

Glimpse 3: Peer Inquiry Practice 3 (p. 162)

1. When awareness drops below the neck and opens, what does this open-hearted awareness know?
2. What does the welcoming heart know?
3. Is this awake awareness an experience occurring to you, or is this who you are?
4. What is the relationship between awareness and any unpleasant feelings?
5. What is the relationship between awareness and beliefs and stories?
6. What is the relationship between awareness and the fear of the fear of death?