BONES LAB CONTAINER

(End of lab revision—guiding questions)

2 BEARING WITNESS (inviting the "data")
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"?



5 LETTING GO
RETURNING
Am I honoring
continuous
practice by staying
awake and
inviting wisdom?



1 NOT KNOWING
Am I resting in
not-knowing?
(spacious awareness,
openness)
Am I awake?



EXPLORING

INGREDIENTS
What is arising,
internally and externally?
What am I ignoring?
Can I separate the story
from the data?



TAKING ACTION

Does it serve the whole?

Does it reduce suffering in the big scheme of things?

Does it respect relationships?

Does it arise from wisdom?

Am I defaulting to habitual patterns and reactions?
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?