

Am I following a path that isn't my own? Am I looking for love and/or direction?

Open
Self/Identity
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