

Lesson 8: What is the Mind?

Discussion Questions

- Have you noticed if you have a more active inner voice or if you see more images in your mind?
- Can you control your inner voice? Can you quiet your inner voice? How?
- Let's take a few moments of stillness just to listen to our inner voice. What messages are floating through your mind right now?
- How do you use your imagination?
- Why do people have different conscious experiences in the same moment? What are some factors about what a person focuses on in any given moment?
- Is it important to notice what is on your mind? Why? Why not?