

## INQUIRY PRACTICE: DIAMOND APPROACH

Journal your discoveries; or speak it out loud as a monologue.

First, spend a few moments sensing yourself and being where you are. As you hang out with your experience ask yourself...

1. Where am I? Checking-in: what am I sensing? What's happening in me now? What am I feeling and experiencing?
2. What am I curious about? Begin zeroing in on what you want to explore; what draws you in? What catches your interest? What feels important to explore? This helps you focus your exploration. (If you aren't curious, be curious about your lack of curiosity)
3. What is this? See, feel and sense into what feels important. Stay with it without hoping for some particular outcome. Inviting the truth to reveal more.
4. What's it about? Start looking at the why or meaning. What is making this happen? Where does it come from? Why is it happening? What is this emotion all about?

*Inquiry is an intimate connection with your felt experience. Inquiry engages the mind, heart, and belly. The understanding is somatic, experiential, immediate*