A

NEW

NOW

Journey Journal

*Your Guide to Mastering Wisdom*

*Daily, Achieving Equilibrium, and*

*Empowering Your Nobler Self*

**Michael Goddart**

*to those who seek a better now*

“He taught that we are all greater than we know and that wisdom is the path to salvation.”

—Larry Darrell in *The Razor’s Edge*  by W. Somerset Maugham

CONTENTS

CHAPTER ONE

*A New Now*

Why This Book?

Why Wisdom?

The Power and Potential of Equilibrium

Your Spiritual Foundation

Higher Mind, Nobler Mind, Better Mind

The Power and Rewards of Commitment and Engagement

CHAPTER TWO

*The Eleven Loving Wisdoms*

The Wisdom of Humane Interactions

The Wisdom of Acceptance

The Wisdom of Being True to Yourself

The Wisdom of Grooming

The Wisdom of Thanking

The Wisdom of Commonality

The Wisdom of Fulfilling Friendships

The Wisdom of Attention

The Wisdom of Discipline

The Wisdom of Feeling Good

The Wisdom of Love

CHAPTER THREE

*A New Vision*

The Five Aspects of Who You Are

You Have an Unlimited Capacity for Growth

You Have an Unlimited Capacity for Expanded Awareness

The Three Beneficences

The Five Practices

You Have an Unlimited Capacity for Love

Cognizance

CHAPTER FOUR

*The Ten Keys to Achieving Equilibrium*

*The First Five Keys*

Trust Your Better Self

Prioritize Your Day

Adopt a Positive Attitude

Learn to Know Yourself

Eliminate Unnecessaries

CHAPTER FIVE

*The Eleven Guiding Wisdoms*

The Wisdom of Priorities

The Wisdom of Selectivity

The Wisdom of Simplicity

The Wisdom of Focus

The Wisdom of Attending to Intuition

The Wisdom of Seeking Permanent Happiness

The Wisdom of Asking Questions

The Wisdom of Reading

The Wisdom of Attending to Pain

The Wisdom of Doing Nothing

The Wisdom of God

CHAPTER SIX

*The Ten Keys to Achieving Equilibrium
The Second Five Keys*

Resolve Your Worries

Balance Being, Doing, and Having

Find Freeing Fun

Allow Things to Arrive in Their Own Time

Schedule Winsome Relaxation

CHAPTER SEVEN

*The Five Sources of Wisdom*

Clearheadedness

Inspiration

Intuition

Forgiveness

Listening

CHAPTER EIGHT

*The Eleven Evolutionary Wisdoms*

The Wisdom of Being Positive

The Wisdom of Being Present

The Wisdom of Higher Consciousness

The Wisdom of Faith

The Wisdom of Sages

The Wisdom of Intention

The Wisdom of Service

The Wisdom of Humility

The Wisdom of Practice

The Wisdom of Perseverance

The Wisdom of Seeking God

CHAPTER NINE

*The Five Prerogatives of Equilibrium*

The Calm of Equilibrium

The Commitment of Equilibrium

The Confidence of Equilibrium

The Readiness of Equilibrium

The Responsiveness of Equilibrium

CHAPTER TEN

*A New You*

Your Nobler Self

The Path of Love

The Joy of Becoming

Acknowledgment

About the Author