

# Questions to Awaken the Soul

Volume 2

*By David Paris*

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Questions to Awaken the Soul Vol. 2

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# Acknowledgments

Thank you Kate Magram for your extraordinary editing.

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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 mystery do you want to know more about?

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What habit would you like to make?  
What habit do you want to break?

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What pain lingers?  
What pain have you let go?

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What story do you tell about yourself?

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What are your longest standing grudges?

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What do you intentionally sacrifice?  
What have you unintentionally sacrificed?

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What spirals in your life?

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Who have you forgiven?  
Who have you refused to forgive?

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When have you accepted an uncomfortable reality?

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