



When you feel uncertain or hesitant and don't know what to do, practice "Curiosity."

In between what you have and the life you want are a series of questions. Curiosity can also be focused on anything, and curiosity's power is multiplied when focused together on the same subject by more than one person. Immense playfulness and dramatic insight is found through curiosity alone, and curiosity can be unlimited by circumstances like finances or trauma, though limited by the same.

How to practice Curiosity:

Intimacy

Ask Questions

Research

Explanation of the Practices:

Intimacy – Not letting people see your truth, or you not believing someone else's, ends curiosity.

Ask non-leading Questions – Asking good questions, even of ourselves, is easier without an agenda.

Research – Not everyone can satisfy your curiosity, so remember yourself and look into it!

Curiosity Mantra:

"With a person or a thing, let myself feel it."