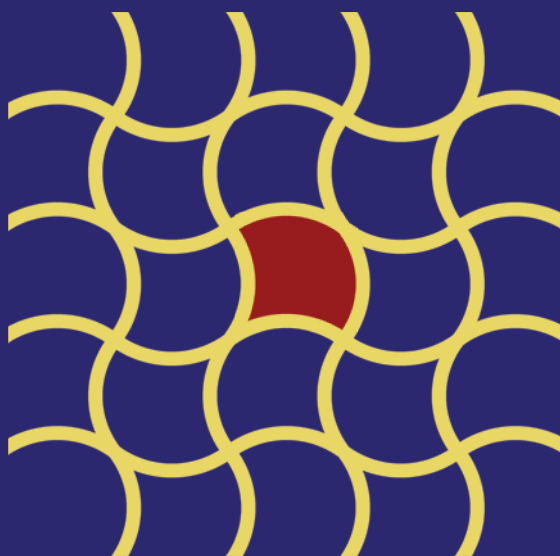


24 PATTERNS *of* WISDOM



Navigating the challenges and awakenings
of the human journey

Anthony Lawlor

Other books by Anthony Lawlor

The Temple in the House
A Home for the Soul
Two As One (with Sherrie Lovler)

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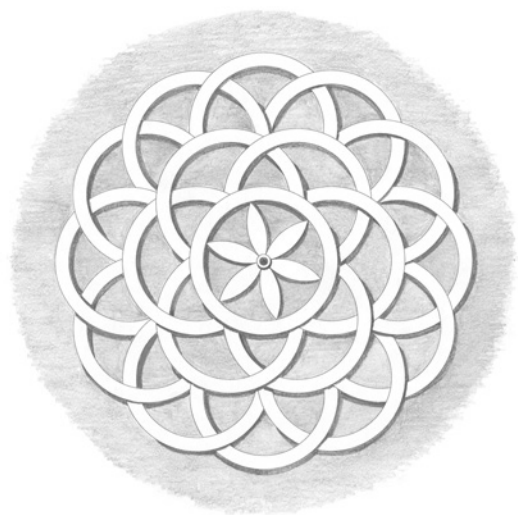
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Written and illustrated by
Anthony Lawlor

Ink Monkey Press

For Sherrie Lovler

*With gratitude to the teachers and friends
supporting and guiding the way*

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INTRODUCTION

*"You cannot solve a problem from the same consciousness
that created it. You must learn to see the world anew."*

— Albert Einstein

This book provides openings to "seeing the world anew." It presents 24 patterns of wisdom that map the road to finding out who you are, why you are here and where you are going. These patterns are visual diagrams of consciousness, illustrations that offer insight about where you are on your human journey and how one stage of experience grows into the others. This sequence of drawings helps free you from any single phase of development. It opens the way to engaging natural tides of change with greater happiness, peace and creativity.

The patterns of wisdom presented here provide essential understanding for navigating the world. To find our way takes all sorts of knowledge. We need varied and specific skills to make money, engage in a relationship, parent a child, cook a meal, write a poem and do the thousand other things that make a life. Through every pursuit, patterns of wisdom help us see what is happening and help us comprehend our connections to our surroundings. In contrast, lack of knowledge contracts us in fear and overwhelms us with confusion. When that happens, all the information in the universe cannot make things better. When we understand patterns of wisdom we feel expanded, peaceful and clear. We are more energized, imaginative and loving.

People throughout time have enhanced their knowledge by sensing the patterns that influence their thoughts and actions. When we understand this wisdom about the workings of life, we are better prepared to deal with each situation that arises. We can see what to avoid, what to embrace and when to remain neutral. Reference points can be found for steering a course through upheavals and down times. If we do not understand the patterns of wisdom shaping ourselves and the world, we become victims of circumstance. We can miss what is happening right in front of us and overlook clues about what is coming our way. Our actions can become mechanical, have limited effect and restrict our satisfaction.

24 Patterns of Wisdom provides tools for finding harmony in conflict, clarity in confusion, and comfort in chaos. By understanding the map of how wisdom transforms our lives, we discover what transforms the world. In random events, we can discern coherent sequences of development. Bombarded by swiftly changing information, we can find stability. In the radical reshuffling of society occurring in this century, we can be better prepared to maintain our true natures and stay connected to our authentic purposes.

The patterns of wisdom presented here are not rules for action or ideals for living. Instead, these visual diagrams of knowledge depict the unseen currents shaping who we are, what we do and where we go. Learning how to detect these patterns of wisdom alerts us to unconscious habits that can undermine us and put us in conflict with life. Having greater awareness of our autopilot actions allows us to be less dominated by worn out and rigid ways of thinking. It offers us greater

freedom to choose how we want to live. Recognizing the wisdom in these diagrams improves our ability to see through surface appearances to the core of what shapes our lives. It opens the way to perceiving the wellsprings of inspiration at the heart of each situation.

The diagrams of wisdom on the following pages distill knowledge for living that has been developed through centuries of experience. Symbols and stories providing insights about the human journey are at the heart of every spiritual path, scientific discovery, psychological realization and artistic creation. Sacred teachings portray these revelations through the lives of Buddha, Christ and other sages. They depict them with images of the Wheel of Dharma, the Cross, the Star of David and other revered icons. Science describes this knowledge through formulas for gravity, the speed of light and the other forces structuring the universe. Psychologists convey this wisdom through archetypes of personal growth. Artists express this understanding through forms and colors that ignite vitality and inspire awe.

24 Patterns of Wisdom conveys this timeless knowledge in a unique way. It traces the path of growing wisdom through a new sequence of symbols. Each symbol depicts a stage in the process of gaining knowledge without referring to a particular religion or philosophy. Instead, this series of images depicts how our daily experience travels from the limits of the physical world to the freedom of consciousness shimmering through every detail of living.

The symbols illustrated here are archetypes of human experience. Archetypes are like the bones that give our bodies structure. They are essential, but unseen. Archetypes are the organizing principles that

support and guide our emotions, actions and achievements. They are patterns that we fill with real-life experiences. Archetypes of life stages such as birth and death, are filled with the real-life experiences of our specific births and deaths. The archetypal roles of the Child, the Mother and the Hero are filled in with the details of our personal childhoods, our specific mothers and the particular heroic acts we encounter on our way. The archetypes of wisdom presented in this book describe essential patterns of experience such as the Circle of the Senses, the Primal Wound, the Belief Grid and Flowering.

Archetypes hover below the surface of every thought, word and action. We do not acquire them the way we acquire the knowledge of driving a car. Like the knowledge of breathing, the wisdom of archetypes is already guiding our lives. Yet, we can be unaware of the archetypes motivating and shaping us. To benefit from their guidance, we must learn to see and feel them. When we can directly experience these archetypes of wisdom and live in harmony with them, we can access the fullness and vitality of life.

Archetypes are not passive structures. They are vital links to the subtle, luminous forces that power our thoughts and gestures. These links are found at the overlaps between matter and energy, the interfaces where energy sparks matter alive. In this sense, archetypes are forms of potential, the readiness for action and achievement. Because archetypes already exist and are always behind everything we do, they are indestructible. Connection with them opens our lives to experience what is beyond change.

By learning to perceive archetypes, we learn the pathways

through which consciousness is expressed in us and our surroundings. Carl Jung, who developed the concept of psychological archetypes, said that whether we understand them or not, we must remain conscious of their influence. Archetypes are vital parts of nature and, therefore, connect us to our roots in the world. If we are cut off from these primordial images of existence, we are cut off from the profound richness of life.

By exploring archetypal wisdom, we not only enhance our personal journeys, we also connect to the rest of humanity. Joseph Campbell beautifully describes this experience in relation to the archetype of the Labyrinth: “Furthermore, we have not even to risk the adventure alone; for the heroes of all time have gone before us; the labyrinth is thoroughly known; we have only to follow the thread of the hero path. And where we had thought to find an abomination, we shall find a god; where we had thought to slay another, we shall slay ourselves; where we had thought to travel outward, we shall come to the center of our own existence; where we had thought to be alone, we shall be with all the world.”

24 Patterns of Wisdom provides visual symbols you can use each day to guide and support your unique passage through the world. As you navigate the winding trail of day-to-day challenges, you can bring these images to mind as you would recall inspiring sayings and quotations to strengthen you with uplifting insights and motivating knowledge. By doing so, these 24 symbols become allies for making every step of your way a homecoming to the harmony, joy and abundance of your luminous nature.

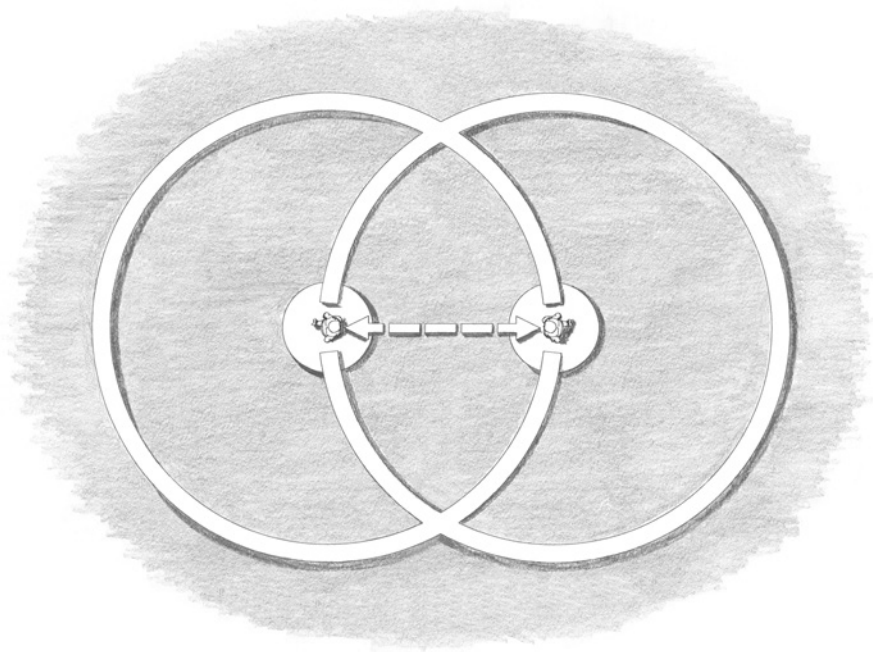
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SELF and OTHER

Pattern of Wisdom 4, Self and Other depicts consciousness appearing to divide into two circles of identity through the process of perception. At the center of one circle, we assume the role of the “Self.” At the center of the second circle, we label individuals the “Other.” The circles of Self and Other overlap and influence one another. You have one circle of family, friends and interests while your neighbor has another circle of life. Where the two circles interact determines your relationship with your neighbor. If she cooks a delicious stew for dinner that spreads enticing aromas into your apartment, your Circle of Self is enriched. If your neighbor blasts heavy metal music at two o’clock in the morning, your Circle of Self is probably irritated.

Elena noticed the pattern of Self and Other shaping her experiences. Walking down Market Street, her mood changed each time her Circle of Self encountered the circle of another person. When her circle overlapped the circle of a homeless woman, Elena felt a combination of compassion and contraction. Her heart went out to the woman, but her body tensed. Crossing paths with a street musician, Elena felt both delight and melancholy. When she met her boyfriend, Brian, she glowed with the memory of a wonderful weekend they had spent by the sea. Yet, sadness clouded her circle when she recalled a disagreement they had earlier that week.

When the circle of Elena’s senses overlapped another person’s,



Pattern of Wisdom 4 • Self and Other

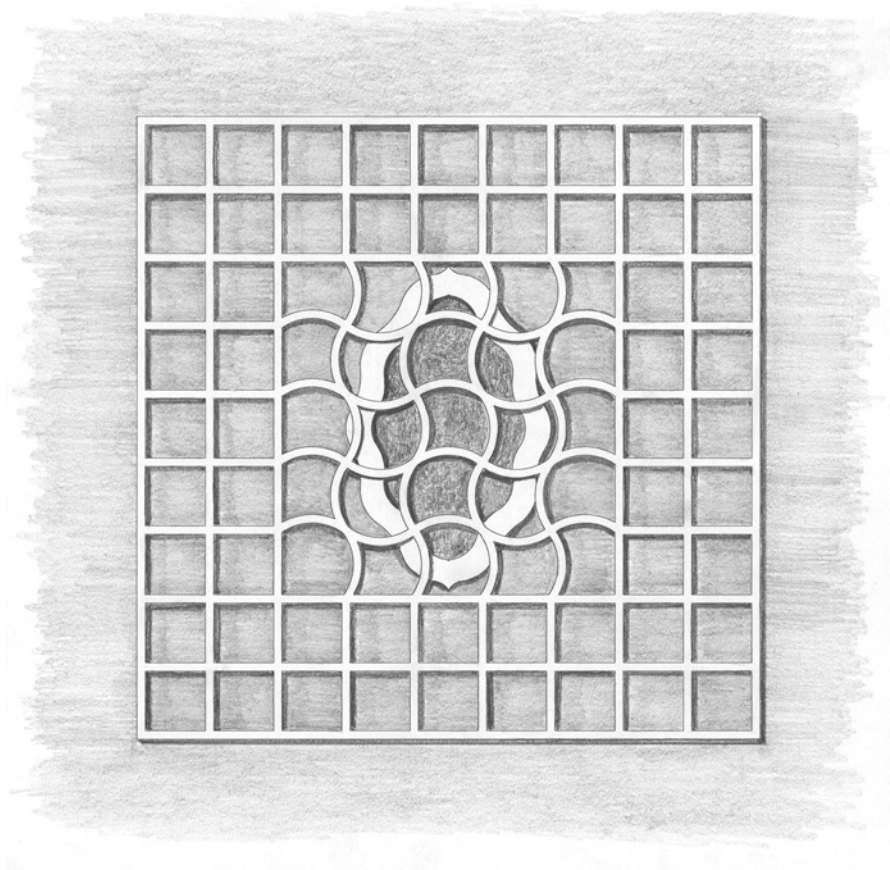
The process of perception appears to divide consciousness into opposites.

8

BLURRING

Pattern of Wisdom 8, Blurring depicts consciousness loosening the rigid boundaries of a Belief Grid. We may use a framework of concepts to box life into predictable patterns, but the primal powers of consciousness cannot be constrained for long. Beneath our clear definitions of the world pulsate vast and elusive currents. The measurements of our Belief Grids cannot compute the measureless powers flowing from the wellsprings of the Healing Womb. No single formula can calculate the span of the universe from grasshoppers to galaxies. No amount of detail can map the currents of the consciousness animating our lives. As Shakespeare observed, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

The pattern of Blurring a Belief Grid occurred with the rise of Impressionism, the style of painting created by Claude Monet, Auguste Renoir and other artists in France around 1860. Before Impressionism, painters of the Academy of the Beaux-Arts followed strict beliefs about what made a painting beautiful. The academics only painted historical and religious subjects and formal portraits. They did not depict landscapes. Their images were carefully finished and looked realistic when examined closely. All traces of brushstrokes were downplayed and the artist's personality, emotions and working techniques were concealed. The result was paintings that were unemotional and disconnected from daily concerns. Impressionist painters violated every



Pattern of Wisdom 8 • Blurring

The erosion of our Belief Grids connects us to revitalizing currents of consciousness.

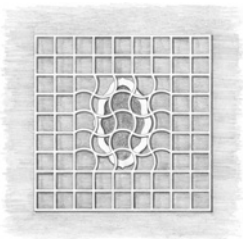
one of the Academy's rules and values. The subjects of this style were common scenes of passing moments in daily life. Landscapes were often depicted. The images were roughly finished and did not look realistic when examined closely. Brushstrokes created prominent textures. The artist's emotions, personality and working techniques were expressed openly. When the Impressionists tried to exhibit their new style at the Academy's annual art show, their paintings clashed with the Belief Grid of established artistic taste. They were rejected as ugly and primitive. Even though the Impressionists blurred the framework of concepts that was popular at the time, their work soon prevailed. Their style was widely accepted and changed the way we experience art and life.

Despite the Blurring of our Belief Grids, we may persist in thinking that more information and greater effort will keep our definitions, and our lives, in neat rows. Melinda's college age daughter, Zoey, resisted her mother's plan that she study medicine. Instead, Zoey followed her passion for art. Melinda persisted in her scheme and bombarded her daughter with articles proving that being a doctor would keep Zoey financially stable and serve the greater good of society. Her daughter responded creatively by blurring the lines between art and science. She used medical x-rays of the brain as inspirations for a series of abstract paintings.

Before Zoey was born, Melinda based her happiness on her daughter becoming a doctor. The Blurring of this plan threatened to destroy Melinda's dream. Yet, the creative wellsprings inspiring Zoey's art were not agents of doom. They helped Melinda face her own

lost dreams instead of pushing them on her daughter. Once she freed herself from this idea, Melinda studied herbal medicine and became a naturopath while Zoey heeded the call of her artistic soul.

Blurring the boundaries of Melinda's Belief Grid moved her limits into the flow of consciousness. In the same way that plucking guitar strings resonates silent air into melodies, the erosion of her framework of values pulsated consciousness into inspiring thoughts and actions. She no longer sensed the elusive forces eroding her Belief Grid as threats. They became the call of life to express itself through her. This call flowed in urges to break free of stifling concepts and fixed routines. Responding to these desires, she realized that fitting things into her Belief Grid did not make her feel more alive. Her framework of principles was an instrument that assisted her in exploring the mysteries of consciousness. Certainly, her mind cherished the practical functions of her Belief Grid, but relaxing her hold on rigid categories and measurements freed Melinda to experience more vital and creative ways of living.



• ***Notice life Blurring your Belief Grid.***

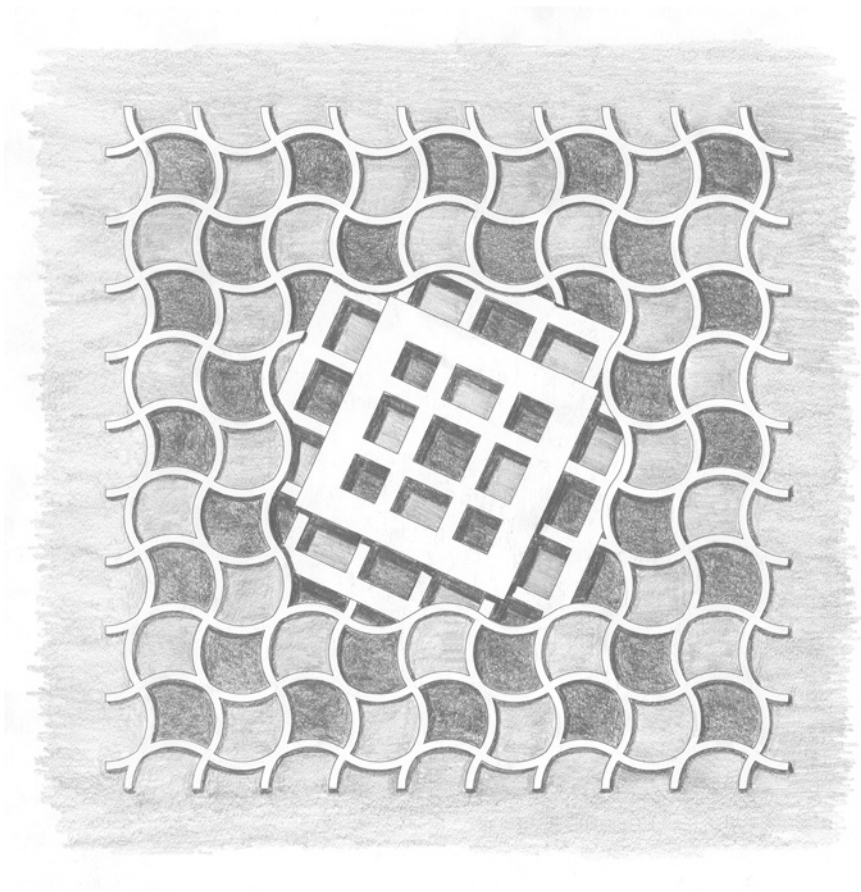
Pattern of Wisdom 8, Blurring depicts consciousness loosening the rigid lines of a Belief Grid. See this pattern occurring in daily life by noticing how your best laid plans are often altered by unexpected events. Notice how Blurring your Belief Grid can guide you toward unforeseen benefits and open you to new, more expanded possibilities of experience.

15

FLOOD

Pattern of Wisdom 15, Flood illustrates how, despite our defenses, the Lifeboats securing our sense of wellbeing are eventually overpowered by a crisis such as disease, divorce or financial loss. The battling waves of opposites—friends and enemies, goods and evils—inundate our frameworks of order. Swirling currents dissolve the clear descriptions of who we are, why we are here and where we are going.

Bella believed she maintained perfect health until the pattern of the Flood changed all that. She ate only fresh, organic, vegetarian meals. Every morning she did 30 minutes of meditation and 45 minutes of yoga before bicycling to work. She looked for the positive side of everything and did whatever she could to create loving relationships. When Bella's doctor told her she had breast cancer, the diagnosis flooded her mind. The belief that a healthy lifestyle would ward off disease was swept from the core of her life. She felt washed out to sea. With her Belief Grid gone, she found nothing to cling to. The sheltering port of good food, exercise and friendship no longer offered protection from the disease that had overtaken her body. The fortified walls defending her Lifeboat dissolved. The categories she had used to separate safety from danger no longer boxed her life into distinct parts. Dividing the Fluid Web into opposites no longer described her experience. Words that separated gain from loss, love from resistance and friend from enemy did not communicate the emerging both/and



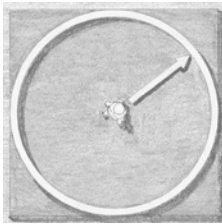
Pattern of Wisdom 15 • Flood

Despite strong defenses, our lives are overwhelmed by tides of change.

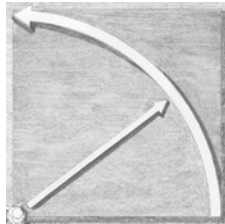
18

VIEW FIELD

Pattern of Wisdom 18, View Field illustrates the process of consciousness carrying us from the center of attention to expanded visions of life. As infants we may stand at the core of family attention. Then, going to school takes us into a field of other students. Entering the workforce, in turn, opens to a wider field of humanity. In this way, our centralized viewpoints broaden to include the expanded vision of View Fields. We move out of experiencing the world through a single standpoint to experiencing it from wider expanses of awareness. Individual perspectives stretch to function from fields of multidimensional seeing. We grow from sensing ourselves as separate individuals to



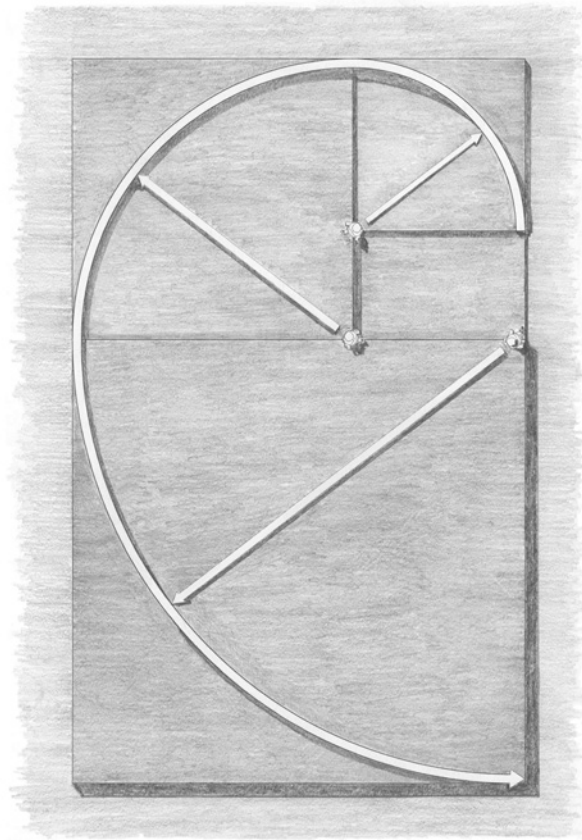
Our experience shifts from a centralized viewpoint to a broad View Field of perception.



acting from broader fields of consciousness.

In his work as a gardener, Bill discovered the power of opening from viewpoint to viewpoint and discovering wider and wider View Fields of experience. Be-

cause of the depressed economy, he started a vegetable garden on an abandoned lot next to his house. He made the tiny plot as fertile as possible and planted foods that grew well in the city's microclimate. When his neighbors saw the abundance of flourishing vegetables, they



Pattern of Wisdom 18 • View Field

Shifting viewpoints expand personal concerns into View Fields of shared discovery.

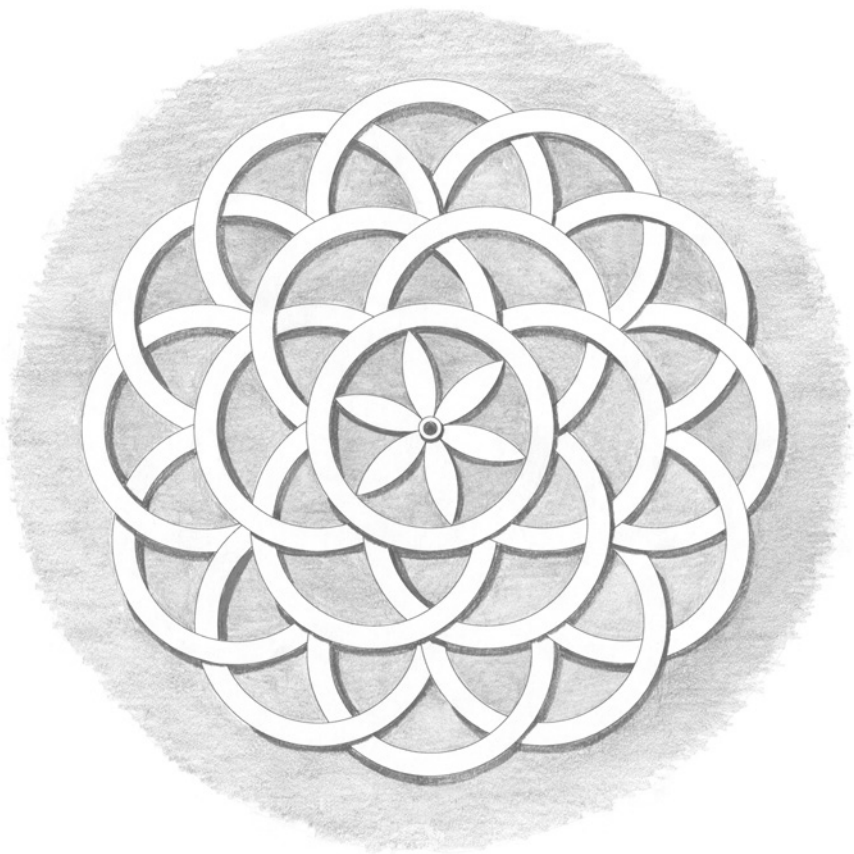
22

FLOWERING

Pattern of Wisdom 22, Flowering depicts the blossoming of totality on the human journey. As we experience the silent consciousness of Wordless Wisdom coupled with the active consciousness of the Labyrinth's path, the complete range of life's possibilities opens before us. Inhabiting both realities, we no longer encounter each impulse of life as an isolated event. Instead we can cooperate with the integrated flow of energy and wisdom coursing through our veins. Worries about controlling the outcome of each situation can be loosened. We can collaborate with the ongoing, interconnected flow of creation.

A painter named Lena used the combination of silent and active consciousness as a guiding theme in her work. One of her most famous pictures used this motif to explore the hidden dialogue between security and adventure. On the one hand, the painting employed the stable forms of squares and rectangles to represent the desire to maintain a predictable and familiar supply of food, shelter and loving support. On the other hand, she used wavy lines, spirals and other fluid forms to express the energies of life wanting to grow and break the boredom of tedious patterns and routines. On the backdrop of stability, she depicted the longing for new friends, foreign travel, exotic foods and exciting stories. Her painting also described the desire for delightful surprises and visions inspired by dreams.

At the center of the painting, Lena portrayed the friction between



Pattern of Wisdom 22 • Flowering

Wordless Wisdom blossoms in radiant patterns of consciousness.

"Anthony Lawlor has offered a brilliant and stunningly beautiful visual mandala of the soul's journey. *24 Patterns of Wisdom* takes the reader on an in-depth, experiential journey into the archetypes that underlie our life situations and offers healing as well as meaningful reflection."

— RICK JAROW, Ph.D.

author of *The Alchemy of Abundance*

"*24 Patterns of Wisdom* is an enormously inspirational book. It combines Anthony Lawlor's knowledge as an architect with insights gleaned from depth psychology to provide a roadmap to the quest for meaning, purpose and wisdom."

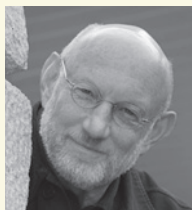
— PHIL COUSINEAU

author of *The Hero's Journey: Joseph Campbell on His Life and Work*

"*24 Patterns of Wisdom* is an inspiring, visionary book. Anthony Lawlor gives us a groundbreaking guide to finding clarity in confusion, harmony in conflict, and comfort in chaos. Through wonderful drawings, insights and stories, we learn to see the world anew and feel inspired every day of our lives. I love this important and wise book!"

— MARCI SHIMOFF

NY Times bestselling author of *Happy for No Reason*



ANTHONY LAWLOR'S work has been featured on *The Oprah Winfrey Show* and National Public Radio. He is the author of *The Temple in the House* and *A Home for the Soul*. Lawlor is an award-winning architect who lectures and offers workshops internationally.



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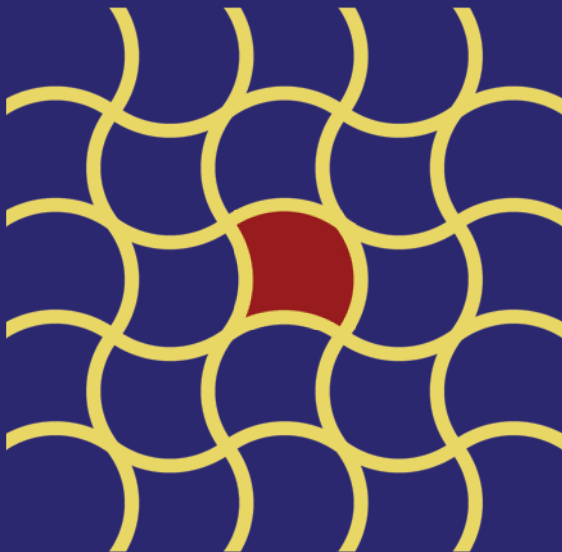
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“Anthony Lawlor’s book *24 Patterns of Wisdom* ventures into the symbolic realm with a bold and crystal clear clarity. It holds a mirror up to our life experience that allows us to see the deeper meaning of our existence. The book peels away our defenses and allows us to reflect on the challenges facing us. One could feast on a single pattern for days. Savor the process and enrich your life!”

— **LAUREN ARTRESS**
author of *Walking a Sacred Path*



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