

the enlightenment primer

What is the path of my heart? (What is my heart's yearning now and in this moment?)

Ask this question when you are in quiet contemplation. Ask it again in the midst of busyness and let your inner wisdom speak.
Use this question as a journal prompt to lead you along a path that reveals absolutely all that you need.

What is the brilliance of my true nature? (What am I here to do?)

What are the highest level actions and experiences that I may enjoy and appreciate today? (and of my life?)

This question is both a directive to guide each day as you set a course for what you need to examine to achieve your goals,
and an oracle to reveal the action steps needed to propel you towards what you want most.
