



*Presents the*  
**WISDOM KEEPERS**

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*What's happening this...*

**QUIET MOMENT THURSDAYS  
WEWANAR**

**October 25, 2018**

**Never more a victim be! Never more a victim... me!**

*Explore with us the Stepping Stone of Fear where  
Victim Mentality originates. Learn how to cope,  
reduce, and eliminate this disabling thinking.*

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**Is your mountain too high?**

*Are you ready to challenge your mountains? If so, are you prepared and  
ready to reach your greatest aspirations... The future belongs to those who  
believe in the beauty of their dreams! Are you ready?*

## *Introduction*

### **What causes Victim Mentality?**

Victim mentality is an acquired personality [trait](#) in which a person tends to recognize themselves as a victim of the negative actions of others.

**NOTES:** \_\_\_\_\_

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### **Reflections...**

**1. Are you in control of your life, really? If not, why not?**

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**2. List three steps you can take to understand why you think you may be , or perceive yourself to be a victim, and three steps that that will help regain your power.**

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**3. Identify at least three things you do that reduce or take away your power, and what new practices you are going to achieve to restore your balance?**

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# Is your mountain too high?

What is the grit that causes you to not achieve? Is your mountain your dream?

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## Reflections...

1. Have you chosen, defined your mountain? If not, why not?

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2. If you have made a choice, outline the specs you believe necessary to begin your journey.

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3. List three actions you can take to help you conquer your mountain, and three people in your circle who can help you achieve your dream.

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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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**The next WeWanar will be available on  
November 22, 2018**

# Up Coming Events & Links

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## Live Events Every 2nd Thursday Black Mountain Coffee, Spanish Village in Carefree

### Thursday, November 8

- ◆ One a Deaf Man's Door (Time)
- ◆ It Is Now That We Must Live (Time)

### Thursday, December 13

#### It's a WeWanderful Life!

*Winter Holiday social*

- ◆ Sit Quietly, Contemplate the Magic (Joy)
- ◆ Cherish the Frequent Treasures (Joy)

### Thursday, January 10

- ◆ You Just Exited the Tunnel (Vision)
  - ◆ Every Man is an Instrument (Vision)
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## Where the WeWanderers Gather

### Quiet Moment Thursdays

*Every 2nd Thursday*

#### **Everyone Needs a Quiet Moment**

*A Monthly Series to Balance Your Life*

<https://quietmoments.eventbrite.com>

### WeCasts

*Every Tuesday*

*Timely conversations on relevant topics every week. Tune in to hear what we are talking about!*

[www.powaka.com/wecasts](http://www.powaka.com/wecasts)

### WeWritings

*Every Wednesday*

*Bits of Wisdom to help you walk upon the 4 Stepping Stones of Life, delivered up in the We-writings format!*

[www.powaka.com/wewritings](http://www.powaka.com/wewritings)

### WeWanars

*Every 4th Thursday*

*Cheaper than happy hour, more addictive than sugar!*

[www.powaka.com/wewanars](http://www.powaka.com/wewanars)

## What is the WeWan

### The WeWan Society

<http://www.powaka.com>

A virtual community of five Lodges whose members are studying the Path to Powáka. Each Lodge represents increasing depth of knowledge and experience. Members enjoy the camaraderie of others who are at the same level of study, mingle at Lodge events, and engage in discussions on their Powáka Path.

[www.powaka.com](http://www.powaka.com)

### The WeWan Institute

<http://www.wewan.org>

*"The WeWán Institute is a living repository for the ancient wisdom of First Peoples worldwide. Our purpose is to honor, preserve, and perpetuate the cultural teachings of the ages." ~ kiji and Ashá, The Wisdom Keepers*

[www.wewan.org](http://www.wewan.org)

### WeWan Institute & Society

**Cave Creek, Arizona USA**

740 357-9279

440 821-3080