



Questions for contemplation

- What makes me decide what's true?
- Do I know what I believe?
- What's real for me now as opposed to a decade ago?
- What will I face after I die?
- What am I called to do today?
- What will I allow to offend me?
- What shall I temper or limit the use of?
- What am I using, believing it's helping me achieve balance, but only results in the opposite?
- What if I really am a mystic?
- What do I need to let go of and finally forgive?
- Why am I wired to listen to a higher power?
- What is my spiritual practice?
- Why is lying easy?
- Do I want to be lied to?
- Why is truth so frightening?
- Why is it easy for me to stay silent?
- Why is it difficult for me to speak?
- What do I do that serves me in the moment but is really a lie?
- Why do I doubt myself? What else do I doubt?
- What do I need to do to really change my life?
- Where do I make a choice to withhold grace?
- Is my inner suffering important to me?
- What do I get out of my suffering?
- What do I do to get even?
- Is my bitterness serving me?
- Am I willing to pray/meditate/sit in silence more?
- What does prayer mean to me?
- To whom or to what am I praying?
- In what ways am I deceitful?
- In what way am I stuck?
- What patterns do I resist letting go of?
- How do I sabotage my own efforts?
- Why do I do sabotage myself?

