



## QUESTIONS and the Quest for Self Realization

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The question is a powerful spiritual tool that is able to initiate and sustain the quest for self discovery and self realization. Questions take us out of the confines of our comfort zones and into the spiritual dimension of faith, where the magic of 'anything is possible' happens.

Without questions there are no answers. The question has a direct undeniable influence on the answer. The size and quality of the question, determines the size and quality of the answer. Small and insignificant questions result in small and insignificant answers. Big and universal questions unlock the mind in a quest for eternal, infinite and universal transformational answers.

*"A ship in harbour is safe, but that is not what ships are built for." William Shedd*

We are designed with the faculty, ability and power to follow the hope of our desire for a more meaningful and purposeful life experience. We are tuned in to the call of hope, that for us and the world we share, the best is possible and yet to come, and questions are delightful, practical and powerful spiritual tools to initiate and sustain this quest.

*"Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning." Albert Einstein*

Created in the image and likeness of God, we are endowed with infinite spiritual potential and a life experience of unlimited possibility. In the Jewish scripture story of creation we are told that after God had created humankind in divine likeness, God then blessed us with the desire for the infinite experience and expression of life by instructing us to ... *"Be fruitful and multiply, and fill the earth ..."* Genesis 1:28. The desire to fulfill the hope of this potential and possibility is what calls us. The seed of all that is possible lies within us and through the spiritual practice of questions, we ask, we seek and we awaken that spiritual potential and begin the daily quest of the discovery, experience, expression and realization of our authentic spiritual self.

*"Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you." Matthew 7:7*

This is an invitation and a promise at the same time. It comes in the tone of "you receive so little because you ask so little ..." The inspiration to ask can only come from the truth that the thing we are given the desire to ask and seek for, already exists in the spiritual realm and is ours for the claiming and bringing into the manifestation of our material experience through the faith quest of self realization.

How much of your infinite potential and the unlimited possibility of you life experience with you ask for and invite into your life today?



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The asking of this teaching of Jesus seems to be in the same tone and temper as that of his teaching of the Lord's Prayer. It is not an asking in the form of a petition or supplication but in the tone and temper of a child of God, created in divine image and likeness, exercising a birthright to all that God has ordained and already provided for us in spiritual substance. It's a claiming, in thankfulness, of our authentic spiritual birthright of infinite wholeness and abundance, in every dimension of our being and every aspect of our life experience.

*"You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name." John 15:16*

Where does the process of asking begin? At the very beginning. We can ask for the asking. We can ask for the insight and understanding of the exact questions that we should be asking of ourselves. The good we seek is already prepared for us, waiting for our quest and invitation for it come into our life experience and expression. We can ask for Spirit to guide us in our asking, as the question precedes and determines the answer; the right question gets the right answer.

*"... for your Father knows what you need before you ask him." Matthew 6:8*

Questions are ideal tools to be used as prayer affirmations. Usually affirmations require thought and proactive determination. Try using questions to determine your truth affirmations for the day. Questions of What? How? Why? For example if your intention is to realize, demonstrate and manifest Divine Health and Wholeness, then ask during your quiet time each morning: "How can I better experience and express perfect Divine Health and Wholeness today?" "Why is the experience and expression of XXX important to me? What does the perfect divinely empowered XXX look like, feel like ...?"

### AFFIRMATION:

I live everyday in the attitude of asking, of claiming, my highest good with ease and grace.

*"Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete." John 16:24*