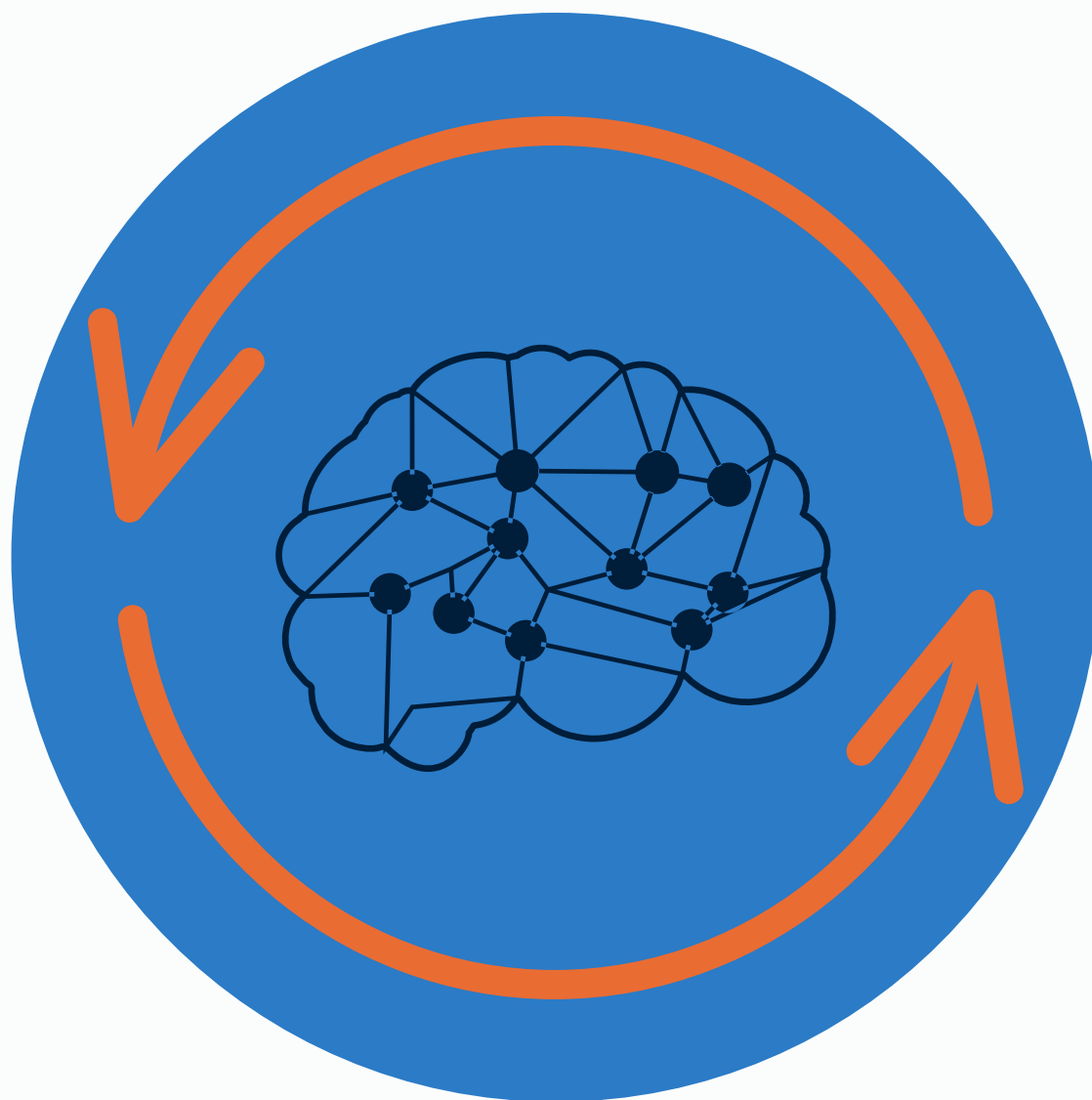




HOW inquiry works

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Normally, we experience and reflect from within our sense of being a separate self and from firmly within the mind.



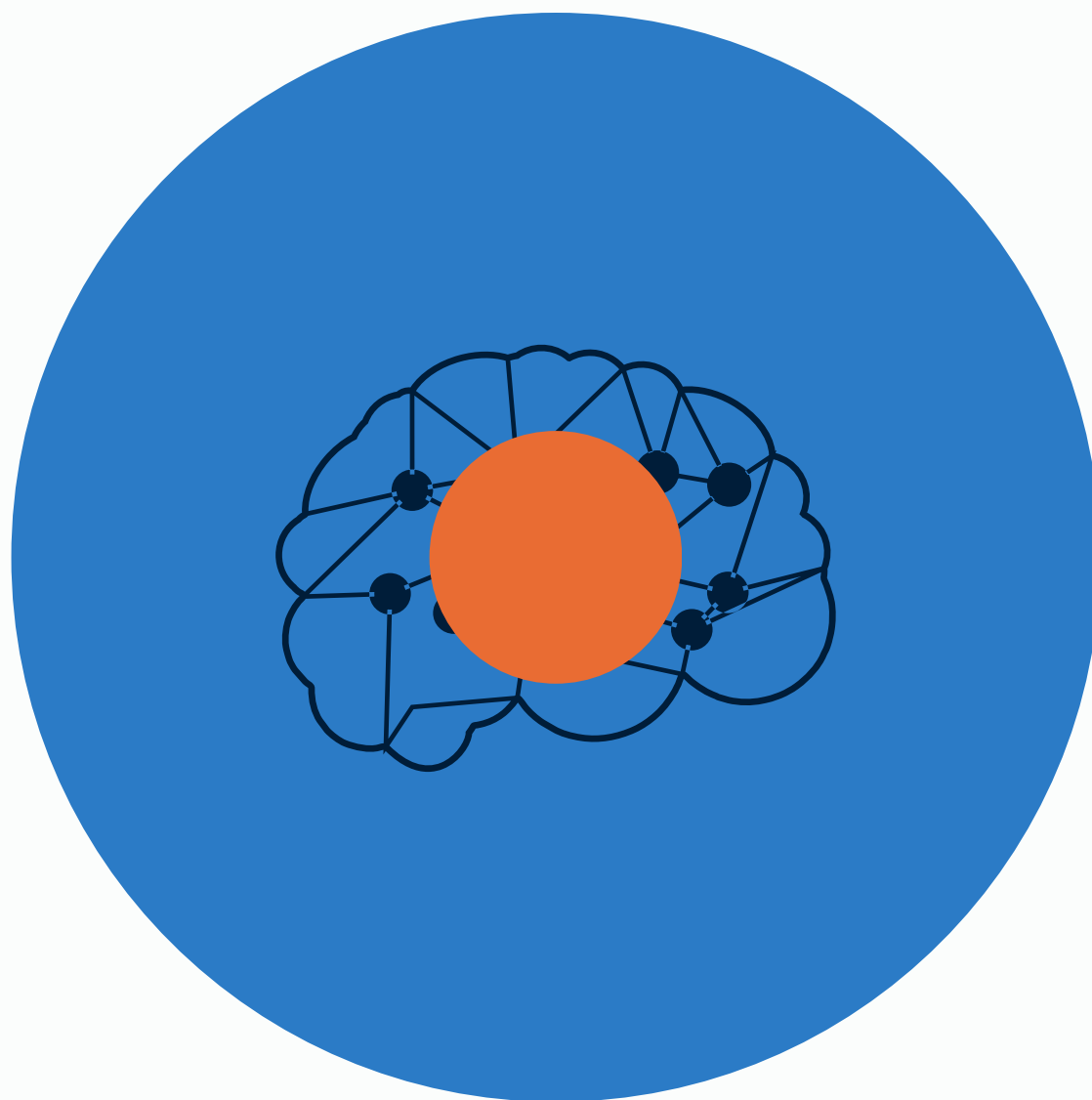
BODY-MIND

Inquiry is HOW we see
through the self illusion in
direct experience and
beyond doubt.

It allows us to fall out of the
separate self, out of the
bubble of the mind we're
normally stuck in, and into
our true nature.

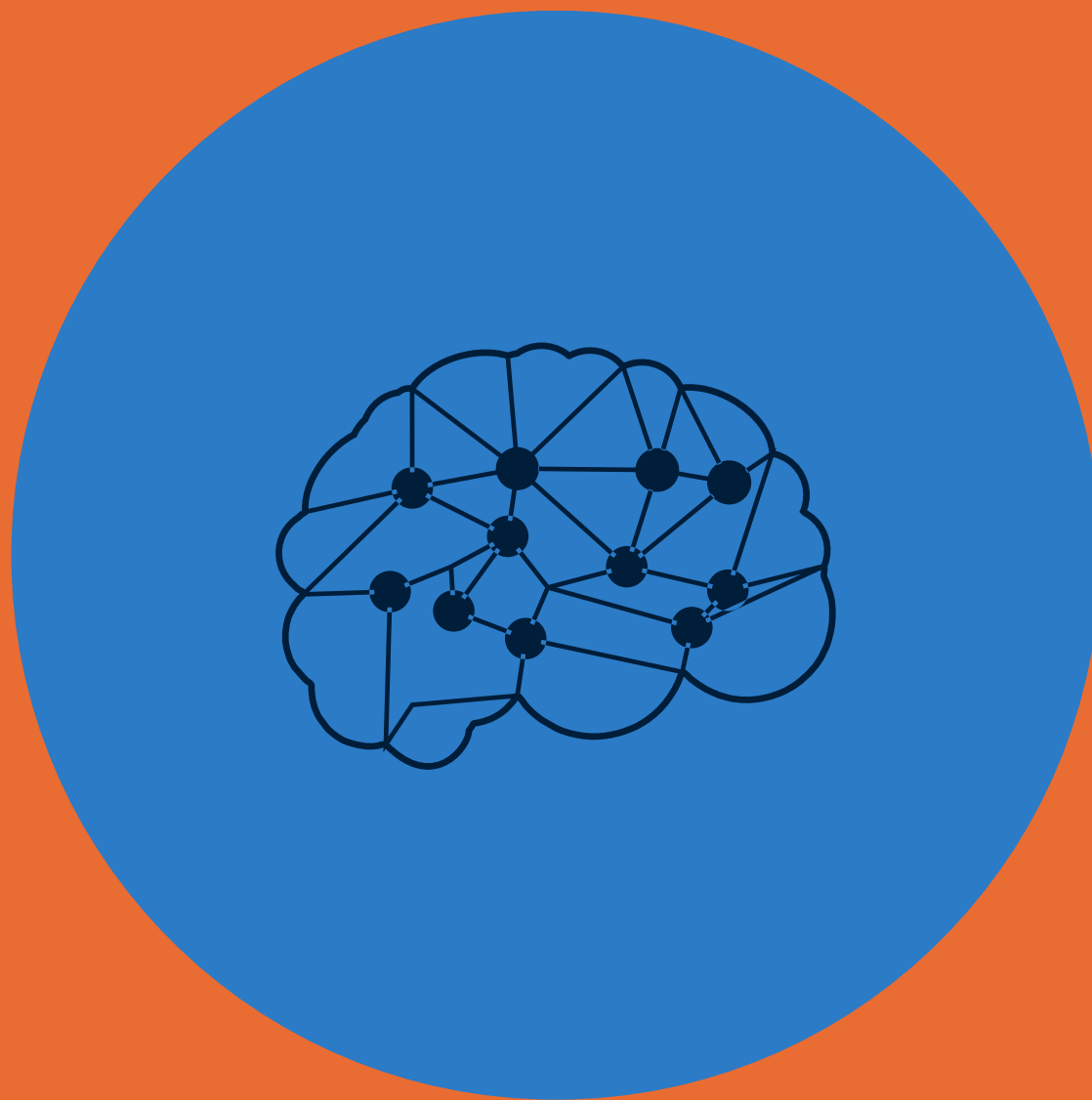
inquiry is the HOW

Normally our conscious experience seems to be an awareness located within our body and mind: the orange dot.

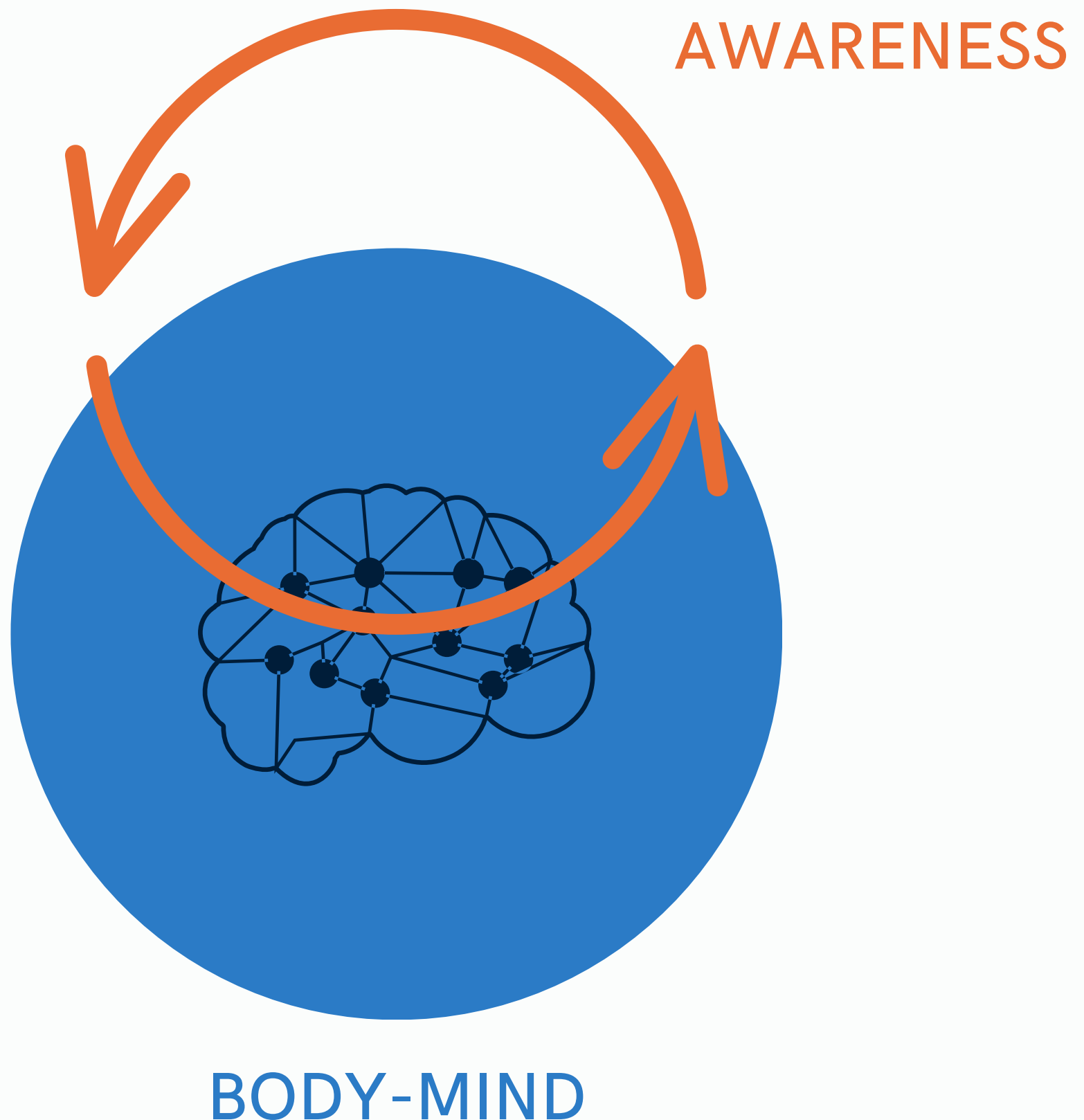


BODY-MIND

Inquiry leads to the discovery
that we are the unlimited
awareness (orange) in which
the body-mind, and
everything else, appear.



Inquiry is a direct pointing
to what is aware OF the
experience of a separate
self and the body-mind.



You engage in inquiry
through specific questions
and pointers, becoming
aware of what they're
pointing TO:

to that which is aware OF
the body-mind; that which
is aware OF the sense of
being a separate self.

aware OF

Because it is very difficult to "fall out" of the mind, it can be very difficult to notice awareness directly instead of thinking about it.

This is why almost everyone needs some guidance at some point. A guide helps you make that shift.

guidance really helps

Specific
questions and
pointers get
the inquirer to
look beyond
the mind.

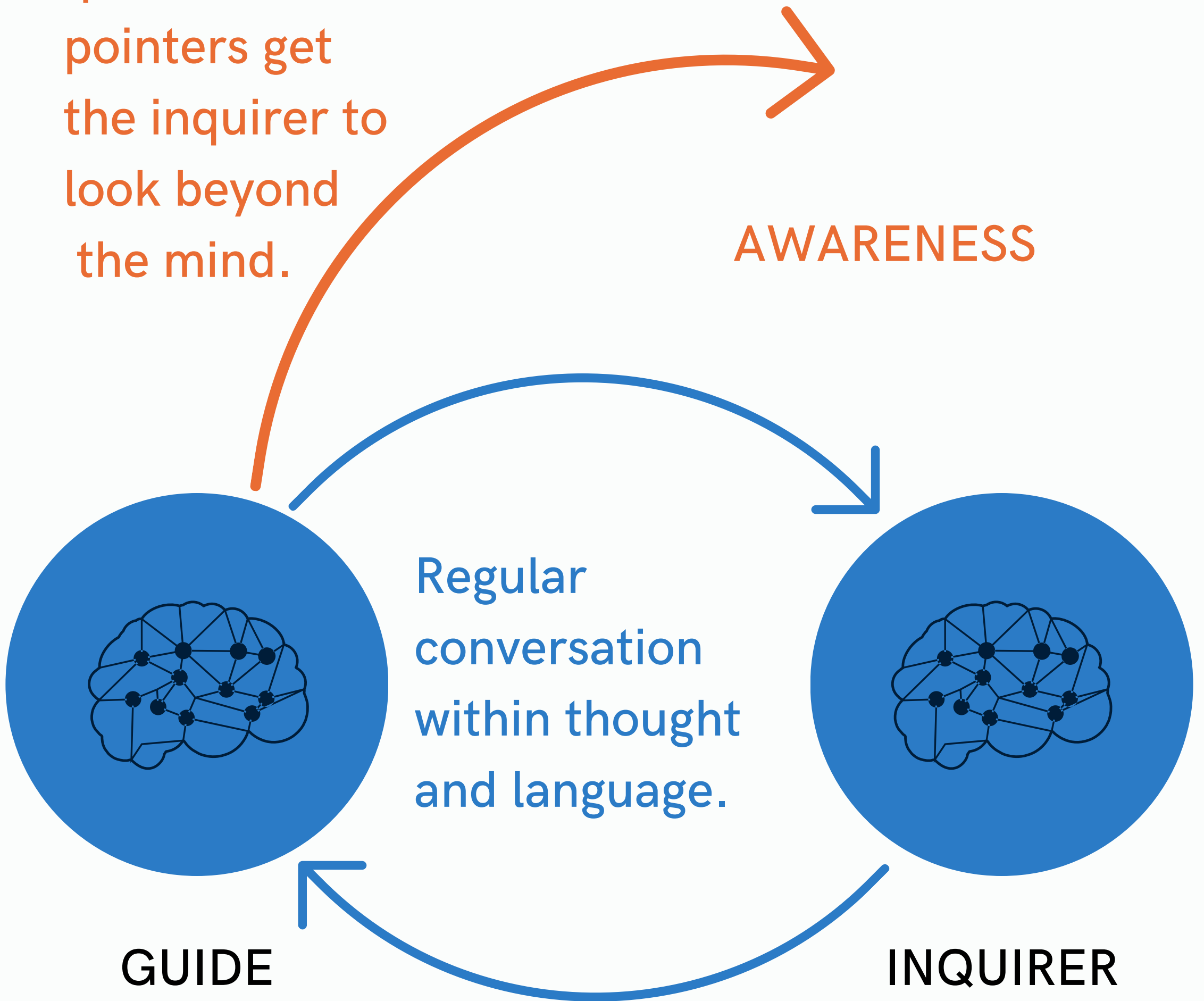
AWARENESS

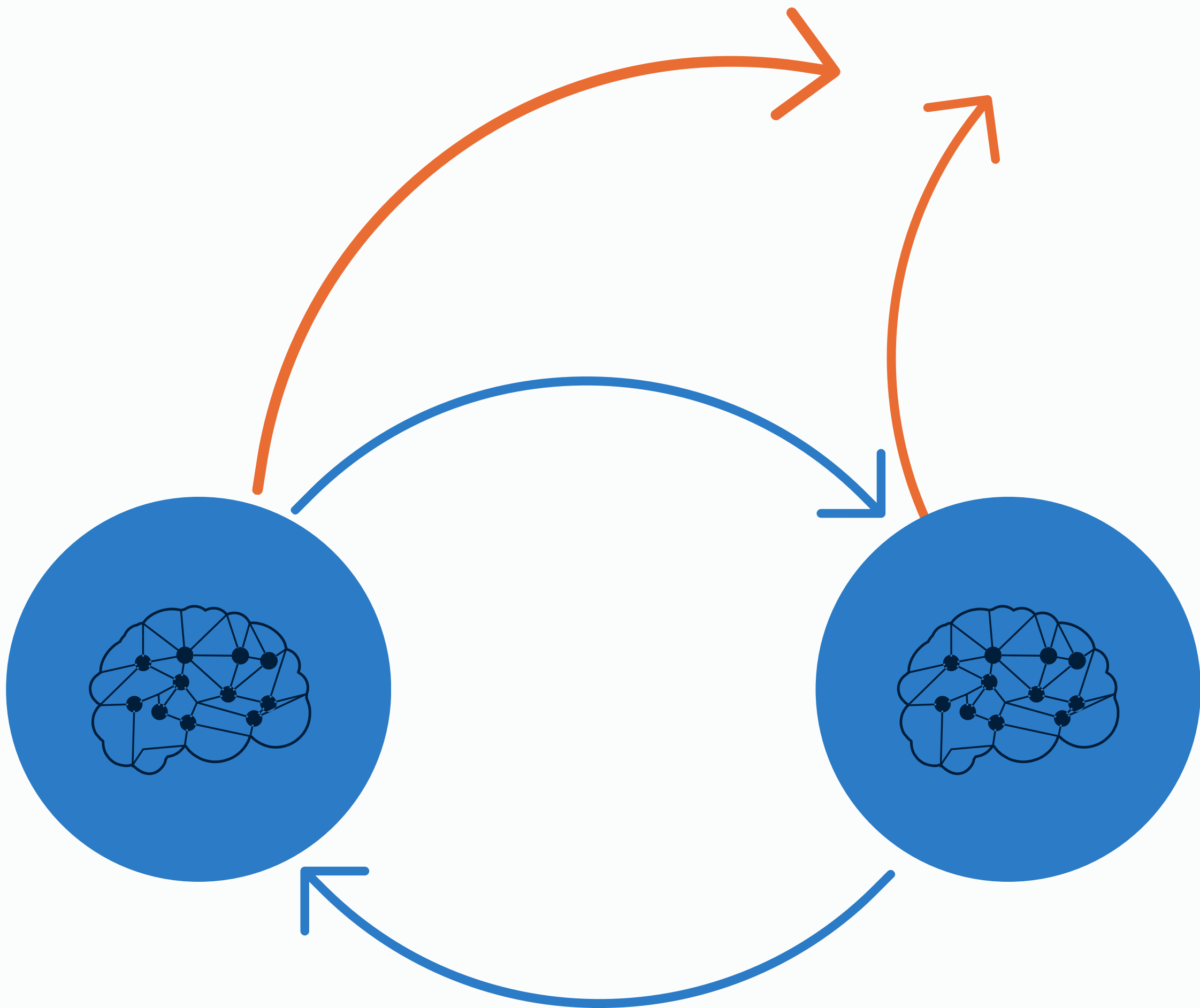
Regular
conversation
within thought
and language.

GUIDE

INQUIRER

Whenever the inquirer responds from
within mind, the guide again points to
what is beyond.





Soon, the inquirer starts to make this shift to awareness on their own, and the guidance now deals with the doubts and questions the mind continues to bring up, while continuing to point.



Enjoyed this?

Then you'll be interested in the free ebook *How to Inquire*. Get it via the link in the comments or message me and I'll send it to you.



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