

**Introduction to**  
**Don Oakley's What Is? Series**

This series of "What Is?" questions address topics that many people seem to ask sometime during their spiritual search. So, I thought to compose a number of short videos, around 5-minutes in length, briefly talking about each one of these subjects.

The intention of these talks is not to provide pat answers to important questions about spirituality; it's really to open the door to an avenue of investigation that I encourage you to take on your own initiative, with curiosity, and discover what truths may lie there for yourself.

At the end of the day, it really doesn't matter what someone else thinks or has experienced; it only matters what each of us, as individuals, has realized. So, I hope you take these talks in that spirit, not looking for short answers that can be repeated to quiet our minds, but rather as an avenue for further exploration and investigation.

Ten questions will be addressed in this series:

- What is Acceptance?
- What is Freedom?
- What is Awareness?
- What is Ego?
- What is Suffering?
- What is Awakening?
- What is Creativity?
- What is Love?
- What is Meditation?
- What is Spirituality?