

The Jax Wisdom Path

by Christine Jax, Ph.D.

Pillar One

Connecting to that which is greater means accepting that there is something greater than you-- whether you view this as the god of your religion, the ultimate creator, or an unseen force. This is what communicates with your soul. This is what you join when you die. This is the all-knowing, all-present, all-loving being. I will call this God in the book. While you are alive, you must keep a connection to this.

Ajna Stone One: Meditate – Meditation is listening to God, while prayer is speaking to and asking for.

Ajna Stone Two: Observe Messages – Pay attention to the subtle messages that arise when you seek a connection to God.

Ajna Stone Three: Seek Heart Coherence – Align your heart and mind to experience divine unity.

Pillar Two

Living in the now means accepting that the past is over and the future has not arrived. Therefore, the only thing that is real is what is happening now, at this very moment. The only thing you can change is what you are currently thinking or doing. You and life exist in the now. All creation happens in the now. Manifesting happens in the now.

Ajna Stone Four: Mind Your Thoughts – Your mind controls how you perceive reality. Believing is seeing, and your thoughts shape your experiences.

Ajna Stone Five: Don't Attach – Let go of attachments to people, things, or outcomes. Living in the now means accepting what is.

Ajna Stone Six: Choose Happiness – Happiness is always a choice. Even when it's out of reach, reach for it anyway, and it will spill over.

Pillar Three

Take action means accepting that you have a body and mass in order to interact with others and the cosmos. That is your job and your destiny. You are a being of energy and also of action. You are to learn from this existence, and that means taking conscious and intentional action—even if that action is to sit quietly and listen.

Ajna Stone Seven: Learn and Expand – Life is about growing through love and understanding. Expand your thoughts, views, and beliefs.

Ajna Stone Eight: Protect the Temple – Your body is sacred. Keep it healthy to optimize your life's work.

Ajna Stone Nine: Seek the Truth – Pursue truth and base your actions on facts and wisdom.

Ajna Stone Ten: Speak Mindfully – To connect meaningfully, you must speak authentically and with intention.

Ajna Stone Eleven: Listen Actively – Active listening is essential for understanding others and offering empathy.

Ajna Stone Twelve: Get Grit – Cultivate inner strength and unwavering commitment. Own your journey with pride.

Pillar Four

Connect through love means accepting that all matter is made up of energy and all energy is love. Anything outside this belief is an illusion and will not support your heart's desire, dream fulfillment, or manifesting. Accept that you exist in a field of love that is connected to all other life.

Ajna Stone Thirteen: Cultivate Compassion – Empathy and recognizing the humanity in others are key to compassion.

Ajna Stone Fourteen: Forgive – Forgiveness is a gift you give yourself. Holding onto anger creates inner toxins that block Goddess energy.

Ajna Stone Fifteen: Keep Commitments – Your word matters. Keeping your commitments builds trust and supports others on the path.

Ajna Stone Sixteen: Practice Generosity – Generosity is a law of the universe. Giving opens the flow of abundance.

Ajna Stone Seventeen: Honor Earth and Beyond – Honor your body and the Earth. All life is interconnected.

Ajna Stone Eighteen: Be Grateful – Gratitude is your offering to God. It binds you to others and affirms your place on the Wisdom Path.

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SUMMARY

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Pillar Four: Connect Through Love

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Ajna Stone Sixteen: Practice Generosity

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