



## Questions for deep self-inquiry and soul-discovery

Dr. Chris Neufeld-Erdman

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- Who am I, really?
- How can I know?
- What am I afraid of?
- What do I want most, really?
- What feels false in me, like clothes that don't really fit?
- Do I know what it's like to roar or do I bleat like a goat?
- Is there something I've wanted most of my life but I've neglected?  
Why do I? Why and when did I bury it?
- How might the suffering and pain I sometimes feel but try to ignore  
actually help show me who I really am (and who I am not)?
- What am I afraid of and why does it frighten me?
- What gives me energy?
- What drains away my enthusiasm?
- If I could do anything, what would I do?
- What keeps me from doing it?
- Am I living someone else's dream?
- Did I lose myself somewhere along the way? And why?
- Who or what might help me now?
- Why do I give in so easily to that familiar and incessant voice, "Be practical!"?

Lastly, a question from that wise poet, Mary Oliver:

- "What is it you plan to do with your one, wild and precious life?"