

Falling Into Yourself

Self-Inquiry with Gangaji - Part III

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.

As you reflect on the stories you tell yourself and others, pick one you feel is the most predominant, the one that causes you the most inner turmoil. What do you tell yourself about this situation? Are you judging yourself or others?

Is it possible in this very moment to stop telling the story and simply open to the feelings that are here? Take some time to experience one particular emotion. If the story starts to regenerate, simply stop and turn your attention once again to the emotion itself. What is the energy of that emotion, the texture? Be curious. Write your experience here.

What has to change for you to be fulfilled? Are you willing to experience complete fulfillment this very moment, even if nothing changes?