



(Self) Radical Inquiry

First, rest into **LovesBreath**.

Next, **pay attention to what is occurring**, right now: What *sensations* are present in the body? What *thoughts* are in the mind? Are any specific *images* or *memories* arising?

Notice responses to these sensations / thoughts / images / memories. What's true about what's happening *as* I observe them? In this way we come to develop "feeling communion" with what is happening under our own skin!

At the same time, **return attention to the breath**. Did it stop? Constrict? Or am I still breathing rhythmically and spaciously? (*Note*: Stopped or constricted breath is an indicator we've just "hit an edge." Now's the time to **pause** ... allow the **belly to re-soften** ... and **invite breath to deepen**).

Next, ask: **What is one belief I have** about this sensation / thought / image / memory? (A belief is nothing more than a thought we fervently wish or hope to be true! Beliefs tend to follow an, “If A, then B” pattern: “*If A happens, then I think B will automatically follow.*” Beliefs keep us in a closed box!)

Once that belief is revealed, ask, **Can I know with 100% certainty this belief is true?** (Another way to ask this question is, **What if this belief is *not* true?**)

Again, simply **notice what occurs in the body and to the breath** as these questions are asked! If breath has stopped flowing easily and deeply, **pause to re-invite the belly to soften and breath to deepen.**

Now, ask, **Is this [the revealed belief] something I wish to continue, or am I willing for it to be different, starting *right now*?**

- If “Yes!” ask, **What’s one action I can incorporate daily to ensure my desired change “sticks?”** (Another way to ask this question is, **What is one thing I can *no longer do* if I want this desired change to be my new way of being?**)
- If “No!” ask, **What is the payoff for continuing to hold on to this belief?** (Another way to ask this question is, **What do I get out of this belief?** This is where radical self-honesty can really help reveal what we’re committed to!)

Pause. Allow *whatever* was revealed to just be okay, without judgment or pushing it away. Let the truth of what arose **sink in** by simply acknowledging it and reinviting the breath to deepen.

Now ask, **Am I committed to doing / no longer doing this one action?**

- If “Yes!”: Allow yourself to really notice what that “Yes!” feels like in the body! Do you feel more **spacious? Free? Alive?** Whatever it is, **fully notice and receive it.** This will help you “remember” your new commitment when those old ego habits try to creep in and usurp your new dedication!

- If “No”: That’s okay! Simply ask, **What would it take for this to become a “Yes?”**

Next, ask, **Who will I tell about this new commitment? When?**
(The act of speaking out loud to another our desires and intentions is a big part of allowing real change to occur!)

Finally, can you **contact the feeling quality of gratitude** for all that arose for you in this practice of Radical (self) Inquiry?