

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

Open Head/Crown Center

Lined writing area with 20 horizontal lines for notes.

? 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