



Falling Into Yourself

Self-Inquiry with Gangaji - Part II

Print this sheet to complete. Feel free to use additional paper as needed.
Take 5 to 10 minutes to answer each of these questions. Don't edit yourself or judge your responses. This is just for you.

How have you defined yourself by past history?

What definitions of who you are have you accepted from others?

What definitions of who you are have you rebelled against?

Do you define yourself by emotional states? If so, which ones?

Do you define yourself spiritually? By states and experiences? If so, which ones?

Are the identities you listed above, the deepest truth of who you are?
