

Self-Inquiry

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Self-inquiry is a meditative technique of bringing awareness to the experience of 'I' – not to 'I' as the mind would define it but simply to that sense of inner awareness. It is a turning towards the 'I' that is aware of its experience.

The practice outlined below is a direct invitation into self-inquiry. Explore it with patience and openness.

PRACTICE:

1. Come to a comfortable seated position, closing the eyes when you are ready. Let the body and mind begin to settle into the practice.
2. Now, instead of focusing our attention on any particular object like the breath or a mantra, see if you can let your awareness open to the inner feeling of being 'me' or 'I'. Again, this is not the 'I' that is a mother, that is a doctor, that was hurt or wronged. It is the 'I' that is aware of its experience.
3. If a thought arises, ask yourself: "To whom is this thought occurring?"

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4. Return your attention to your inner awareness again and again.
5. Practice for as long as you'd like. When you are ready to finish your session, slowly open your eyes.

NOTES:

Self-inquiry was popularized in the 20th century by Ramana Maharshi, though its roots are in ancient India. The practice, which in Sanskrit is called *atma vichara*, is an important part of the Advaita Vedanta tradition.

