ENDING YOUR PATTERNS OF UNNECESSARY SUFFERING | PART TWO INQUIRIES

You can print this form or another piece of paper to complete your inquiries. Take 5 to 10 minutes for each question. Ask yourself the question repeatedly and write down all the responses that arise. Don't edit yourself or judge your responses. You don't need to show your responses to anyone.

Give yourself the safety of your own personal private inquiry. In this moment, what are you feeling emotionally? Allow your attention to go directly into that emotion, whatever it may be. It may be anger, fear, or sadness. It may be despair. Be willing to go underneath that. Get under the emotion to discover what else is here, underneath it.

If you're not aware of a particular emotion, is there any feeling in your chest or your belly or your throat that you could actually get closer to, that you could enter or open to? There's no correct answer, you just simply start where you are. Whatever you are feeling is the beginning of your inquiry.

If you're not feeling anything in this moment, is there a memory you have that generates or evokes a particular emotion? Let yourself have that memory. What emotion arises from the memory? Is it possible in this moment, to put the remembered story aside and go inside that emotion? If you are still unaware of any feeling ask yourself, "What is underneath the numbness or blankness?"