

INTROSPECTION QUESTIONS

- Do I love myself?
- Who do I love? Do they know it?
- Who produces more rejection inside of me? Who closes my heart?
- By whom I feel rejected the most? Have I ever told them?
- Whom or what makes my heart rejoice?
- In which situations do I feel secure/safe? And insecure/unsafe?
- Who makes me feel insecure? And who boosts my self-confidence?
- What Am I afraid of?
- Which are my responsibilities? Do I carry them well or I feel they are a burden?
- Am I fair with myself? And with everybody else?
- In which situations do I behave in an unfair way?
- To whom would I like to express my feelings but I can't?
- Who would I like to love but I can't?
- Is there anyone in particular by whom I would like to be loved?
- Do I have compassion from my heart?
- What sort of relationship do I have with my parents? Do I treat them with respect? Do they deserve this respect?
- Am I able to forgive from my heart?
- Do I feel anger?
- Do I tend to envy others?
- Do I trust people? Who? Who do I mistrust?
- Do I give without thinking? And receive?
- For whom do I feel great respect? For whom do I have no respect?
- What do I have to do to become my own Guru?
- What are the obstacles preventing me from realizing that I am truly the Spirit?