



INSIGHT:

The capacity to recognize how cognition, emotion, and perception are shaping one's experience.

SELF-INQUIRY

- Our emotions are triggered by automatic thoughts, and these are based on deep rooted beliefs about the self. We can alter our emotional patterns and the suffering they produce by gaining insight into this process.
- Self-inquiry opens the mind to new information and fresh perspectives.
- It is the flame that melts a rigid sense of self and replaces it with a flexible, healthy sense of self
- The mind, brain and self are constantly changing. The more we see ourselves as an evolving, dynamic process, the more clearly we see ourselves, and the more resilient and adaptive we become.

DAILY PRACTICE

At home

- observe your mind and notice patterns in your automatic thoughts as you engage in daily routines
- examine how many people and circumstances made your meal possible
- at bedtime, reflect on your day and how rich and complex your experience was

At work

- examine your expectations about people, projects, situations, etc.
- when you enter new situations, check the assumptions you have about other people, yourself, or the situation
- notice how your work is interconnected with the work of so many others

Everywhere

- notice all the predictions your mind makes about people, situations, and even places
- notice how you label or classify people and look beyond the label to see the complexity of each person
- as you enter new situations, notice how you play different roles

Get Curious About the Body

hone the skill of self-inquiry by shifting from concepts to direct experience and applying this skill to your body

- When we view our experiences as opportunities to gain insight, we can learn, grow, and transform through deep self-knowledge
- Insight comes from firsthand experience of how your mind actually works. When you sit and practice in a way you are studying and investigating consciousness itself. In time you develop the ability to step back and investigate what's happening in your mind
- Develop the skill to pay close attention to the nature of change, break experience into parts and see how our daily lives relate to the big picture
- Gain insight by exploring the unknown lands of your own mind that are shaping your life in every moment
- Curiosity is the heart of self-inquiry and the fuel for insight
- Self-inquiry centers on questions that come from a deep curiosity about how our minds work

During the course of your day do you pause to notice the changes within your body?

Get Curious about the World

Explore the nature of change & the interconnectedness of things you experience in the world around you

- Our minds churn out so many stories and judgments, that we can forget that they are oversimplifications
- All the labels, classifications, and judgements we make are based on our brains best guess about what's actually going on.
- Unfortunately, we get so stuck on the mental maps we created in the moment we start mistaking the map as the actual terrain.
- Self-inquiry does not stop the brains spontaneous interpretations, but it does help us understand the process and how it is shaping our experience in the moment.

What's an experience or feeling that you enjoy but have a hard time describing in words?

Are you currently holding on to any expectations for whatever's coming next in your day?

Get Curious About the Mind

Bringing curiosity to our inner experiences increases well-being
by helping us find space for our thoughts and feelings

- When we practice examining our thoughts and learning from them, they can become our greatest teachers.
- When we practice examining our thoughts and learn how to listen to this inner teacher, we gain insight into how the mind works.
- As our insight grows, destructive thoughts naturally begin to subside and wise insight full thoughts start to emerge.
- The mind is constantly judging, classifying and interpreting everything it sees, and sometimes this gets us into trouble.
- Whatever emotion we feel in the moment dominates our experience of reality.
- Understanding your emotions can help you regulate them and the more we are able to understand and see the subtleties of emotional reactions in the moment, the better we will be able to manage them in daily life

How do you typically respond to difficult situations?

Can you think of a specific example, maybe a challenge you faced recently?

What was your state of mind like at that time?

What's an emotional word you often use to describe yourself in daily life?

Might it be an oversimplification?