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"The quality of your life is in direct proportion to the quality of your questions"
~ Laurie Morse

Inquiry Journal

What it is...

- A place to put all your questions about life and receive feedback
- A way of connecting with wisdom, intelligence, and solutions
- A way of allowing the Universe to bring you answers
- A Creative Writing Process
- A Healing portal
- Cultivates Creativity
- A way to hold your entire system open to possibilities
- A way to expand your awareness
- A way to strengthen your relationship to your Creative Life Force, Heart and Soul

Why an inquiry journal...

The human mind is designed to quickly pinpoint and secure concrete conclusions. The faster, the better.

There are a couple of problems with that plan:

- 1) In its haste, the mind misses a lot.
- 2) Due to its need to 'pinpoint' something concrete and feel secure, its focus is narrow which leaves out many options. Usually those options are better solutions to the question or problem.

Some general characteristics about the mind:

- It honestly believes it is always right
- It is designed to protect you and keep you alive, but not programmed to allow you to thrive (that's the job of your heart and soul)
- It is unaware (until you show it) that a connection to higher wisdom exists
- It is not at all comfortable with open inquiries (in fact, it's more than uncomfortable, it's terrified of it)
- It is all about being "serious and heavy" whereas the Divine has a "sense of humor and is light" ~ it's good to know the difference and how it feels inside.
- It loathes the idea of letting your Divine Intelligence take the pilot seat (which means it is left with the co-pilot seat)
- With your regular conscious choice to allow Divine Intelligence to guide you, it will eventually yield to the co-pilot seat.
- When it is scared, which can be a lot, you feel fear, worry, doubt, guilt, shame, depressed, and stuck.
- It's not that hard to comfort the mind and help it feel safe, but it does take some practice. It's like building a muscle.

When you notice you have a problem, whether it's a physical issue, a looping emotion, another person, a lack of something, confusion, or something you're trying to understand. Anything and everything is fair game. Follow these simple steps:

- 1) Notice and become aware of the problem (try not to judge yourself, just notice), you can be sure something is up when you feel serious, tense, or upset
- 2) Identify what you'd rather have instead (it's often the opposite of the problem or some variation of it)
- 3) Write in your journal the problem/concern/issue, and then write what you'd rather have (solution/answer/discovery/more or less of something)
- 4) Begin using the inquiry prompts to open the energy, connect to wisdom/intelligence, and receive insights to bring about what you want

How long it takes to receive insights is the only unknown. It's not a matter of "if, it's a matter of "when". Things that keep coming back or are chronic will probably take longer than new or acute issues. Your job is to patiently hold the inquiry open until you receive what you need to move through the problem to higher ground.

You may receive insights by way of:

- a song
- a line in a movie
- something someone says
- something you 'happen' to read
- the still small voice of your inner guidance
- or any number of ways, it works best when you play with it

This journal is divided into 5 parts:

- 1) **H** Health (everything that effects your health...nutrition, movement, pain, injuries, disease)
- 2) **E** ase & Empowerment (good for stress, mental spin, tension, self-worth, creative expression)
- 3) **A** bundance (to create plenty of time, energy, money, joy, support, supply)
- 4) **L** ove (relationships of all kinds, and your ultimate purpose in life which is to be fully alive, aligned, awake to, and in relationship with the Divine Love that you are)

You can pose inquiries in any section, any time. You can record ideas/solutions/thoughts right away or later. Some inquiries need to be open longer than others. I learned that my job was to keep soothing myself when I became impatient and wanted to jump on a concrete conclusion, rather than waiting for greater guidance.

What has been magical for me in keeping an inquiry journal over the years, is how **all** my questions get answered or resolved in incredible ways. Crazy amazing ways. Ways I could have NEVER thought up in my own mind.

"Be patient towards all that is unsolved in your heart, and try to love the questions themselves" ~ Rilke

The Universe is wildly smart, and fun, and delightful. Let the Universe surprise and delight you and it will.

How to begin your inquiry/questions...

What if...

How can I...

What else...

Who do I need to *be* to allow the best possible outcome...

What can I do, be, and generate to create _____ today

What is important about...

What do I need to know to move past....

What is it _(this situation)____ would have me know

How can it get even better than this...

What would it take for _____ to show up/unfold

What can I add to this situation to make it better...

What can I eliminate from this situation to make it better...

How can I make _____ light and fun?

How can I *receive* the best solution to...

What is right &/or good about this situation that I might not be aware of

How can I soften all the meaning and judgment I have about this situation?

The Journal

You can use any journal you'd like. It can be as simple or fancy, but make sure it inspires you to come to it often. That's the key. I know that if my journal isn't 'pretty', I'm less interested in going to it, writing in it, and being with it.

If you want to just 'write' in your journal, you can use anything.

If you'd like to write, color &/or collage, consider a journal like this...

https://www.amazon.com/Strathmore-Visual-Journal-Spiral-12-Inch/dp/B003YIZ0HI/ref=sr_1_2?ie=UTF8&qid=1450747176&sr=8-2&keywords=mixed+media+journal

For this visual journal, I collage beautiful things on the front to make it my own. I make sure I only put visuals that are inspiring to me and call to me. With this journal, on the inside, I have more flexibility to use colored pencils, watercolor pencils or paint, to collage, and to make the experience more dimensional.

The front cover of any journal is the "doorway", and the inside is the garden, the path, and the treasure chest of soul magic, miracles, and transformation.