

WISE Technique

When in a relaxed state, call upon your higher power to impart words of wisdom to strengthen you.

W- Words of Wisdom

I- Insightful Understanding

S- Strengths-Based Acknowledgment

E- Expectations



What words of wisdom came to you in this meditation?



You can also access the audio file from www.inneracceptance.com for a richer experience with the WISE technique.