

Life Questions Self-Help Advice

Treat yourself to these questions and successfully solve just about any problem. The answers are within you.

Spirituality is not about quick fixes. While it can help you discover options you'd previously overlooked, and even provide miracles, it offers more questions than answers.

More Practical Spirituality

Engage Your
Mind to See the
Possibilities.

Take out a
notebook and ask
yourself these
questions.

Are you hearing
the wisdom of
those around
you?

Just asking the
questions starts
the answers
flowing. They can
come at anytime.

When a friend questioned the headaches that plagued him at work, he discovered his pain communicated not only dissatisfaction with his career, but frustration over unresolved issues with his father's that were being played out with his boss. After he resolved these issues, his headaches went away. So did most of the problems with the boss.

Over the years I've found five questions that can help turn any problem into a stepping stone for growth and insight. These are:

1. What hurts?
2. What would it take to be whole again?
3. What can I learn from this challenge?
4. What allies and resources are available?
5. How am I called to serve?

Questions 1 and 2 ground you in realistic optimism as you face the depth of your hurt, and accept the possibility that being whole doesn't always mean getting what you want. Question 3 engages your mind and commitment to grow. Questions 4 and 5 invoke your creative curiosity and connect you to a source much greater than yourself.

