



The Practice of Introspection:

Introspection is a skill: The number one skill for developing our ability to live fully each moment of our time here amid the grandeur. It is our choice to sharpen our skill, or to let it atrophy like a forgotten muscle, and thus live without the special gift of sight for all the magic surrounding us.

Tools to Sharpen Introspection.

Meditation. (Do not let anyone complicate it. It is as simple as watching your breath.)

A Journal. Your dialogue with yourself about what you see in your universe.

Gratitude. Give thanks for your experiences every day.

Knowledge. Books in any form about the subject of introspection which takes many forms.

Practice: Setting time aside to do these four things with obsessive consistency.

Exercise: In your journal, write about the times in your life when you actually use introspection as a tool? What do you think you could learn from introspection? What schedule can you create and commit to for honing your skills of introspection?

Nick

