

## Ask Yourself Great Questions

### Small Questions: @37:00 minute in the recording

What is the feeling or experience, that I'm having today?

Am I resisting it or am I embracing it, right now?

Can I just sit and listen right now?

What, actually, am I listening to?

Is there anything else that is trying to get my attention?

Why is it trying to get my attention?

### Medium Questions: @39:00 minute in the recording

What is the most prevalent sensation that I am feeling right now?

Can I feel my sixth sense right now?

How is it showing up?

Has it been there waiting for me to notice it?

How do I know the Universe is here with me, right now?

How do I know the river is here with me, right now?

How is the Universe guiding me right now?

Where is the river taking me right now?

## Large Questions: @41:30 minute in the recording

Hey Universe, what is expected of me?

If I stay on the path I've been on, am I going to be just fine?

What are next steps for me in my life, right now?

What is one feeling or experience, that I want to have before I die?

What subtle shift can I make today, to take me to this place?

How can I help myself feel that feeling, today?