

Mindful Inquiry

Mindful inquiry is the important opportunity moment between an idea, the impulse to take action, and the action itself. With mindful inquiry, we investigate the intentions, motivations, and wisdom of any action. Once the habit of mindful inquiry is established, we begin to function with greater compassion, insight, and intelligence in the world. Training the mind through meditation and mindful inquiry brings results no matter what one's profession or circumstances in life.

From: [The Center for Mindful Inquiry](#)