

Self-Inquiry Meditation

To begin the exercise, follow these steps:

1. Take a comfortable seated position;
2. Let yourself settle into your body and your mind by anchoring into the breath.
3. Try to clear the mind of its usual considerations.
4. Focus your attention on the feeling of being you.

Who am I right now in this moment?

How does it feel to be me?

What is it that makes up my inner self?

Now set an intention: how would I like to show up today? Who will I be for my students or trainees?