


Question It!

A photograph of several vibrant red roses on a green branch, set against a light blue sky. The roses are in various stages of bloom, with some fully open and others as buds. The lighting is bright, creating a soft glow around the petals.

How to
Make Choices
and Your Wishes True

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Question it! How to Make Choices and Your Wishes True

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Introduction

You can use these following questions as a meditation. Still, of course, they can also be used as a quick fix in a stressful situation.

All the questions aren't necessarily applicable to all situations or precisely to your case; take those that you feel resonate with you, call you, and awaken something inside you. Don't start chasing answers. Just read these questions through and take those that attract you. Let the questions sink in you and start quietly doing their work.

Give your response time to emerge. Just if you read a question once, it starts living inside you, and eventually, you will encounter something new in you and the reality around you. - Even watching and observing what kind of thoughts there is continually running in your head will take you a long way towards a more conscious way of living.

Even if the answers haven't shown themselves to you yet, just reading and seeing these questions console you and show you that there is something else, something different from those problems of yours. So let the mere existence of these questions comfort you because the existence of a question that attracts you indicates that there has to be a new territory to be found, somewhere.

The most important thing for your well-being is to question and inquire.