

# Inquiry Questions December 2019

*The questions below can lead to profound insight. Do not look for the "right" spiritual answer. Simply open to what this kind of inquiry can reveal. The intention of this inquiry is not to fix or change anything, but just to see what is true.*

If you stop trying to fix yourself in this moment, if you stop trying to improve yourself, regardless of what you think needs fixing or improving, who are you, really?

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What is the truth of what is always here?

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Ask yourself: Who am I if I'm not comparing and measuring myself against someone else or some ideal of myself and what I should be feeling or experience?

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In this very moment, who am I? How am I? What is present now?

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