



# Falling Into Yourself

## Self-Inquiry with Gangaji - Part IV

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.

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..

---

---

---

---

---

---

---

---

---

---

---

---