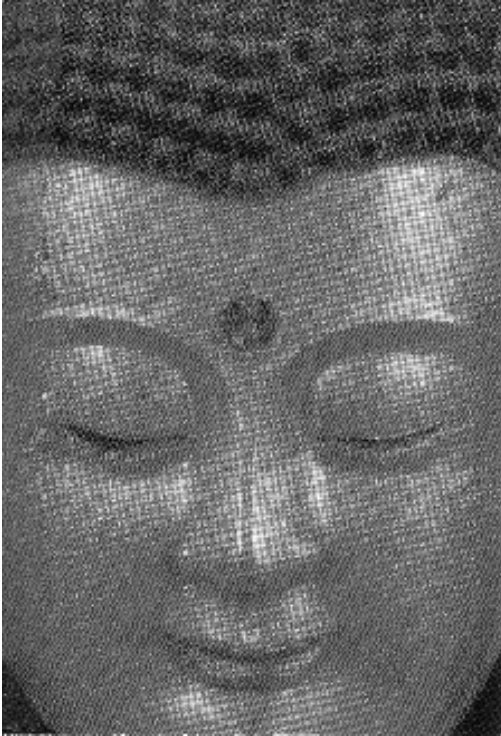


# The Art of Mindful Inquiry\*



“What I heard you say was...”

“Tell me more about what you meant by...”

“What *angered* you about what happened?”

“What *hurt* you about what happened?”

“What’s *familiar* about what happened?”  
(How did that affect you?  
How does it affect you now?)

“What do you *need/want*?”

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