# Inquiry Questions October 2019

*The questions in these worksheets are designed to evoke the deepest self-discovery. The intention is never to fix or change anything, but rather to see more deeply the thoughts that are really running our lives. Allowing the answers to come forth simply, honestly, and freely exposes the underlying beliefs that perpetuate unnecessary suffering and opens the door to inner freedom.*

Ask yourself this question, and then take a moment to really consider: ***What is blocking my fulfillment?*** There could be a whole constellation of reasons, but ultimately what is obstructing your fulfillment is routed in some **primal thought** that has been reinforced throughout your upbringing, both secular and spiritual, and has hitherto gone unchallenged. Write your answers here:

***What is the emotion that fuels that thought?*** Again it could be more than one emotion, but underneath you will find a core emotion that is being avoided.

*"If you are willing you can actually open to what you have been running from and overlooking your whole life-your own wholeness, your own awakening, your own fulfillment."-Gangaji*