

Aligning with Your Spirit

4 Contemplative Questions to deepen your connection with your Spirit, or Inner Being.



Before diving into these questions, make yourself comfortable, take deep breaths and maybe even meditate for a few minutes. It is great to have items around you that soothe you, like; candles, essential oils, comfy clothes or blankets to cuddle with. All of which will help you be more present as you answer these soul questions.

1. What does YES feel like in my body? What sensations arise as my body affirms something to be true? What does NO feel like in my body? What sensations arise as my body knows something is not true?
2. What activities, items or qualities inspire your feelings of beauty? After you answer this question, consider which items on your list reflect inner beauty and items reflecting outer, or physical beauty.
3. Recall a recent time when you felt like you sabotaged your good efforts, like overeating. How did you feel after? What thoughts did you have? Next step; rewrite the thoughts that came up as positive affirmations towards what you would like to see happen. I.e. When you overeat you think 'What's wrong with me I have such little willpower?!' A positive affirming statement might be; 'As I continue to connect with what feels good in my body, I am increasingly aware of when I am full and satisfied.'
4. When something does not feel good in my body, or I know it to be not true, what is my common response? Do I completely trust the feeling to guide my decision? Do I override the response in my body to choose what is best for everyone or what will cause the least amount of chaos? These are just a couple of examples for guidance, there are many ways you may choose to respond.