



Meditate & Mediate

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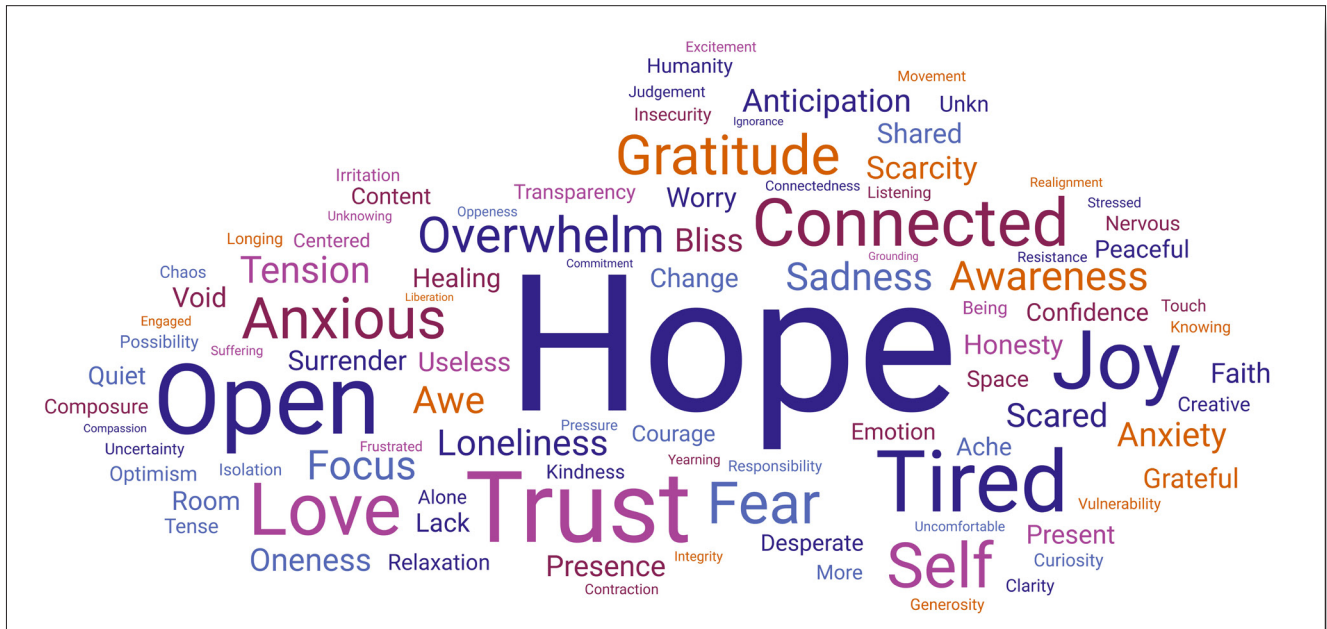
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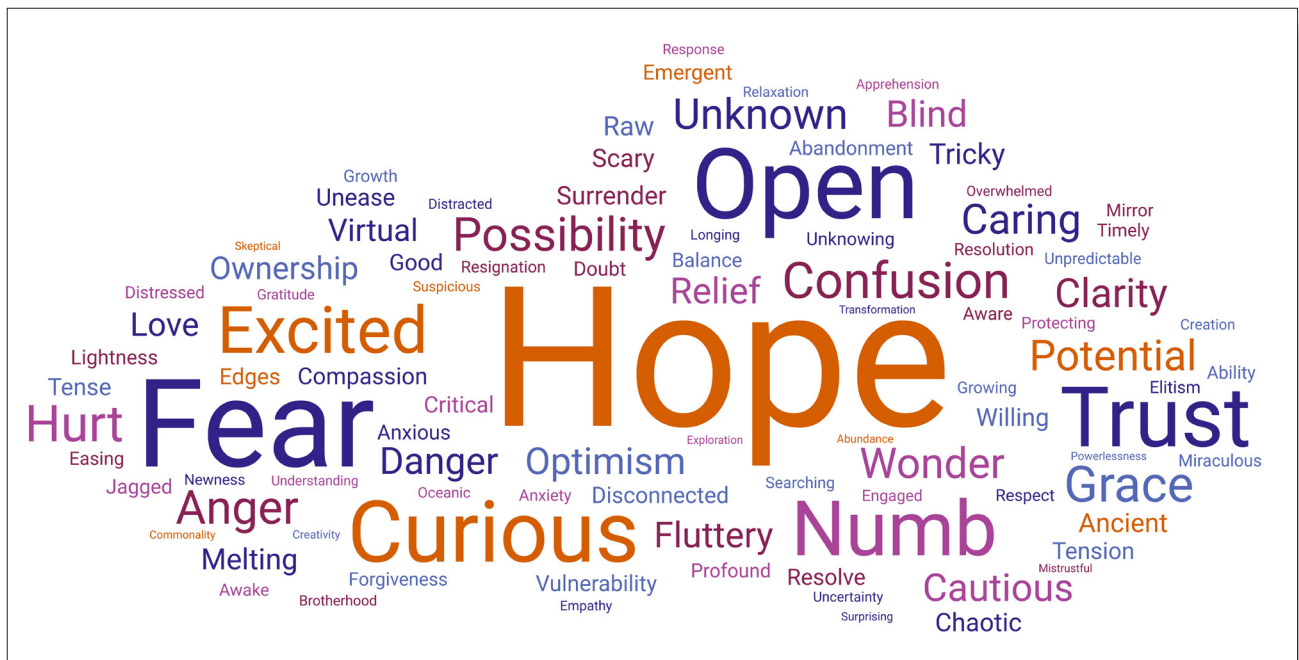
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Question 1: In this particular moment, right now, is there one word that sums up your feeling about what is true for you?



Question 2: Look inside of yourself for a moment. What is your current subjective truth and experience, right now, about the conflict in Korea? Use one word to describe this feeling.



Question 3: Think for a moment of a time when you felt deeply seen by someone—where they saw your soul. Recall that moment. What is the quality of that moment where you felt seen in the depths of your soul? What happened to the relationship between your inside and outside? What word describes this moment?



Question 4: What was the effect of being deeply seen? How did this affect your life? How did it affect you as a human being? We call those moments “essential”. What is the nature of an essential moment? Why is an essential moment different than other moments?

