

## Peer Inquiry: What's Here Now...?

Here are pointers for responding. First, understand the words of the inquiry, then let go of thinking and allow awareness to look back and know spacious awareness directly. From this new awareness-based knowing, let words arise and speak them without going to thinking. It is not so important what you say but that you speak and relate from here.

1. Can you notice any parts that have concerns? Can you thank them and ask them if they would rest back as you do this inquiry?
2. What is here, now, when there is no problem to solve?
3. Looking with awareness, what is it like when the problem solver relaxes and you become aware from thought-free spacious awareness?
4. As you notice changing experiences can you rest as the alert awareness that is not coming and going.
5. Does this awareness have a shape, boundary or limitation?
6. Tell me about the thought-free awareness that you are speaking from?
7. Is there anything you need to add or push away to be ok now?
8. From this spacious and pervasive awareness, what is the relationship to energy, sensation, thoughts, your body and the room?
9. What is it like to feel alert, interconnected and safe without going to thought?
10. Do you notice a movement from neutral awareness to compassionate connection? How do you feel toward your body and any parts that arise?
11. Without going to thought, what is the feeling of who you are now?
12. Is this a meditation state or could this be your authentic Self to which states and parts are welcome?
13. What or who are any parts arising to? What is the feeling of this new sense of Self?