BONES LAB CONTAINER
(April class revision—guiding questions)

2 BEARING WITNESS
Am I listening?
Can I discern what is my self-interest and what is needing to be witnessed?
What is needing to be seen? Can I "be that"?

1 NOT KNOWING
Am I resting in spacious awareness?

3 EXPLORING INGREDIENTS
What is arising, internally and externally?
What am I ignoring?

Am I rushing to action (resolution, closure, etc)?
Am I trying to fix things?
Can I be present to my discomfort?
Can I honor the process?

4 TAKING ACTION
Does it serve the whole?
Does it reduce suffering in the big scheme of things?
Does it respect relationships?

5 LETTING GO
RETURNING
Am I honoring continuous practice?