

inquiry -

"Where may I have left myself behind?"



PRINT 5 sheets, one for each of the 5 days ahead.

Twice a day, INQUIRE whenever you notice feeling less than self-possessed. Maybe you're a little preoccupied, distracted or fragmented. LOOK back over the last hour, day or few days. Do you find a place where you got "caught"? Where some of your attention left behind? There are no right answers and for this inquiry, and no need to solve any issue that comes to mind. Simply open yourself to what comes up when you take a look.

Feel free to ENGAGE your **COLLECT Yourself** practice whenever you want to call all of you back to yourself. If you do choose to COLLECT Yourself, note your experience.

MORNING

Do I wake feeling my own presence completely with me, or does part of me feel elsewhere?

Where?

If I choose to **COLLECT Myself** now, what is my experience?

EVENING

Do I end the day feeling the fullness of my own presence, or does part of me feel elsewhere?

Where?

If I choose to **COLLECT Myself** now, what is my experience?

