

### Inquiry Questions – Part 3

Qualities of essence: Purity, kindness, love, joy, peace, emptiness, one-ness, power, awareness.

1. Choose one of the above essences, and describe how you imitate this to yourself or others?
2. How much effort is required to imitate these qualities?
3. What do you think might happen if you stopped trying to do or be any of these qualities?
4. What shines naturally when all effort to be someone falls away?