

## Meditation Questions

Can I allow myself to relax and be?  
How can I love myself more?  
What do I need next in the area of spiritual growth?  
How can I bring the fullness of me into my work life?  
Is this the right place for me to live?  
How can I make time for myself in my life?  
How can I be more me as mother, wife, employee?  
What can I do to make peace with my body?  
How can I be a mother and an artist too?  
How can I recharge my creativity?  
How can I create more health and lightness in my life?  
Why is my chronic illness in my life?  
How can I begin to accept my imperfections and the imperfections of others?  
What is the best way to lift this sadness I feel?  
Why can't I get on with my life?  
What is my relationship to God right now?  
What is appropriate for me in the next third of my life?  
How can I live with cancer?  
How can I let go of this relationship that has ended?  
How can I heal from exhaustion?  
How can I stop overcommitting to everyone but me?  
How can I celebrate turning forty-six, fifty, sixty-five?  
How can I be comfortable alone?  
What do I love about myself, and how can I celebrate what I love?  
How can I listen to and honor my inner wisdom?  
How can I live my own life, inhabit my own center?  
How can I change the direction I am going?  
What is my calling in life? Am I living it? Have I rejected it? Do I truly wish to find it?  
How can I bring the gift of myself to the world?  
What do I seek?  
What did my face look like before I was born?  
What and whom do I call beloved? Why?  
What would I die for?  
What do I still trust as I did when I was a child?  
The snake sheds her skin, the moon sheds its shadow. What have I shed to be reborn? When has my hope been restored?  
When am I too busy to breathe?  
If I made a list of my greatest secrets and shames, what images would I see?  
What am I most proud of in my life?  
What and whom do I hate?  
Who and what have I forsaken? Do I know why?  
If I met my authentic self on the street, what would she look like? What would we talk about? What gift would she give me?  
What do I image it is like to be born? What do I imagine it is like to die?  
What does it feel like to be completely and unconditionally loved? What does it feel like to love someone or something in that way?  
If I could die and come back, having experienced the interconnectedness and sanctity of all life and having seen that spark alive in each person, how would my life change?  
How can I live gratitude?  
What color, shape, and texture is hope? Love? Faith? Waiting? Sisterhood? Inspiration? Courage? Freedom?  
What is my relationship to truth?  
How do I live with integrity?  
What do I value most in this life? How do I reflect these values back to the cosmos and to those I love each day?  
How do I practice compassion?  
Where does my power come from? How do I use my power? When do I use it?



What am I when I am empty?

What do I trust?

What am I obedient to?

If my ears were open to the song of the universe, what would I hear?

What is the metaphor of my life?

What is the mystery of my life? How must I dance with this mystery?

How have I killed the song of my life? How can I bring it to life?

How can I be content with whatever I have, wherever I am, whatever I am doing?

How must I live if I believe I am enough?

What would happen if I responded to pain and mistakes with self-kindness and vulnerability instead of self-hatred and recriminations?

What would my life look like if I had a poet's heart? A sculptor's hands? A composer's ear? A master cook's palate?

What will it take for me to change? Am I in enough pain? Do I honestly wish to change anything about myself or my life?

What is home? Where am I at home?

What would it take for me to celebrate and welcome death?

What would living in the silence beyond sound look like? Feel like? Sound like? Taste like?

How does the place, the land where I live, have spiritual relevance to me? How does it rise up, anoint, and love me? How do I anoint and love it?

If I could bring something or someone to life again, who or what would I choose? How would I do it?

How have I experienced the Divine moving within me?

I am walking in a labyrinth, with high walls and too many twists and turns to in my way out. I am about to turn the corner to face the center. What will I find here? What would I find tomorrow? Next month? In ten years?

If all of life is a meditation, what am I spending most of my time meditating on?

EMOTIONS (pick one that you feel a strong 'hit' from)

When did I last feel ... ? Where does it come from? Where does that come from? Etc → until you reach one of the basic emotions: anger, joy, fear, love, hurt? Feel it in your body. Write about it, paint it.

## EMOTIONS

Angry

Awesome

Creative

Confused

Delighted

Dull

Irritable

Hurried

Scared

Resentful

Fascinated

False

Elated

Frantic

Good

Graced

Gloomy

Irreverent

Irresistible

Happy

Uptight

Self-protective

Glad

Shameful

Guilty, humiliated

Anxious

Easygoing

Uneasy

Mean

Exuberant

Unstable

Old

Dispassionate

Serious

Dried out

Funny

Intelligent

Mysterious

Powerless

Empowered

Puzzled

Feminine

Extraordinary

Inspired

Maternal

Original

Glorious

Violent

Whimsical

Worried

Uncompromising

Rigid

Relentless

Quiet

Spirited

Truthful

Terrified

Tense

Trusting

Stifled

Stubborn

Picking fights

Empathetic

Zealous

Letting go

Inventive

Serene

Overflowing

Masculine

Unreachable

Neglected

Unfeeling

Majestic

Loathsome

Queenlike

Vulnerable

Incompetent

Inconsequential

Sensuous

Clear

Heartless

Jealous

Beautiful

Radiant

Gray

Devoted

Petty

Abused

Juicy

Needy

Receptive

Raw

Shaky

Powerful

Kind

Sad

Enthusiastic

Closed off

Busy

Wrung out

Capable

Sexy

Playful

Generous

Stingy

Envious

Feeble

Bored

Depressed

Exhausted

Calm

Stuck

Mighty

Helpless

Luminous

Holy

Critical

Criticized

Judgmental

Ardent

Spry

Know-it-all

Insufferable

Blank

Friendly

Bossy

Intense

Seductive

Satisfied

Caring

Invaded

Invasive

Suspicious

Graceful

Reverent

Frustrated

Fulfilled

Grateful

Bitchy

Fertile

Flexible

Forgiving

Outgoing

Inwardly focused

Faithful

Faithless

Emotional

Without a voice

Without boundaries

Need to curl up with a blanket

and be read stories to.