

Is this my
question to
answer? Is this
my problem to
solve?

Open
Head/Crown
Center

? why are "not-self"
questions important?

"We are our most vulnerable to conditioning via our open centers. By reflecting on "not-self" questions, we gain clarity around whether or not we're operating within our integrity, where we're creating resistance, and how we can more fully live our design."

-jaclyn michelle