

Questions
to Awaken the Soul

Volume 3

By David Paris

Photography By Brian Laguardia

Copyright © 2024 by David Paris

Questions to Awaken the Soul Vol 3

All rights reserved.

Table of Contents

INTRODUCTION	5
YOUR LIFE	7
SELF-AWARENESS.....	41
CONSIDERATIONS.....	75
ABOUT THE AUTHOR.....	113
ABOUT THE PHOTOGRAPHER	115

Introduction

Questions to Awaken the Soul, Volume 3, is an opportunity for open-hearted dialogue and introspection. Use this book for:

- **Personal Reflection:** Use the questions as prompts for journaling and to explore your own thoughts, feelings, and beliefs.
- **Group Discussions:** Facilitate group discussions or workshops centered around these questions to encourage deeper conversations and self-discovery among participants.
- **Meditation and Mindfulness:** Incorporate these questions into meditation or mindfulness practices to guide introspection and contemplation.
- **Creative Writing:** Use the questions as writing prompts for poetry, short stories, or essays that delve into the human experience and spiritual growth.

- **Therapeutic Sessions:** Therapists can integrate these questions into therapy sessions to help clients explore their inner selves, values, and aspirations.
- **Coaching and Mentoring:** Coaches and mentors can use these questions to guide their clients in identifying goals, overcoming challenges, and tapping into their inner wisdom.
- **Spiritual Retreats:** Include these questions in spiritual retreats or workshops to deepen participants' connections with themselves and their spiritual paths.
- **Artistic Expression:** Encourage artistic expression by using these questions as inspiration for paintings, sculptures, music compositions, or other forms of creative expression.

Your Life



What connects you?
What disconnects you?



What are you ready for?
What are you not ready for?



What do you need to say goodbye to?
What do you need to say hello to?

EXIT



What surprising realities about life
have you discovered?



What principles do you stand for?



In what ways does the past
hijack your current experience?
In what ways does the future
rob you of the present?



What have you stopped fighting for?
What will you fight for
until the end?



What do you do to cultivate
belonging in your life?



When were you the only one?
When were you happy you were
not the only one?



What is your biggest fear?
What is your biggest ambition?



What piece of reality have you
refused to accept – to your
own detriment?

What would having more reality
look like in your life?