

Journaling Guide Class #4 Video: From Inquiry to Inspired Action

| 1) | What quality showed up for your Inquiry Meditation? |
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| | Where did your attention go in your body (where did your stone stop) to ask your question? How did you feel while asking the question from these different areas? |
| 3) F | How did you feel when you completed the inquiry through your whole body? |
| 4) F | Possible questions to ask after your Inquiry Meditation: |
| "I w | onder what action my vision will have me take today?" |
| "I w | onder what opportunities my vision will bring into my life today?" |
| "I w | onder what inspired action (my chosen quality) will have me take today? |
| Add | d you own questions |
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