

# Self Reflection - Questions To Ask Yourself

**I suggest you read this introduction before proceeding to the questions.**

The practices below are a process, an ongoing journey, rather than a destination.

Tables are done by Glenn Molinari and are combined and simplified from his books.

Some questions are entirely his and some are adapted from:

- 1) *Everyday Enlightenment - The Twelve Gateways to Personal Growth* by Dan Millman
- 2) *Going Within* by Shirley MacLaine

When Asking Questions or Making Questions into Prayers ***My Entire Being*** includes:

Your physical body and brain including Cellular Memory.

Your conscious mind (Uhane)

Your sub-conscious mind (Unihipili)

Your super-conscious mind (Aumakua)

Any other aspects of your Being as is best.

You may have to clear one or more aspects of your Self (Entire Being) depending on the answers to the questions in the following tables.

If you are unable to get answers to the questions, you can make the questions into prayers. Make sure the prayer is positive. An example is:

“Does any part of my entire Being associate wealth with greed, badness and arrogance?”

can be made into a prayer.

“Great Spirit/God, help me to make it so and keep it so my entire Being knows and accepts that it is ok and maybe even beneficial to ALL for me to be wealthy.”

Notice “me” in the prayer above. In these prayers the word “me” refers to your entire Being as appropriate. Also, in the following questions the words “I”, “me” and “my” may refer to your entire Being. Turn it over to Great Spirit/God to include all aspects of yourself as is best.

3D explanation and Levels of healing:

**First Level** Diet Therapy, Exercise, Osteopathy & Chiropractic, Surgery, Physical Therapy, Drugs & Herbs, Orthomolecular Medicine, Aromatherapy, Healthy Life Style

**Second Level:** Micro current Therapies, Acupuncture, BodyWork/Touch, Breath Therapy, Yoga, Qigong, Meditation, Radiation Therapy

**Third Level:** Mental Field Therapy, Psychotherapy, TFT (Thought Field Therapy), EMDR (Eye movement desensitization and reprocessing), Homeopathy

**Forth Level:** Systemic Family Constellation, Color and Sound Therapies, Shamanism, Hypnotherapy, Jungian Psychotherapy, Radlonics, Rituals

**Fifth Level:** Is beyond 3D. It is between the individual and Great Spirit/God/Divinity. It includes Self Healing, Prayer, Awareness, LOVE and True Meditation

**Infinite Levels of Healing.** There may be infinite levels. It seems that the conscious mind needs to know the five above.

## Self Reflection - Questions To Ask Yourself

Energy clearing is a great way to release the past, and what has been, to make way for fresh and positive energy to flow into your life.

Clearing and healing are closely related and yet very different. Clearing the feeling and emotion is as important as healing. By clearing you have 'removed' the feeling and emotion to facilitate healing. I feel this finger acupressure clears as well as heals.

Holding on to emotionally charged memories of fear, guilt, shame, hate, etc. create energetically dense filters, which adversely impact our spiritual, emotional, mental and physical health. These filters can involve long standing emotional issues as well as little annoyances that might crop up on a daily basis. Clearing and releasing any emotionally charged negative energies or obstructions helps to allow and facilitate healing on all levels.

The reason 'clearing' was added even for physical issues is that it is important to clear the underlying energetic precursors to the physical symptom that is to be healed.

### Table to make it easier to find issues you may want to work on

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## Self Reflection - Questions To Ask Yourself

Questions to ask yourself and Great Spirit. Set the ego aside. Let go of all expectations and desires as to the answer. Clear them as guided.

### *Worthiness*

| <b>Worthiness</b> - Statements/Questions  | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Does any part of My Entire Being believe there is a need to be worthy in order to attract and accept 'good'?  | NO      |                 |                |
| Does any part of My Entire Being feel unworthy?   | NO      |                 |                |
| Does my Entire Being <i>feel</i> deserving of 'good'?   | YES     |                 |                |
| Does my Entire Being feel that I am worthy?   | YES     |                 |                |
| Does my Entire Being feel totally worthy?   | YES     |                 |                |
| Has my Entire Being transcended the need for self-worth and is my Entire Being simply willing to accept life's blessings and opportunities no matter what my <i>feelings</i> of self-worth? | YES     |                 |                |

### *Reclaim Your Will*

| <b>Reclaim Your Will</b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Does my entire Being turn what I know and want to do into what I do?  | YES     |                 |                |
| Does my entire Being apply my will to eating healthier?   | YES     |                 |                |
| Does my entire Being apply my will to exercise adequately, appropriately and properly?  | YES     |                 |                |
| Does my entire Being apply my will to my budget and finances in order to prosper?   | YES     |                 |                |
| Does my entire Being apply my will to act with kindness or courtesy even when I <i>feel</i> unkind, impatient or <i>feel</i> like being rude?               | YES     |                 |                |
| Is my entire Being committed to "Reclaiming My Will" and do I have a simple routine in place that I can follow each day in order to: ( <u>plan</u> _____ )? | YES     |                 |                |
| Has my entire Being Reclaimed My Will?  | YES     |                 |                |
| What is my goal this minute? ( _____ )  |         |                 |                |
| What is my goal this hour? ( _____ )  |         |                 |                |
| What is my goal this week? ( _____ )  |         |                 |                |
| What is my goal this month? ( _____ )   |         |                 |                |
| What is my goal this year? ( _____ )  |         |                 |                |

# Self Reflection - Questions To Ask Yourself

## *Energize Your Body*

| <b>Energize Your Body</b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|--|---------|-----------------|----------------|
| Do I normally eat well.?   | YES     |                 |                |
| Do I normally exercise regularly and adequately?   | YES     |                 |                |
| Do I normally get enough rest and sleep.?  | YES     |                 |                |
| Am I energizing my body by ( <u>exercising</u> ) each day?   | YES     |                 |                |
| Am I energizing my body by ( <u>eating healthy</u> ) each day?   | YES     |                 |                |
| Is my entire Being clearing the mental, emotional and physical blockages and allowing energy flow as intended?     | YES     |                 |                |
| Is my entire Being clearing excess energy in a healthful positive manner?  | YES     |                 |                |
| Is my entire Being clearing all blockages that have been keeping me from exercising as is best and eating healthy? |         |                 |                |

# Self Reflection - Questions To Ask Yourself

## Money And Abundance

| <b>Money and Abundance</b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Does any part of my entire Being have judgment towards money?   | NO      |                 |                |
| Does any part of my entire Being have mixed, negative or judgmental <i>feelings</i> about people like Deepak Chopra or healers/teachers who posses money in abundance and have houses valued in the millions? | NO      |                 |                |
| Does any part of my entire Being have mixed, negative or judgmental <i>feelings</i> about people like actors and athletes who posses money in abundance and have houses valued in the millions?               | NO      |                 |                |
| Does any part of my entire Being have mixed, negative or judgmental <i>feelings</i> about people who are insensitive, uncaring and dismissive towards those in need?  | NO      |                 |                |
| Does any part of my entire Being have a <i>feeling</i> of guilt that keeps me from having money in abundance myself?  | NO      |                 |                |
| Does any part of my entire Being associate Poverty with humility, goodness and spirituality.?   | NO      |                 |                |
| Does any part of my entire Being associate wealth with greed, badness and arrogance?  | NO      |                 |                |
| Does any part of my entire Being associate poverty with virtue?   | NO      |                 |                |
| Does any part of my entire Being associate wealth with 'sin'?   | NO      |                 |                |
| Does any part of my entire Being have an aversion to having my own money in abundance and being wealthy?  | NO      |                 |                |
| Does any part of my entire Being have a fear of having my own money in abundance and being wealthy?   | NO      |                 |                |
| Does any part of my entire Being believe that true teachers should expect nothing for their teachings except gratitude and thanks?  | NO      |                 |                |
| Does any part of my entire Being feel it will help others if I remain poor?   | NO      |                 |                |
| Does any part of my entire Being confuse the idea of letting go of attachments with giving away all my earthly goods?   | NO      |                 |                |
| Does my entire Being clearly see my negative and limiting beliefs about having my own money in abundance and being wealthy?   | YES     |                 |                |
| Has my entire Being honestly examined my values, beliefs and inner hurdles that stand between me and self sufficiency, having my own money in abundance and my being wealthy?                                 | YES     |                 |                |
| Has my entire Being examined, cleared, healed, transmuted and released all my negative or limiting beliefs about money and abundance?   | YES     |                 |                |
| Is my entire Being willing and ready to attract, accept and enjoy abundance, wealth and respect?  | YES     |                 |                |
| Does my entire Being gratefully and openly accept gifts for my sharing?   | YES     |                 |                |
| Does my entire Being recognize and accept that times have changed and money, if freely given, is the same as accepting food, shelter, moccasins, a chicken or any other gift for my sharing.                  | YES     |                 |                |
| Does my entire Being know and is it aware that free exchange of gifts, including money, is part of the Divine Plan and Divine Flow.   | YES     |                 |                |
| If I had enough money to live on for the rest of my life and money was no concern what would I be doing at this exact moment?   |         |                 |                |
| If I had enough money to live on for the rest of my life what would I do with my time?<br>(When you have the answer find work in the area if you can.)  |         |                 |                |

# Self Reflection - Questions To Ask Yourself

## *Finances, Abundance and Prosperity*

| Question / Statement   | Answer<br>best<br>if | Answer<br>before<br>clearing | Answer<br>after<br>clearing |
|--|----------------------|------------------------------|-----------------------------|
| Does any part of my being seek attention through my financial woes?  | NO                   |                              |                             |
| Is any part of my entire Being invested in my financial woes?  | NO                   |                              |                             |
| Would any part of my entire Being feel lost without my financial woes?   | NO                   |                              |                             |
| Is any part of my entire Being punishing myself with my financial woes?  | NO                   |                              |                             |
| Is any part of my entire Being afraid I will misuse wealth?  | NO                   |                              |                             |
| Does my entire Being feel, believe and know it is possible to be financially independent, self sufficient and wealthy and still be in harmony with LOVE and the highest good, and to fulfill my soul's purpose in this lifetime? | YES                  |                              |                             |
| Does my entire Being truly want to be financially independent, self sufficient and wealthy?  | YES                  |                              |                             |
| Is my entire Being's intention set to be financially independent, self sufficient and wealthy?   | YES                  |                              |                             |
| Is my entire Being's intention to be financially independent, self sufficient and relatively wealthy pure and clear?   | YES                  |                              |                             |
| Does my entire Being feel and believe I am deserving of financial independence and wealth?   | YES                  |                              |                             |
| Will my entire Being use my wealth wisely and with LOVE.   | YES                  |                              |                             |

# Self Reflection - Questions To Ask Yourself

## *Tame Your Mind*

| <b><u>Tame Your Mind</u></b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Does any part of my entire Being try to tame my mind by trying to subjugate, control or quiet it?   | NO      |                 |                |
| Does my entire Being tame my mind by making peace with it and my thoughts?  | YES     |                 |                |
| Does my entire Being examine my subconscious and other aspects of myself as appropriate in order to clear, heal, transmute, release and integrate the positive aspects of what I have considered bad or negative? | YES     |                 |                |
| Does my entire Being listen to my intuition without interference of my conscious analyzing mind and without subjective filters?   | YES     |                 |                |
| Does my entire Being combine my intuition and logic as is best  | YES     |                 |                |

## *Trust Your Intuition*

| <b><u>Trust Your Intuition</u></b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Does any part of my entire Being place more faith in the guidance and intuition of others than my own?                                  | NO      |                 |                |
| Does any part of my entire Being distrust my intuition?   | NO      |                 |                |
| If someone offers guidance that conflicts with or disagrees with my intuition and guidance does my entire Being trust my guidance more? | YES     |                 |                |
| Does my entire Being know what intuition is?  | YES     |                 |                |
| Does my entire Being usually trust my intuition?  | YES     |                 |                |
| Does my entire Being trust <i>my</i> intuition rather than relying on the intuitive skills of others?                                   | YES     |                 |                |
| Does my entire Being trust <i>my</i> intuition above all others?  | YES     |                 |                |
| Does my entire Being always trust my intuition?   | YES     |                 |                |



# Self Reflection - Questions To Ask Yourself

## *Accept Your Feelings And Emotions*

| <b>Accept Your Feelings and Emotions</b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Does any part of my entire Being sometimes suppress my <i>feelings</i> or emotions?   | NO      |                 |                |
| Does any part of my entire Being believe it is ok to <b>act</b> on <b>any</b> feeling or emotion even if hurtful or negative?             | NO      |                 |                |
| When I <i>feel</i> anger, jealousy, judgment, fear or hatred does any part of my entire Being hold onto the feeling and let it affect me? | NO      |                 |                |
| Does my entire Being accept my <i>feelings</i> and emotions with unconditional LOVE and acceptance?                                       | YES     |                 |                |
| When I <i>feel</i> anger, jealousy, judgment, fear or hatred, does my entire Being, clear heal, LOVE and release it?                      | YES     |                 |                |
| Does my entire Being know that it is ok to <i>feel anything</i> ?   | YES     |                 |                |
| Does my entire Being choose to <i>feel</i> and be LOVING instead of feeling angry?  | YES     |                 |                |

## *Face Your Fears and Feelings*

| <b>Face Your Fears</b> - Statements/Questions  | Best If | Before Clearing | After Clearing |
|--|---------|-----------------|----------------|
| Does any part of my entire Being sometimes avoid trying something new to avoid <i>feeling</i> incompetent or appearing foolish or silly?   | NO      |                 |                |
| Does any part of my entire Being avoid fully committing to an effort so that I can console myself with thoughts such as "If I had really tried, I could have done it."?                    | NO      |                 |                |
| Does any part of my entire Being avoid, whenever possible, any situation in which someone else has control because of the fear of being out of control?                                    | NO      |                 |                |
| Does any part of my entire Being sometimes hold myself back from achieving success out of the fear that success will leave me unfulfilled or with nothing left to do?                      | NO      |                 |                |
| Does any part of my entire Being sometimes avoid expressing my true <i>feelings</i> out of fear that the <i>feelings</i> may come back to me and cause discomfort?                         | NO      |                 |                |
| Does any part of my entire Being sometimes give myself a label that becomes both explanation and excuse: An example is, " I have a phobia about ( _____ ) and therefore it is beyond me."? | NO      |                 |                |
| Is any part of my entire Being sometimes timid, shy, insecure, or suffering because of self-doubt?   | NO      |                 |                |
| Does any part of my entire Being fear opening my heart.?   | NO      |                 |                |
| Does any part of my entire Being fear vulnerability through the achievement of success?  | NO      |                 |                |
| Does any part of my entire Being have at least one habit that acts as a block in order to avoid facing my fears and feelings?  | NO      |                 |                |
| If so, what is the habit and what is it blocking. ( _____ )  |         |                 |                |
| Does my entire Being know that the expression of vulnerability can be my greatest gift and strength?   | YES     |                 |                |

# Self Reflection - Questions To Ask Yourself

## *Illuminate Your Shadow*

| <b><u>Illuminate Your Shadow</u></b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| If someone offends me, calls me a name, or accuses me of something, does any part of my entire Being automatically defend myself?   | NO      |                 |                |
| Does any part of my entire Being <i>feel</i> resentful when I give more than I receive?   | NO      |                 |                |
| Does my entire Being know my self's fears?  | YES     |                 |                |
| Has my entire Being illuminated my shadow as is best at this time?  | YES     |                 |                |
| Has my entire Being explored beneath the veneer of my personality and self image as is best at this time?   | YES     |                 |                |
| Has my entire Being LOVED and accepted my shadow as a part of me?   | YES     |                 |                |
| Has my entire Being transcended the need for self-worth and am I simply willing to accept life's blessings and opportunities no matter what my <i>feelings</i> of self-worth? | YES     |                 |                |
| Have I ever stolen or lied? Unless you are a saint the answer is yes  | YES     |                 |                |
| Has my entire Being forgiven myself, my-self and my-Self for all lies, thefts and other 'misdeeds'?   | YES     |                 |                |
| Name two or three of other people's traits or behaviors that bother me the most.<br>1 ( _____ )<br>2 ( _____ ) 3 ( _____ )  |         |                 |                |
| Is there a part of me that would like to behave that way?   |         |                 |                |

# Self Reflection - Questions To Ask Yourself

## *Sexuality And Sensuality*

| <b>Sexuality and Sensuality</b> - Statements/Questions   | <b>Best If</b> | <b>Before Clearing</b> | <b>After Clearing</b> |
|--|----------------|------------------------|-----------------------|
| Does any part of my entire Being judge my own or other's fantasies as 'wrong'?   | NO             |                        |                       |
| Is any part of my entire Being ashamed of my negative/destructive fantasies?   | NO             |                        |                       |
| Does any part of my entire Being judge those who choose a hedonistic path?   | NO             |                        |                       |
| Does any part of my entire Being judge those who choose a puritanical path?  | NO             |                        |                       |
| Does my entire Being fully accept myself as I am?  | YES            |                        |                       |
| Has my entire Being embraced myself as I am and cleared and released all judgments about my perceived lack of perfection?  | YES            |                        |                       |
| Has my entire Being embraced my soul's and body's sensuality.?   | YES            |                        |                       |
| Has my entire Being unified both hemispheres of my brain and transcended my gender role so I can animate, at will, both masculine and feminine qualities?  | YES            |                        |                       |
| Is my entire Being capable of hardness or softness and am I able to turn outward or inward?  | YES            |                        |                       |
| Is my entire Being whole, and even though I am physically male or female, my character and qualities have evolved to a state of inclusive androgyny. ( Inclusive androgyny entails the ability to access and embody both masculine and feminine qualities and capacities.) | YES            |                        |                       |
| Is my entire Being unconditionally LOVING and accepting of my fantasies?   | YES            |                        |                       |
| Has my entire Being found and embraced a balance between self-denial (puritanical) and self-indulgence (hedonistic) tendencies? (Remember neither is superior to the other)  | YES            |                        |                       |
| Does my entire Being sense and accept the value of either self-denial or self-indulgence depending on the situation?   | YES            |                        |                       |
| Is my entire Being aware of my puritanical and hedonistic aspects?   | YES            |                        |                       |
| Has my entire Being balanced and reconciled my puritanical and hedonistic aspects?   | YES            |                        |                       |
| Has my entire Being embraced and integrated my spirituality and sexuality?   | YES            |                        |                       |
| Has my entire Being balanced my use of sensory experience under the dominion of my higher -self?   | YES            |                        |                       |
| As I recognize my fantasies does my entire Being clear, heal and release them with LOVE and without judgment?  | YES            |                        |                       |

## *Awaken And Open Your Heart*

## Self Reflection - Questions To Ask Yourself

| <b><u>Awaken and Open Your Heart</u></b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| Is my entire Being willing to risk the pain and sorrow of loss?   | YES     |                 |                |
| Does my entire Being trust myself enough to open my heart to joy?   | YES     |                 |                |
| Does my entire Being know there is no safety in love and none is needed?  | YES     |                 |                |
| Has my entire Being's attention risen to the level of LOVE and service, and to the mystical levels beyond? (Some people call this the level of the heart or fourth chakra.) | YES     |                 |                |
| Has my entire Being opened my heart to love and to LOVE?  | YES     |                 |                |

### *Serve Your World And Your Self*

| <b><u>Serve Your World and Your Self</u></b> - Statements/Questions   | Best If | Before Clearing | After Clearing |
|---|---------|-----------------|----------------|
| When I do something for someone does any part of my being expect thanks?  | NO      |                 |                |
| Does any part of my entire Being <i>feel</i> I need to do healing, transmuting, releasing and integrating for others?                                   | NO      |                 |                |
| Has my entire Being resolved, for myself, the apparent contradiction between serving myself and serving others?   | YES     |                 |                |
| Does my entire Being know that when I do something for someone it is possible I should be the one thanking them?  | YES     |                 |                |
| Does my entire Being know and is It aware that I do all healing, transmuting, releasing and integrating for myself even when assisting others.          | YES     |                 |                |
| Is my entire Being combining my unique talents and abilities to serve LOVE?   | YES     |                 |                |
| Does my entire Being have passion for what I do and am I expressing/sharing my unique talents and gifts as is best?                                     | YES     |                 |                |
| Does my entire Being ask, "How can I help/assist?" instead of "What is in it for me?"   | YES     |                 |                |
| Does my entire Being ask for all guidance to come from my "Higher Self" and Great Spirit/God and that I understand the guidance clearly and as is best? | YES     |                 |                |
| What are my unique talents and abilities?<br>( )  |         |                 |                |
| What am here to give and share?   |         |                 |                |
| How can I best serve?   |         |                 |                |
| How am I best suited to serve humanity?<br>( )  |         |                 |                |

## Self Reflection - Questions To Ask Yourself

### *Illness Or Pain (can also be used for habits/ obsessions/ compulsions)*

| Question / Statement (replace the word 'illness with the appropriate word)<br>Name the problem/challenge: ( )         | Best<br>If | Answer<br>before<br>clearing | Answer<br>after<br>clearing |
|---|------------|------------------------------|-----------------------------|
| Does any part of my Entire Being seek attention through my illness(s)?  | NO         |                              |                             |
| Is any part of my entire Being invested in my illness(s)?   | NO         |                              |                             |
| Would any part of my entire Being feel lost without my illness(s)?  | NO         |                              |                             |
| Is any part of my entire Being punishing myself through this illness?   | NO         |                              |                             |
| Does my entire Being truly want to be cleared and healed?   | YES        |                              |                             |
| Does my entire Being truly want to be cured?  | YES        |                              |                             |
| Is my entire Being's intention set to clear and heal?   | YES        |                              |                             |
| Is my entire Being's intention to clear and heal pure and clear?  | YES        |                              |                             |
| Is my entire Being's intention to clear and heal completely?  | YES        |                              |                             |
| Does my entire Being truly want to stay here on earth in this physical body for a while?<br>(specify time if desired) |            |                              |                             |

# Self Reflection - Questions To Ask Yourself

## *Smoking and Other Habits/Addictions*

| Question / Statement  | Best if Answer is no | Answer before clearing | Answer after clearing |
|---|----------------------|------------------------|-----------------------|
| Name of addiction ( ) (smoking, eating sweets, dangerous stunts, etc)   |                      |                        |                       |
| Does any part of my entire Being seek attention through my addiction?   | NO                   |                        |                       |
| Is any part of my entire Being invested in my addiction?  | NO                   |                        |                       |
| Is any part of my entire Being punishing myself by my addiction?  | NO                   |                        |                       |
| Does any part of my entire Being use ( <u>addictions name</u> ) to keep any romantic interest/life partner at bay?  | NO                   |                        |                       |
| Does any part of my entire Being use ( <u>addictions name</u> ) as a form of suicide?   | NO                   |                        |                       |
| Would any part of my entire Being feel lost without my addiction?   | NO                   |                        |                       |
| Does any part of my entire Being ( <u>addictions name</u> ) to quiet, calm, slow down, and/or numb my mind and thoughts?                                      | NO                   |                        |                       |
| Does any part of my entire Being ( <u>addictions name</u> ) to block or filter out unwanted thoughts and energies?  | NO                   |                        |                       |
| Does any part of my entire Being ( <u>addictions name</u> ) to tone down my intuition and awareness?  | NO                   |                        |                       |
| Does my entire Being know how to quiet my mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?                       | YES                  |                        |                       |
| Is my entire Being ready, willing and able to quiet my mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?          | YES                  |                        |                       |
| Is my entire Being ready to have the world see me as I AM?  | YES                  |                        |                       |
| Is my entire Being's intention set to have healthy/positive FLOW?   | YES                  |                        |                       |
| Is my entire Being's intention set to have healthy/positive FLOW pure and clear?  | YES                  |                        |                       |
| Does my entire Being truly want to have healthy/positive FLOW?  | YES                  |                        |                       |
| Is there a frequency (flower essence, essential oil, Zeolite, Celandine, etc.) that will assist in letting go of and releasing the undesired habit/addiction? |                      |                        |                       |
| Does my entire Being truly want to stay here on earth in this physical body for a while? (specify time if desired)  |                      |                        |                       |

# Self Reflection - Questions To Ask Yourself

## *Physical Heart*

| Question / Statement   | best if answer is | Answer before clearing | Answer after clearing |
|--|-------------------|------------------------|-----------------------|
| Does any part of my entire Being seek attention through my heart problem(s)?                                       | NO                |                        |                       |
| Is any part of my entire Being invested in my heart problem(s)?  | NO                |                        |                       |
| Would any part of my entire Being feel lost without my heart problem(s)?   | NO                |                        |                       |
| Is any part of my entire Being punishing myself with my heart problems?:   | NO                |                        |                       |
| Does my entire Being truly want my heart to clear and heal?  | YES               |                        |                       |
| Is my entire Being's intention set to clear and heal my heart?   | YES               |                        |                       |
| Is my entire Being's intention to clear and heal my heart pure and clear?  | YES               |                        |                       |
| Is my entire Being's intention to clear and heal my heart completely?  | YES               |                        |                       |
| Does my entire Being truly want to stay here on earth in this physical body for a while? (specify time if desired) |                   |                        |                       |

## *Digestion and Digestive System Problems*

| Question / Statement   | best if answer is | Answer before clearing | Answer after clearing |
|--|-------------------|------------------------|-----------------------|
| Does any part of my entire Being seek attention through my digestive system problems?                              | NO                |                        |                       |
| Is any part of my entire Being invested in my digestive system problems?   | NO                |                        |                       |
| Would any part of my entire Being feel lost without my digestive system problems?                                  | NO                |                        |                       |
| Is any part of my entire Being punishing myself with my digestive system problems?                                 | NO                |                        |                       |
| Does my entire Being truly want my digestive system to clear and heal?   | YES               |                        |                       |
| Is my entire Being's intention set to clear and heal my digestive system?  | YES               |                        |                       |
| Is my entire Being's intention to clear and heal my digestive system pure and clear?                               | YES               |                        |                       |
| Is my entire Being's intention to clear and heal my digestive system completely?                                   | YES               |                        |                       |
| Does my entire Being truly want to stay here on earth in this physical body for a while? (specify time if desired) |                   |                        |                       |

# Self Reflection - Questions To Ask Yourself

## *Life Too Hectic*

| Question / Statement  | best if answer is | Answer before clearing | Answer after clearing |
|---|-------------------|------------------------|-----------------------|
| Does any part of my entire Being avoid looking at things and feeling too much through my hectic life?               | NO                |                        |                       |
| Is any part of my entire Being invested in my hectic life style?  | NO                |                        |                       |
| Would any part of my entire Being feel lost without my hectic life style?   | NO                |                        |                       |
| Is any part of my entire Being punishing myself with my hectic life style?  | NO                |                        |                       |
| Does my entire Being truly want to have a less hectic or even calm life?  | YES               |                        |                       |
| Is my entire Being's intention set to clear and heal my hectic life style and have a more balanced and joyful life? | YES               |                        |                       |
| Is my entire Being's intention to clear and heal my hectic life style pure and clear?                               | YES               |                        |                       |
| Is my entire Being's intention to clear and heal my hectic life style completely?                                   | YES               |                        |                       |

## *Too Much Drama In Life*

| Question / Statement   | best if answer is | Answer before clearing | Answer after clearing |
|--|-------------------|------------------------|-----------------------|
| Does any part of my entire Being feel a need for drama in my life?   | NO                |                        |                       |
| Is any part of my entire Being invested in the drama in my life?   | NO                |                        |                       |
| Would any part of my entire Being feel lost without drama in my life?  | NO                |                        |                       |
| Is any part of my entire Being punishing myself with the drama in my life?   | NO                |                        |                       |
| Does my entire Being truly want to have less drama in my life?   | YES               |                        |                       |
| Is my entire Being's intention set to clear and heal and do away with the drama in my life and have a more balanced and joyful life? | YES               |                        |                       |
| Is my entire Being's intention to clear and heal and do away with the drama in my life pure and clear?                               | YES               |                        |                       |
| Is my entire Being's intention to clear and heal and do away with the excess drama in my life completely?                            | YES               |                        |                       |



# Self Reflection - Questions To Ask Yourself

## *Overly Concerned And Overly Anxious For Others*

| Question / Statement   | best if answer is | Answer before clearing | Answer after clearing |
|--|-------------------|------------------------|-----------------------|
| Is any part of my entire Being overly concerned or overly anxious for others? ( name if someone specific in mind ) | NO                |                        |                       |
| Is any part of my entire Being overly fearful that something wrong or bad may happen to those I care about?        | NO                |                        |                       |
| Does any part of my entire Being blame myself for the mistakes and hard-times of others?                           | NO                |                        |                       |
| Does my entire Being allow others what I perceive as mistakes, faults and imperfect actions without judgment?      | YES               |                        |                       |
| Does my entire Being forgive others what I perceive as their imperfect actions?                                    | YES               |                        |                       |

## *Self Forgiveness*

| Question / Statement   | best if answer is | Answer before clearing | Answer after clearing |
|--|-------------------|------------------------|-----------------------|
| Does my entire Being forgive my imperfect thoughts?                    | YES               |                        |                       |
| Does my entire Being forgive my imperfect words?                       | YES               |                        |                       |
| Does my entire Being forgive my imperfect actions?                     | YES               |                        |                       |
| Does my entire Being love myself even with my perceived imperfections? | YES               |                        |                       |

# Self Reflection - Questions To Ask Yourself

## *Judgment - Your judgment towards or fear for someone you know*

If you have a friend or loved one who is sick, depressed, etc., do you feel helpless in trying to help them? Do you disapprove of their choices and life style? Do you feel they are giving up and adopting a negative attitude toward life and their situation? Are you despondent about their future? Then it occurred to me that maybe I had created them in my life for a reason.

| Question (Be specific if you wish.)  | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Person's Name if someone specific in mind. ( _____ )   |         |                        |                       |
| Does any part of my entire Being feel helpless in trying to help a friend or loved one? ( <u>name</u> )                              | NO      |                        |                       |
| Does any part of my entire Being disapprove of their choices and life style?   | NO      |                        |                       |
| Does any part of my entire Being feel they are giving up and adopting a negative attitude toward life and their situation?           | NO      |                        |                       |
| Is any part of my entire Being despondent about their future?  | NO      |                        |                       |
| Does any part of my entire Being need to learn in this unpleasant manner any longer?   | NO      |                        |                       |
| Is any part of my entire Being still learning in this unpleasant manner?   | NO      |                        |                       |
| Has my entire Being decided to perceive this person or situation as a 'teacher'?   | YES     |                        |                       |
| Does my entire Being realize that the person(s) or organizations involved have interrupted their own growth and have I thanked them? | YES     |                        |                       |
| Has my entire Being let go of the need to learn this unpleasant manner?  | YES     |                        |                       |
| Why have I created this and brought them into my life?   |         |                        |                       |
| What am I learning from this?  |         |                        |                       |
| What am I learning about me?   |         |                        |                       |
| Why am I drawing this unpleasantness to me?  |         |                        |                       |
| Why have I drawn this person into my life?   |         |                        |                       |

## Self Reflection - Questions To Ask Yourself

### *Judgment - Someone who is judging you in some way or is fearful for you.*

In some way that I am unable to explain in words you are responsible for energizing or accepting this.

Do I have a friend or loved one who feels helpless in trying to help me? Do they disapprove of my choices and life style? Do they feel I am giving up and adopting a negative attitude toward life and my situation? Are they despondent about my future? Have they created this version of me in their life for a reason.

| Question (Be specific if you wish.)  | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Person's Name if someone specific in mind. ( _____ )   |         | N/A                    |                       |
| Do I have a friend ( <u>name</u> ) who disapproves of my choices and life style?   |         | N/A                    |                       |
| Do I have a friend ( <u>name</u> ) or loved one who feels helpless in trying to help me?   |         | N/A                    |                       |
| Do I have a friend ( <u>name</u> ) who feels I am giving up and adopting a negative attitude toward life and my situation?           |         | N/A                    |                       |
| Do I have a friend ( <u>name</u> ) who is despondent about my future?  |         | N/A                    |                       |
| Have they created this version of me in their life for a specific reason.  |         | N/A                    |                       |
| Does any part of my entire Being need to learn or teach in this unpleasant manner any longer?  | NO      |                        |                       |
| Is any part of my entire Being still learning in this unpleasant manner?   | NO      |                        |                       |
| Does my entire Being know and accept that this is a mirror for me?   | YES     |                        |                       |
| Has my entire Being decided to perceive this person or situation as a 'teacher'?   | YES     |                        |                       |
| Does my entire Being realize that the person(s) or organizations involved have interrupted their own growth and have I thanked them? | YES     |                        |                       |
| Has my entire Being let go of the need to learn this unpleasant manner?  | YES     |                        |                       |
| What am I learning from this?  |         |                        |                       |
| What am I learning about me?   |         |                        |                       |
| Why am I drawing this unpleasantness to me?  |         |                        |                       |
| Why have I drawn this person into my life?   |         |                        |                       |

## Self Reflection - Questions To Ask Yourself

### *Releasing Emotions And Excessive Concern For Others - Third Chakra*

| Questions  | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Person's Name if someone specific in mind. ( _____ )   |         |                        |                       |
| Is any part of my entire Being overly concerned for ( _____ name _____ ) to the point of possessiveness or trying to help too much?                                    | NO      |                        |                       |
| Is any part of my entire Being overly concerned because of <i>my</i> fear?   | NO      |                        |                       |
| Is any part of my entire Being overly concerned because I think I know better?   | NO      |                        |                       |
| Does any part of my entire Being feel helpless in trying to help him or her.?  | NO      |                        |                       |
| Is there something any part of my entire Being disapproves of in their life or the choices they make?  | NO      |                        |                       |
| Does any part of my entire Being feel they have adopted a negative attitude toward life and their situation?   | NO      |                        |                       |
| Is any part of my entire Being despondent about their future?  | NO      |                        |                       |
| Has my entire Being released ( _____ name _____ ) from his/her pain or life's challenge by releasing my fear, judgment, need to 'fix' and allowed them their own path? | YES     |                        |                       |
| Has my entire Being turned the person's ( name ) challenge over to Great Spirit and ( _____ same name _____ ) as is best?  | YES     |                        |                       |
| Is my entire Being assisting as is best? (Could be too much/too little or inappropriate)   | YES     |                        |                       |
| Has my entire Being released the need to 'fix it'/them?  | YES     |                        |                       |
| Has my entire Being released all excessive concern for the person ( name )?  | YES     |                        |                       |
| Is my entire Being allowing the person ( name ) their own path and their own opportunity for their soul's growth?  | YES     |                        |                       |
| Are my entire Being's emotions in relation to ( name ) balanced as best?   | YES     |                        |                       |

## Self Reflection - Questions To Ask Yourself

***If I had created the pain and the healing in my body, was I also creating the pain and the healing in every area of my life?***

| Question   | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Does my entire Being know and accept that I have created my own pain. (physical, emotional or mental)? | YES     |                        |                       |
| Does my entire Being know and accept that I create the pain and healing in every area of my life?      | YES     |                        |                       |
| Does my entire Being know that I created the pain in every area of my life?                            | YES     |                        |                       |
| Is my entire Being ready to heal the pain in my life?  | YES     |                        |                       |
| Is my entire Being ready to let go of the pain in my life?   | YES     |                        |                       |

### ***Yin (Feminine) And Yang (Masculine) Balance***

| Question   | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Does any part of my entire Being need to be assertive/aggressive because I fear annihilation from passivity and gentleness?  | NO      |                        |                       |
| Does any part of my entire Being need to control for fear of being controlled?   | NO      |                        |                       |
| Does any part of my entire Being allow others to control me in order to avoid taking responsibility for myself?  | NO      |                        |                       |
| Does my entire Being allow my lower three chakras to operate basically with yang (masculine) energy, the energy of those issues that relate predominantly to the physical, Earth plane of existence?         | YES     |                        |                       |
| Does my entire Being allow my higher three chakras to operate basically with yin (feminine) energy, which relates predominantly to issues of the spirit?   | YES     |                        |                       |
| Is my entire Being's fourth (heart) chakra open and fully balanced with masculine and feminine energy so the energy is androgynous and allows all the other chakras to work together in harmony and balance? | YES     |                        |                       |
| Does my entire Being allow the masculine and feminine energies to be complimentary to each other in perfect balance?   | YES     |                        |                       |
| Does my entire Being listen to the whispers of intuition rather than the loud demands of the intellect?  | YES     |                        |                       |

# Self Reflection - Questions To Ask Yourself

## *Tipping Point (Critical Mass) Of Mankind's Consciousness*

| Question   | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Does any part of my entire Being all too often go into fear and judgment?  | NO      |                        |                       |
| Does my entire Being know and accept that information acquired by and beliefs accepted by a certain number of any given species acts like a flash point and tipping point?   | YES     |                        |                       |
| Does my entire Being know and accept that if enough people practice and learn LOVE, LOVE will somehow become a tipping point for all mankind and the world will be a LOVING place?   | YES     |                        |                       |
| Does my entire Being know and accept that if enough people practice and learn fear, judgment, anger and hate, the negative thoughts, words and actions will somehow become a tipping point for all mankind and famine, earthquakes, tsunamis, global warming etc. will be more severe. We may even destroy ourselves and our planet? | YES     |                        |                       |
| Has my entire Being chosen LOVE and almost always or always practices LOVE?  | YES     |                        |                       |

## *Skeptics Effects On Sensitives*

| Question  | Best if | Answer Before Clearing | Answer After Clearing |
|---|---------|------------------------|-----------------------|
| Does any part of my entire Being fear and judge skeptics and energies I perceive as negative or dangerous?  | NO      |                        |                       |
| Does my entire Being know and accept that we are each in tune with all aspects of ourselves, and we significantly affect the attunement of others?                        | YES     |                        |                       |
| Does my entire Being know and accept that when we are seriously out of "sync" with ourselves, we also disrupt, disturb, and distress others, even at a distance?          | YES     |                        |                       |
| Does my entire Being know and accept that someone who is aggressively skeptical <i>can</i> affect or even distort the effectiveness of "sensitives"?                      | YES     |                        |                       |
| Does my entire Being know that I can, with the assistance of Great Spirit, be immune to people who are aggressively skeptical?  | YES     |                        |                       |
| Does my entire Being know that if my work is being negatively impacted or made difficult by someone who is aggressively skeptical it is ok to leave or ask them to leave? | YES     |                        |                       |
| Does my entire Being know that I am fully protected by and with LOVE?   | YES     |                        |                       |

## Self Reflection - Questions To Ask Yourself

### *Primary Mission Of Spiritual Healing*

| Question   | Best if | Answer Before Clearing | Answer After Clearing |
|--|---------|------------------------|-----------------------|
| Does my entire Being know the primary mission of spiritual healing is not the elimination of physical ailments, instead, it is to promote inner awareness, a sense of spiritual attachment, and a personal fellowship with Great Spirit/God?             | YES     |                        |                       |
| Does my entire Being know and accept that it is ok to 'cure' physical, emotional, mental and life's ailments as long as the 'cure' is in harmony with the primary mission of spiritual healing?  | YES     |                        |                       |
| If the pain or ailment stems from a karmic cause or serves another purpose, does my entire Being know that I can heal the 'energetic' myself by aligning with the God energy more fully before, during and after surgery or other forms of intervention? | YES     |                        |                       |
| Does my entire Being know and accept that sometimes "curing" someone will interfere with their soul's growth and highest good?   | YES     |                        |                       |

### *Need For Physical Proof*

Some say the body is only an illusion; the *physical* being only the manifestation of one's thought.

| Question  | Best if | Answer Before Clearing | Answer After Clearing |
|---|---------|------------------------|-----------------------|
| Is it necessary to understand why miracles and healings happen to affect a healing?   |         |                        |                       |
| Is it ok if a patient needs to "see" he was 'operated' upon, for the healing to be more profound?   |         |                        |                       |
| Does my entire Being know and accept that the body is only an illusion when perceived from a higher perspective and the <i>physical</i> is only the manifestation of one's thought?                         | YES     |                        |                       |
| Does my entire Being believe that if I let go of the need to see physical proof and accept that true healing is energized at some unnamable upper realm I can be cleared and healed without physical proof? | YES     |                        |                       |
| Has my entire Being let go of the need for physical proof?  | YES     |                        |                       |

# Self Reflection - Questions To Ask Yourself

## *Self Healing*

According to both science and many new age thinkers, the physical dimension becomes real only through the consciousness of our thoughts and intentions. Many of these thoughts and intentions come from our Subconscious and Super-conscious minds.

| Question  | Best If | Answer Before Clearing | Answer After Clearing |
|---|---------|------------------------|-----------------------|
| Does my entire Being know and accept that disharmony, dis-ease and life's unpleasant challenges are caused by feelings of fear, anger, unworthiness, hatred, self hatred, etc?                                    | YES     |                        |                       |
| Does my entire Being know and accept that harmony, health and a joyful life are somehow energized by LOVE, as well as feelings of love, self worth, inner peace and a strong connection to Divinity/Great Spirit? | YES     |                        |                       |
| Has my entire Being admitted to myself that I am sometimes afraid or angry, or <i>feel</i> rejected, undeserving or unworthy?   | YES     |                        |                       |
| Has my entire Being forgiven myself for being afraid or angry, or <i>feeling</i> rejected, undeserving or unworthy?   | YES     |                        |                       |
| Has my entire Being reconnected with spiritual harmony and God as is best at this time?   | YES     |                        |                       |
| Does my entire Being know that reconnecting with spiritual harmony and God benefit my physical reality and body for the best in some way beyond words?  | YES     |                        |                       |
| Is my entire Being doing what is best as a human being here on earth in order to fulfill my life's purpose and soul's growth and to heal physically in harmony with LOVE?   | YES     |                        |                       |



# Self Reflection - Questions To Ask Yourself

## *One's Responsibility In Exposing Others to Spiritual Concepts*

If you expose a person to invisible truths and forces of nature which, by their very existence, defy scientific explanation or the person's existing beliefs, it is possible to unintentionally knock the traditional pins out from under his or her support system. Confronted with something inexplicable in terms of present empirical knowledge, even an intelligent, caring, and rational person can be forced to take responsibility for more than they can handle and you may just confuse them.

| Question  | Best If | Answer Before Clearing | Answer After Clearing |
|---|---------|------------------------|-----------------------|
| Does any part of my entire Being want to share because of my ego? | NO      |                        |                       |

| Important Questions to ask yourself BEFORE Exposing Others to Spiritual Concepts  | YES<br>or<br>NO |
|---|-----------------|
|   |                 |
| Is the person ready for what I have to share?   |                 |
| Will sharing with them assist them on their soul's journey?   |                 |
| Will sharing with them interfere with their soul's journey or life's purpose?   |                 |
| Will what I want to share make the person uncomfortable?  |                 |
| Is it best they are made uncomfortable?   |                 |
| Will what I want to share confuse the person?   |                 |
| Will what I want to share put the person in a genuine philosophical quandary that will interfere with their path?       |                 |
| Will what I want to share force the person to take responsibly beyond their wisdom and ability?                         |                 |
| Will exposing the person to phenomena that is foreign to them upset their personal sense of reality to their detriment? |                 |
| Is my entire Being willing to learn from others as is best?   |                 |

# Self Reflection - Questions To Ask Yourself

## *Other Thoughts To Ponder*

|  |
|--|
| Am I here to contact my higher self or to become my higher self?   |
| What do I really want to do with my life?  |
| What are my definitions of success? (health, wealth, wisdom, power and prestige, well-being, joy)  |
| Do I value information (data) or intuition and wisdom more?  |
| Do I set aside at least five or ten minutes each day for quiet time?   |
| Do I turn off my cell phone, TV, stereo, radio, tablet, computer and email and truly disconnect from distractions for at least a few minutes per day?                        |
| Do I slow down enough to search my soul?   |
| Do I <b>react</b> with fear and anger or do I <b>act</b> with Love and compassion?   |
| Does anger, hate and violence breed and attract anger, hate and violence?  |
| Does Love and compassion breed and attract Love and compassion?  |
| Are 'primitive' societies that are filled with joy and peace with a close connection to nature really primitive? Are they actually more advanced than 'civilized' societies? |
|  |
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Go within and literally 'ask' your Higher Self,

"Why I am manifesting ( \_\_\_\_\_ a particular physical or life problem \_\_\_\_\_ )?"

The answer almost always, or always, relates to some fear, rejection, or feeling of "unworthiness."