

# Questions to Awaken the Soul

Volume 1

*By David Paris*

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Questions to Awaken the Soul Vol. 1

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# Acknowledgments

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Thank you to all of my teachers, who helped me question.



# Author's Note

I have always been intrigued by those questions that stop time, that welcome an inner adventure, and satisfy a yearning I didn't even know I had. I heard them at personal development workshops. I noticed them in the late hours of all-night conversations. I read them in my favorite books. These questions created community, inspired dialogue, and demanded introspection.

I started asking my own questions when I had a near-death experience with Covid-19. I was intubated and placed in a medically induced coma for a month and spent years afterwards recovering. I had a lot of time to think and great impetus to self-reflect. I asked questions almost every minute of every day of my recovery. It wasn't a choice. It's what happens when you almost die.

The questions fueled meaning at a time when I was in an existential crisis. They empowered me to reconsider how I wanted to live. And when I shared these questions with my community, I discovered that I wasn't the only one who would benefit from

asking these questions. Everyone experienced a spiritual awakening. And they didn't need a near-death experience to get there.

This book is a collection of these questions, paired with imagery and writing space to assist an intimate inner journey. I hope your adventure is as satisfying as mine, providing meaning, self-knowledge, and guidance for an empowered conscious life.

# Introduction

What questions inspire intimacy? What questions create community? What questions pierce the veneer of certainty? What questions open doors?

What visuals compliment a question? What snapshots of life transcends a moment? What questions about the human condition exist in nature? What do you see when you consider a question?

What words capture your answers? What beckons a social expression? What dialogue fills your heart? What questions awaken your soul?



Your Life



What do you want to hold onto forever?

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When would you have liked a second chance?

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What challenges inspired your resilience?  
What challenges inspired moments of creativity?

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What are illusions in your life?

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What have you reassessed in your life?  
What did you decide to do differently?

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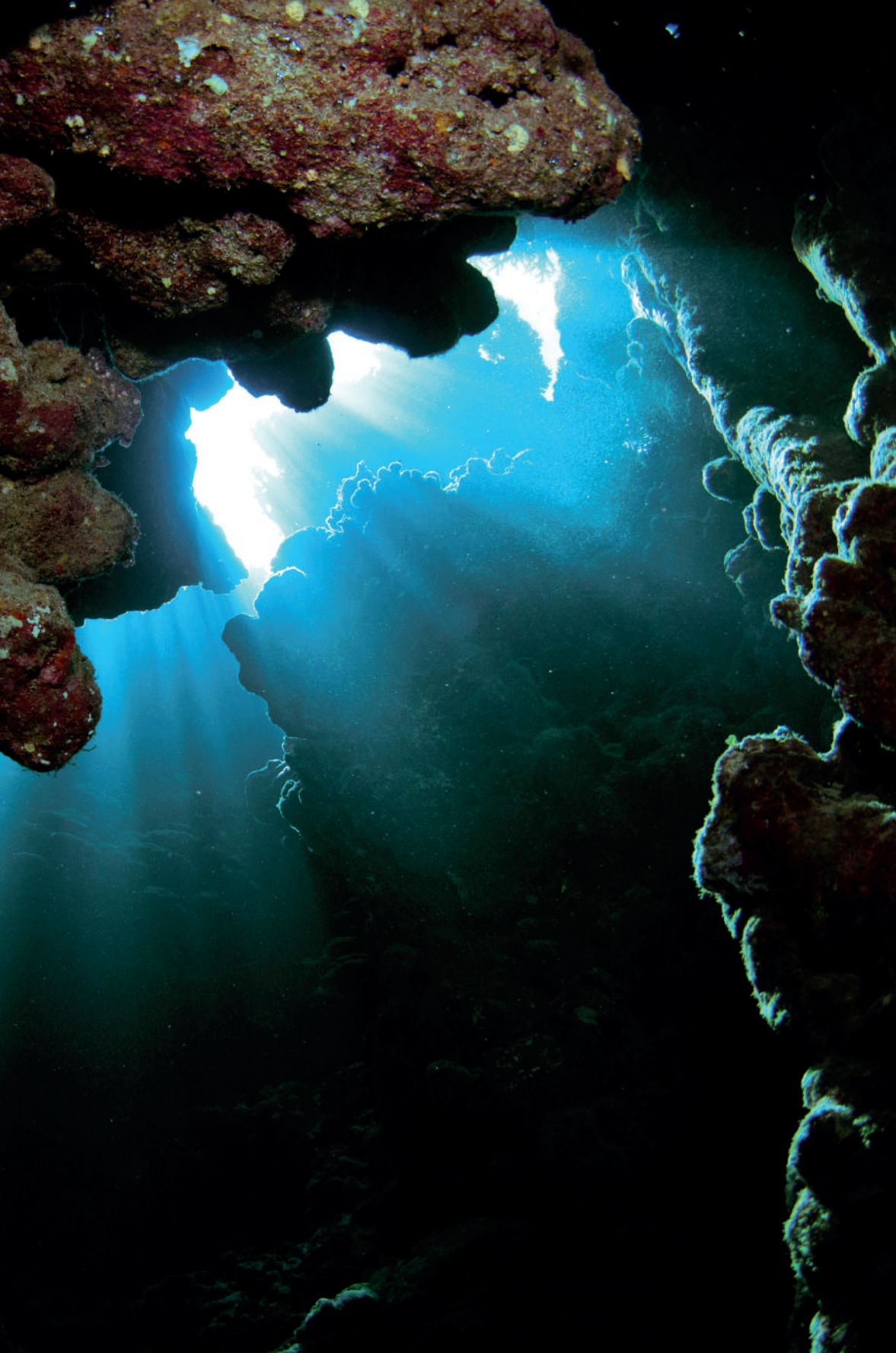
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What deflates you?  
What gives you hope?

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How have you evolved?  
How have you not evolved?

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What do you wish you knew earlier in life?  
What have you learned now that you could never  
have learned at a younger age?

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What early life experiences make it difficult to see  
what is possible?

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