

**The Pillars of Awakening:**  
*Cultivating virtues that make us spiritually ripe*

Holistic Inquiry invites us to sincerely turn within and meet WHAT is here and WHO is here. To open in and through our direct experience, relaxing the usual strategies to control, direct, or interfere. Just being present and undefended, so the natural awakening impetus of our soul can unwind back into its true origin. In this we meet all kinds of layers—memories, feelings, identifications and more, which will all open and give rise to deeper dimensions of presence if we can just be present and not pick up the usual defense. This can often feel like we are coming to the edge of reality as we know it, which we are asked to learn to allow. While we cannot force surrender, we can cultivate the virtues that mature us, giving us the true support we need to come home.

