aspect of Wisdom.

### Neurotransmitters

Dr Candace Pert  
'bodymind' - the mind and body working as an integrated whole, because at the level of the neurotransmitter there is no separation between the mind and the body.



# Rumi Quote - There are Two kinds of Intelligence

There are two kinds of intelligence: one acquired, as a child in school memorises facts and concepts from books and from what the teacher says.

You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you.

A freshness in the centre of the chest.

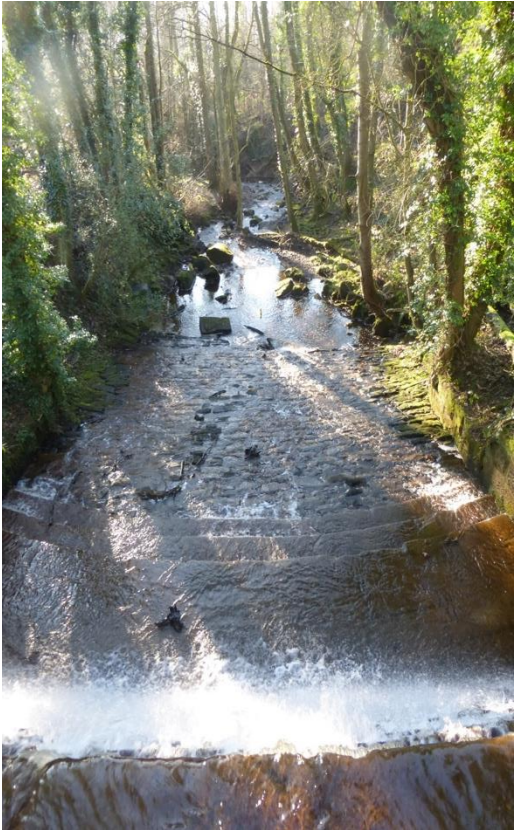
This other intelligence does not turn yellow or stagnate. It's fluid.

This second knowing is a fountainhead from within you, moving out.



Wisdom opens us to a deep flowing spaciousness within us

You shall be like a garden,  
like a deep spring  
where waters never fail  
Isaiah 58:11



The wise mind is like a deep well  
in the ground, the water at the  
bottom of the well, linking to  
the entire underground ocean of  
the wise mind. Dr Marsha Lineham



Our wisdom voice is often connected to who we truly are - a term that some use is our True Self. We can open out to this voice through connecting to a deeper breath, from our diaphragm, from opening out to this centre. Our wisdom voice is connected to love.



## Holy Wisdom or Sophia connected to Love

‘I heard a voice speaking to me: ‘The young woman whom you see is Love. It was love which was the source of this creation in the beginning when God said: ‘Let it be!’ And it was. As though in the blinking of an eye, the whole creation was formed through love...The whole of creation calls this maiden ‘Lady’. For it was from her that all of creation proceeded, since Love was the first.’ Hildegard of Bingen



## Areas to facilitate Wisdom in Spiritual Direction

1 – Connect to the body. Noticing sensations and where they are in the body.

Where do you feel this emotion? Maybe hold this area and breathe into it.

**Practice connecting to our own body – being aware of sensations and where our emotions may be stored.**

2 – Encourage the nurturing voice. Help guest to find this voice, especially if there is a loud critical voice.

**What is our voice of love? What does this say to us?**

3 – Encourage opening to the spaciousness within – either with breath, or through conversation. Introduce Wisdom as an accompanier, a movement.

**Practice finding our own spaciousness and notice what bubbles up from this space.**

4 – Introduce Wisdom literature – next slide.

## Wisdom literature

### Bible

Old Testament: Proverbs, some of the Psalms, Job, Song of Songs and Ecclesiastes. The Apocrypha, especially Wisdom, Sirach (or Ecclesiasticus) and Baruch. Especially Proverbs 3,8, Job 38, Wisdom 6-7, Sirach 4,6, 24.

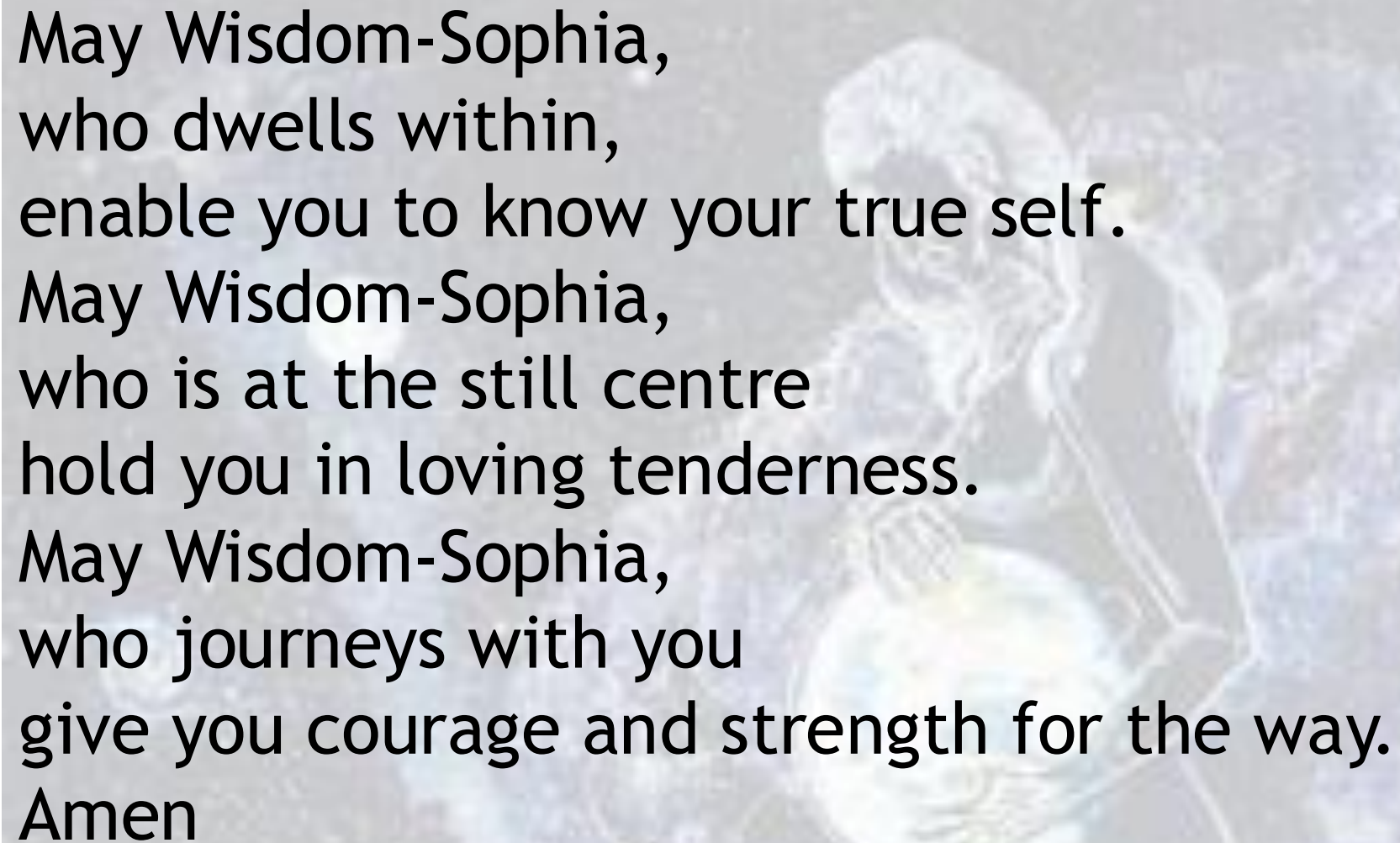
New Testament: Jesus teaches the way of Wisdom, so the Gospels are important in our exploration of Wisdom.

Other manuscripts mentioned are some of the texts uncovered from Nag Hammadi in Upper Egypt, including The Teachings of Silvanus, the Gospel of Thomas and *The Thunder, Perfect Mind*:

Patterson, Stephen J. and Robinson, James M. (trs), *The Gospel of Thomas*, adapted from Patterson, Stephen J., Robinson, James M. and Bethge, Hans-Gebhard, *The Fifth Gospel: The Gospel of Thomas Comes of Age* (Harrisburg, PA: Trinity Press International, 1998), pp. 7–32.

<<https://www.biblicalarchaeology.org/daily/biblical-topics/bible-versions-and-translations/the-gospel-of-thomas-114-sayings-of-jesus/>>, accessed 15 May 2023.

The Nag Hammadi Library—MacRae, George W. (tr.) *The Thunder, Perfect Mind* <<http://gnosis.org/naghamm/thunder.html>>, accessed 23 June 2023.



May Wisdom-Sophia,  
who dwells within,  
enable you to know your true self.  
May Wisdom-Sophia,  
who is at the still centre  
hold you in loving tenderness.  
May Wisdom-Sophia,  
who journeys with you  
give you courage and strength for the way.  
Amen

*Jan Berry*

[www.holyroodhouse.org.uk/events](http://www.holyroodhouse.org.uk/events)



## References and books

Warwick, Helen (2023) *Wisdom Calls: Transformative Ways for Insightful Living*. Sacristy Press

<https://www.sacristy.co.uk/books/prayer-spirituality/wisdom-calls>

Margaret Barker talk about The Lady (Hohkmah/Wisdom)

<https://continuingthejourney.com/conference-history/conference-history-2018-2>

6 sessions on Youtube by Revd Matthew Wright

<https://www.youtube.com/watch?v=2Yi4xsUIRqI>

- Entering the Bridal Chamber of the Heart - exploring the Christian Wisdom tradition, focusing on the Gospels of Thomas, Mary Magdalene, and Philip

Douglas-Klotz, Neil (2011) *Desert Wisdom: A Nomad's Guide to Life's Big Questions from the Heart of the Native Middle East*. ARC Books.

June Boyce-Tillman Equinox publishers 2007 '*Unconventional Wisdom*'