

# wize-cracker

bi-weekly

Gordon Johnson, Pixabay

*Your source for inspiration, healing, and social change*

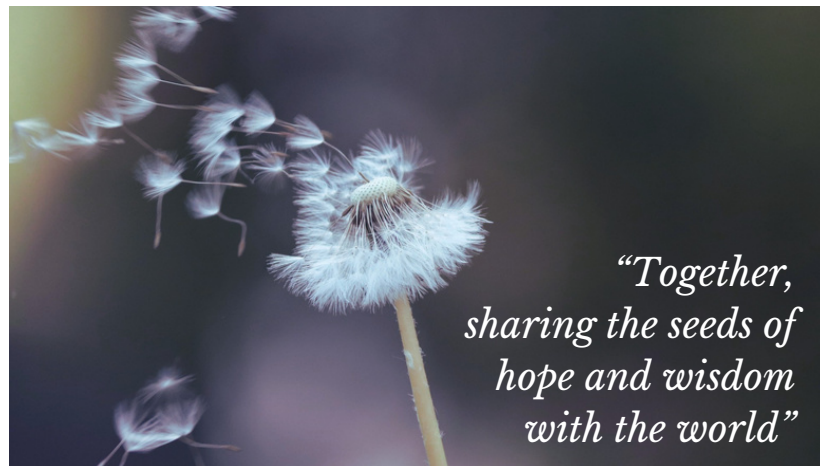
## Our Mission

wize-cracker is a Sponsor-driven, ad-free digital publication that exists through our Sponsors' and Affiliate Partners' outreach and support. They help provide an accessible resource to so many in need of mental and emotional understanding in today's world. This is your guide to self-awareness as it incites the wisdom, magic, and mystery of life itself. Our hope is to serve the path of healing as it contributes to positive social change.

*Pamela Meadows,  
Author, Publisher*

For questions, comments, and guidance write me at:  
[wizecracker.news@gmail.com](mailto:wizecracker.news@gmail.com)

Resource Library:  
[www.wizecracker.news](http://www.wizecracker.news)



*“Together,  
sharing the seeds of  
hope and wisdom  
with the world”*

## The Journey Ahead

As we begin this new journey of our humanity set before us, I am reminded of my own, which I now leave behind. It was an arduous trial. One that not many would fully understand or be able to cope with without the tremendous effort of self-understanding and awareness needed to decipher the *whys* behind it all. **It is only through the whys that we become wise** ... why am I suffering, why am I sad, what is my purpose, how do I survive this heartache? When we're facing a never-ending uphill climb, what drives us, what guides us to keep going, or to stop trying altogether? It is through the intimate questions to our soul that we find the door to self-knowing. And, it is here where it all begins and ends. Life is asking us in every way and every moment to become more self-aware for one infinite purpose ... **to know our True nature**; the Self we long for, the Self that has eluded us since the beginning of our humanity. It is the Self-of-Reflection of *All That Is* that awaits our return.



# The Path to Freedom

How can we find the right words to describe the essence of Freedom? It is an ancient thought from the heart that desires experiential understanding. It has been described through the martyrs of time in a thousand different words and languages, but have we ever truly understood its seed of birth?

Freedom awaits nothing more than for us to be free of our misconceptions and notions about who we are and what we're doing on this planet of place and time. Freedom is meant to be understood as the platform upon which we arrive following the long journey home to Self. That Self I mean is the **Authentic Self** of our true nature void of lack, void of scars, void of pain and suffering. That is the essence of Freedom. And, it is through all the allies and foes along our path of life that provides the opportunity to **know** what Freedom *is* and is *not*.

## A Lesson in Time

Time is an enabler. It allows us to experience life in increments. We do not control time, we abide by it or against it. Understanding the power of **no-time** is a feather in your cap of Self-Knowing, for it is the nature of consciousness itself. As we grow our self-awareness we become aware of the universal forces by which all things evolve, revolve, and dissolve. Time enables consciousness to process events and experiences. Time exists within a fixed matrix. Time defines cycles, beginnings, and endings, all for the sake of pacing our path home to our True Self.



*Time is the teller of all life cycles. Your relationship to IT is the teller of yours.*



## What is Self-Inquiry?

Self-inquiry is the practice of becoming self-aware. Learning to ask ourselves questions about our life experiences and all the associated synchronicities, elements, and emotions is essential in growing our understanding of ourselves. Self-inquiry can be applied in everyday matters as well as particularly disturbing situations that light up our emotions. As a daily practice, it serves to bring a much deeper understanding of our self-identity as well as the life experience as a whole. Without mindfully expanding our consciousness, we as a human race remain lost, dazed, and confused about the answers to the **whys** behind debilitating illnesses, behaviors, and emotions. It is precisely the **lack** of self-awareness and understanding that explains the broken state of our world in this era of human evolution. Evolution is knocking at our door asking us to rise and embrace an expanded perspective of ourselves and what makes us human.

## What the World Needs Now

When we look at the deteriorating state of the mental and emotional health of humanity today, what we can observe is frightening ... Fentanyl and opioid epidemics, an unprecedented rise in mental health instability, an emotionally distressed youth population, a dramatic rise in depression, anxiety, and suicides, and an exponential rise of the homeless population. Why? What do these signposts tell us about ourselves and what are the answers? Asking the right questions has yet to be fully embraced as a healing source unto itself. So what are the right questions? We can start with:

- What is life trying to tell us about us, both collectively and individually?
- What is the **source** of all this chaos of mind and heart?
- What am I accountable for and am I engaged in this accountability?



- How does the debilitating state of humanity's mental and emotional health serve our awareness?
- What is life's metaphor for *homelessness*?

**These are a good starting point, but certainly not an exhaustive list. Let's take a look at the answers as a source of self-reflection and healing:**

1. Life itself is a book of answers whose hidden messages are there for our interpretation and self-understanding. By observing the collective and individual state of our declining mental and emotional health, we can glean that we're all on the path of evolving our awareness to a higher state of conscious awareness. Lack of awareness is the core cause of our lack of health and wellbeing on all levels of our humanity.
2. The source of all human suffering is the lack of self-knowing. It is through the path of hardship that we experience what we are *not* in contrast to and for the understanding of our **True nature**.
3. We are each accountable for our actions and behaviors and how they affect both ourselves and the world around us. When we self-harm or harm others, either emotionally or physically, we have not taken accountability for the negative forces influencing our choices.
4. When we observe a general lack of wellbeing across the human canvas, life incites us all to take a look **within** to determine where our awareness needs greater focus and growth. Such mass chaos is a reflection of our collective human evolution at odds with itself.
5. Homelessness is a term that relates to every one of us, be it reflected in a real-life predicament or as a metaphor for *separation from our true nature*; the implication of homelessness. The extent of today's rise in the homeless population is indicative of a **collective shift in our conscious evolution of which we have yet to come to terms**.

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*“The degree of self-awareness an individual exhibits  
is evident not only in  
how they treat themselves,  
but in how they treat others”*

## How Our wize-cracker Sponsors and Affiliate Partners Serve You

Our Sponsors and Affiliate Partners mean the world to the world! Their support enables us to share inspiring life perspectives that positively influence our general state of emotional and mental wellbeing. Even the slightest glimmer of hope and understanding can prevent another suicide. Their support is a beam of light to those struggling on so many different levels in today's world who don't know where to turn for help. Beyond pharma, beyond classic therapy is human understanding of the life we lead. Together, we can help diminish the staggering rise in depression, anxiety, crime, homelessness, and substance abuse. A deeper understanding of our humanity is truly all we need to thrive in a healthier and happier existence. **Wize-cracker** is the anecdote to assist, support, inform, and guide those in need of an enlightened approach to the challenges we all face along life's emotional highway. Our **Sponsors and Affiliates** enable a vital information resource to be freely available to those in need. Through their generous financial support and by extending our outreach to family, friends, and colleagues, they create a positive impact on personal wellbeing and social change.

### Coming Soon ...

Reader Inquiries Section! For further guidance and support, please send your questions, comments, and feedback to me, Pamela, at: [wizecracker.news@gmail.com](mailto:wizecracker.news@gmail.com). I will post an anonymous query to further your engagement and understanding of the topics published.

### Resource Library:

Be sure to check out our digital library for additional inspiration and learning materials at: [www.wizecracker.news](http://www.wizecracker.news)

- *Meascripts* Self-Awareness manual - 100 pg full-color E-Doc to guide and expand your practice of self-inquiry
- *The Letters* - 5 real-life case studies for fun and engaging self-awareness practice
- *The Thoughtful Garden* - a collection of curiosities, fables, and poems

### Extras:

- Podcast - *Velocity Myles; moving sideways*: a glimpse into the life of the protagonist and how her self-denials lead to a life-threatening disease
- *Mea.Fit* - 4 original fitness videos to enliven the source within available by subscription



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“Do not fear the unknown  
for it is all we have ever been  
and will ever be  
that guides us there  
and that which we can ever become  
awaits us there ...”

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If someone you know needs hope and inspiration,  
please share *wize-cracker* with them  
to help make their world a little *wizer*!  
*Awareness Heals*

Thank you to all our Sponsors and Affiliates for making this publication possible and to our alliance partners for sharing this source with those in need!