10 Foundational Questions for Self-Inquiry

An Invitation to Pause and Explore the Nature of Self

# Introduction

These questions are not puzzles to solve. They are openings — invitations to notice the frameworks shaping your experience and return awareness to the deeper ground of who you are. Take them slowly. Choose one at a time and allow it to unfold naturally over days, not minutes.

# The Questions

## Question 1

“Who am I when I’m not holding onto any story about myself?”

Take your time with this question. Notice what arises without trying to find a conclusion

## Question 2

“What truly matters in this moment — and who is deciding?”

Pay attention to where meaning is being placed, and from what perspective

## Question 3

“Where does my sense of ‘me’ feel to be without using memory or thought?”

Let yourself rest with the raw sensations and impressions, without translating them into words or judgments

## Question 4

“What am I noticing right now that I may commonly overlook?”

Gently observe whether attention is moving on its own or being guided by familiar patterns.

## Question 5

“What am I resisting in this moment, and what would happen if I allowed it?”

Notice the felt sense of resistance. Stay curious about what softens when you let things be as they are.

## Question 6

"If I set aside all labels and roles, what remains?"  
Sense into the space beneath stories and roles. Allow yourself to touch or acknowledge the sense of being that does not require thought.

## Question 7

"What does it feel like to simply be aware, without needing to control anything?"  
  
Rest in the awareness that experience unfolds within. Notice the relief that can come from not managing or fixing. Take your time with this. Let it rest in awareness and return to it throughout the week.

## Question 8

"What am I longing for right now, and what happens in the body when I explore the sense of wanting or needing it?   
  
Look gently beneath the surface of desire.

## Question 9

“What is here when I stop searching?"  
  
Give yourself permission for the wanting sensation to change. Allow the simplicity of this moment to reveal itself.

## Question 10

“What is aware of all of this experience?”

Take your time with this question. Let it rest in awareness and return to it throughout the week.

# An Invitation to Go Deeper

If this exploration speaks to you, you may be ready to go deeper. These are beginner’s questions to inqury.  
  
**The Wheel of Wholeness:** Awaken to Your Infinite Self begins January 6 — is an immersive journey into the nature of identity, attention, and awareness. We will go beyond beginner’s questions and into the ‘deep end’ of inquiry into Wholeness of Being.  
  
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