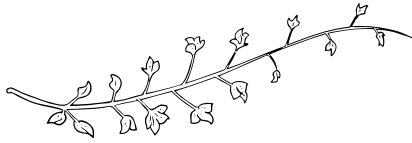


99 Questions To Ask Your Higher Self

Kara Lina Muller

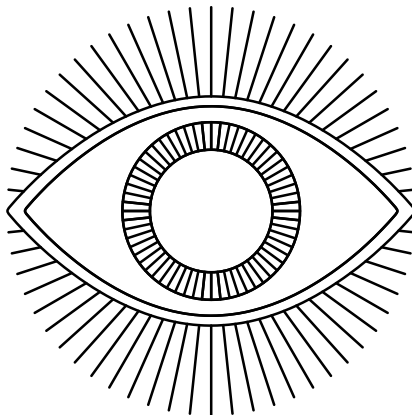
INTRODUCTION



99 Questions To Ask Your Higher Self came from my own personal adventure in dealing with past trauma, addictions, and the way I treated myself. Cultivating a deeper connection to my spirituality while learning how to be more comfortable in my own skin allowed me the space to ask questions and be open to receiving answers that would assist me on my path.

Embarking on a journey of self-discovery with the desire to heal is not an easy feat. You have to be prepared and willing to put the work in. Some days will feel like heaven and others will feel like hell. It's a process that one must go through, but the rewards of overcoming past hurt, addictions, and low self-esteem is worth every setback up along the way and all the tears that come with it.

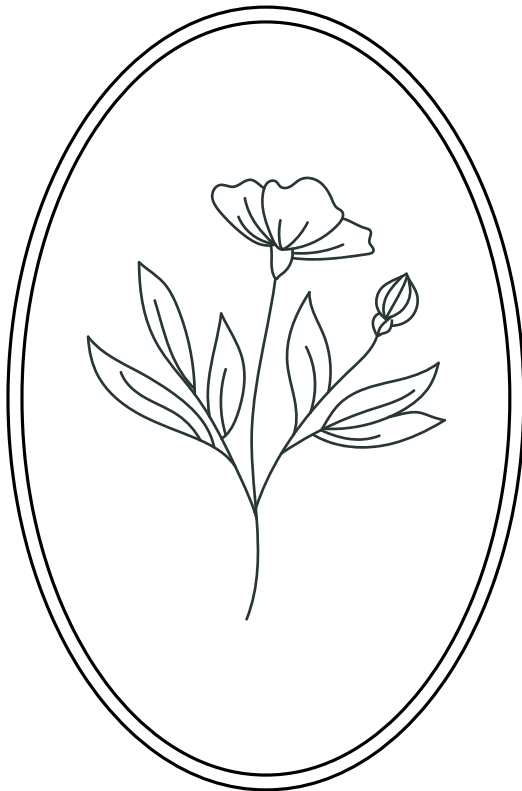
This book is meant to be used however it best works for you. Feel free to read it from front to back, back to front, or simply pick a section that is calling out to you. These questions are also great to ask in Tarot spreads if that's your thing. Take what works for you and simply leave the rest. If I have learned one thing through my experience it's that not everything I come across is meant for me. Each of us lead very different lives. Our experiences, personalities, and needs vary. In order to live in alignment with our highest self we need to understand who we are and find what works best and is appropriate for our own growth. The world is full of possibilities, wisdom and opportunities. You just have to ask the right questions and be open to the answers you receive.



When You Are Going Through A Difficult Situation

Part of our human experience is dealing with the obstacles life throws our way. It's not always easy nor is it fun. In fact, many times we feel like life is out to get us or that we are not deserving of a good and happy existence here on Earth. We are indeed deserving and don't forget it! What threw me off and I'm sure has thrown you off at times are the unexpected events that result in a feeling like life is falling apart. Situations that seem too much to bear and the emotions they bring up are much too overwhelming. Understanding that this is all part of the plan allows us to see these situations from a different perspective. These events are out of our control. We may not be able to control the outer events life puts on our path, but we do have control over how we react and deal with them. We always have a choice in our actions.

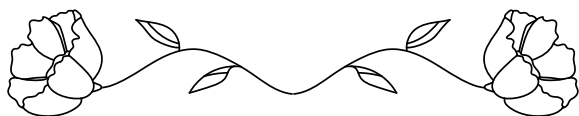
Use the following questions when you are faced with a difficult situation. Sometimes all we need to do is ask ourselves the hard questions. It's not always fun but it's what's needed to work through life's issues in an emotionally mature manner. The next time life sends a hurricane your way, you will know how to protect yourself and weather the storm however bad it may be.



- 1.** What is weighing heavily on me at this time?
- 2.** How is it making me feel?
- 3.** What type of emotions is this bringing up for me?
- 4.** What is the purpose of this experience?
- 5.** Why is it happening at this moment in time?
- 6.** Is this something of my own making or is it out of my control?
- 7.** If it is out of my control, how can I control my reaction to it?

- 8.** Is this a recurring pattern in my life?
- 9.** How can I best approach this situation?
- 10.** How can I work through it?
- 11.** What can I learn from this experience?
- 12.** How can it help me grow?
- 13.** What is this experience leading me to?
- 14.** In a year from now will this be as big of a deal as I think it is now?

The Relationship With Yourself



The relationship with ourselves is the most important relationship we will encounter in our lifetime. To have healthy relationships with others we first need to cultivate a loving connection with ourselves. If we don't know how to love ourselves how will we know how to love another?

Why do we constantly put ourselves down on our list of priorities? So often we give and give to others, neglecting our own needs.

Understanding the importance and implementing the practice of self-love and setting boundaries will transform the relationship we have with ourselves. In turn, it will transform the relationships we share with others, creating more peace and harmony in our connections.

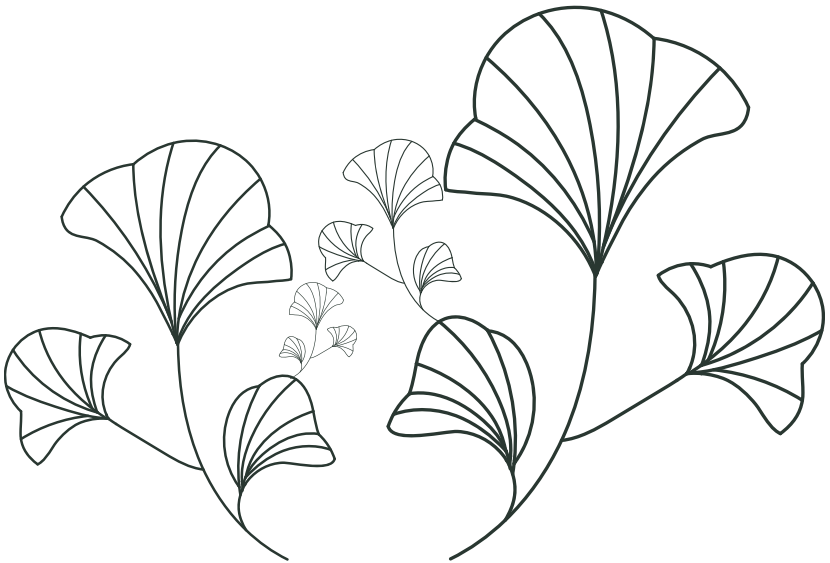
15. How do I view myself?

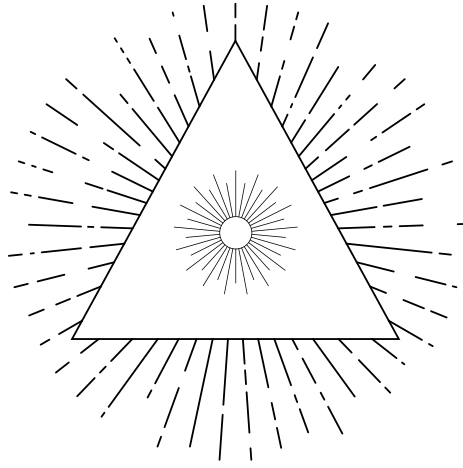
16. How do I treat myself?

17. Am I honest with myself?

18. Can I trust myself? If not, how can I cultivate trust?

19. Do I love myself?

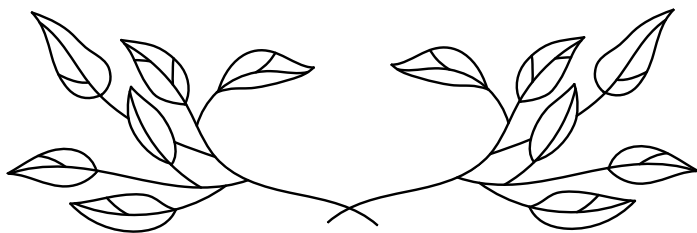




- 20.** What kind of relationship do I have with myself?
- 21.** Do I make choices that are beneficial to me?
- 22.** Do I treat myself the same way I treat others?
- 23.** How can I be more loving and kind to myself?
- 24.** Do I know the difference between my wants and needs?

- 25.** How can I live as my best self?
- 26.** What kind of relationship do I want to have with myself?
- 27.** Who do I want to be in this life?
- 28.** What types of experiences do I want to have?
- 29.** What are my dreams and goals?
- 30.** Am I committed to improving myself each day?

Physical, Mental, & Spiritual Health



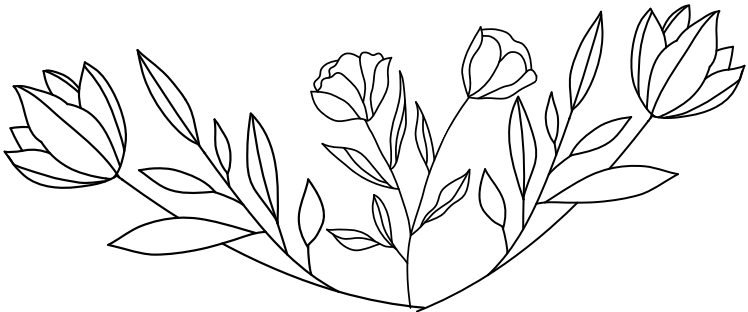
The connection between mind, body and spirit unites us as a whole. Learning how to support ourselves on each level aligns us and brings forth our best and highest self. It's important to remember that each of us are unique. What supports someone else may not support you and vice versa.

The questions in this section help you discover what your mind, body, and soul are craving in this lifetime. Understanding who we are and honoring our needs will bring forth better experiences and opportunities that are aligned with what we truly desire.

- 31.** What types of food make me feel and function best?
- 32.** How much sleep do I need at night to feel and function best?
- 33.** What type of exercise does my body enjoy the most?
- 34.** Do I feel comfortable in my physical body?
- 35.** Are there things I want to change about my body?
- 36.** How am I feeling at this exact moment in time?
- 37.** Am I experiencing any pain at this moment?

- 38.** What types of environments allow me to feel my best?
- 39.** Do I have a safe space I can go to when I need to be alone?
- 40.** Do I express my feelings and emotions in a healthy way?
- 41.** Do I avoid dealing with things in my life that feel overwhelming?
- 42.** Am I in tune with my body?
- 43.** Do I honor the signs and signals my body sends me?
(Ex. Aches/pains/gut feelings.)
- 44.** How do I handle stress?

- 45.** What are the ways in which I can reduce my stress?
- 46.** Do I set aside time to practice self-care?
- 47.** What activities bring me joy and a sense of peace?
- 48.** Do I have an outlet to express myself creatively?
If so, am I utilizing it?
- 49.** What makes me the happiest?



50. What makes me sad?

51. Are there ways I can transmute the sadness into happiness?

52. How do I talk to myself?

53. What am I grateful for?

54. Do I focus on my breathing throughout the day, making sure I am taking full breaths to support my overall wellness?

55. Do I believe in a higher power?

Substance Abuse & Self-Harm

The ways in which we treat ourselves blows my mind. How often do you knowingly do something that isn't good for you yet you do it anyway? We tell ourselves over and over again that we will change. We will get help. We will get better. How long has this record been playing? Too long? I feel you.

What is the reason for numbing or harming ourselves in the first place? For me, it was to escape. Side stepping around the emotions that were too much to handle. Neglecting to address the issues in my life sent me down a path of self-destruction. I was in a prison of my own making. As much as I wanted someone else to come in and save me I realized that I was the only person who could set me free. I had a choice and I chose to heal. What choices do you want to make?

What are the reasons you are using and/or harming yourself? These questions offer you the compass to navigate to areas in your life that need healing. Allow whatever needs to be known to show itself and be proud that you are choosing another way.

56. Why do I choose to use and/or harm myself?

57. Are there certain people or situations that trigger me?

58. Am I trying to fill a void?

59. How do I feel in the moment when I'm about to use or harm myself?

60. How do I feel afterwards?

61. Do I carry feelings of guilt or shame for the ways in which I treat myself?

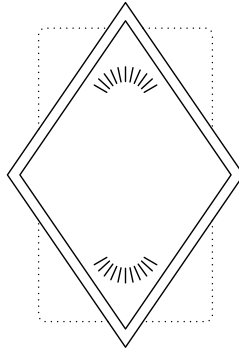
62. Is this a pattern that has been recurring in my life?

64. Do my habits/addictions interfere with my daily life?



- 65.** Do those closest to me know about my issues and or addictions?
- 66.** Do I have the awareness to want to change and make better choices for myself?
- 67.** Is this something I can work on by myself or do I need assistance? (Know that when you are going through a difficult time it is okay to reach out for help whether that is from a friend, family member, or qualified health care practitioner.)
- 68.** If I continue down this path what will be the consequences?

Past Hurt & Trauma



Unresolved hurt and trauma are the shackles that keep us stuck in the past. They keep us connected to people and emotions that no longer serve us. A very dear friend to me once said, "Things don't happen to you, but for you." I'm not going to lie, this was a very hard concept for me to grasp. Over time I was able to look at these experiences from a different angle. These situations that once haunted me have propelled me forward with a greater sense of strength and grace.

I invite you to dive deep within yourself (when you are ready) to uncover past pain that may be holding you back from living as your best self in this life.

69. Am I holding onto past hurt and trauma?

70. Do I relive these memories often, like a movie playing over on my head?

71. What from my past is still creating blocks in my life?

72. What do I need to address in order to let go of this?

73. Are there people I need to forgive?

74. Do I need to forgive myself?

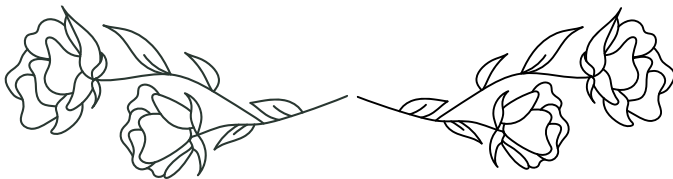
75. How can I release any feelings of shame or guilt I feel from this experience?

76. What can I learn from this experience?

77. How can I let go?

78. Can I help others from what I learned in my experience?

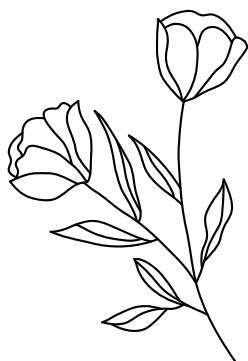
Romantic Relationships



For as long as I can remember I've been obsessed with finding my romantic partner. I yearned for love and I thought the only way I would receive it was by finding my person. We would meet and everything would be perfect. Yes, I am a hopeless romantic but what I was missing from the equation was the love for myself. As mentioned in *The Relationship With Yourself*, if we don't know how to love ourselves how will we love another? The same goes for commitment. If we don't know how to commit to ourselves, how will we ever be able to commit to another person? I look back on my past relationships and see that the lack of love and commitment I had for myself resulted in failed attempts at loving and committing to others.

Another thing to note is the idealization of love. Just because we think someone is meant for us doesn't mean they are. I've been blinded by these feelings many times. After the relationship ends I reflect back on our time together and see that this person was clearly not a good fit for me.

A healthy relationship is not the idealization of love. It's putting in the work just like the relationship we have with ourselves. The difference is the inclusion of another person and the energies and personality they possess. It is also surrendering yourself and becoming vulnerable on both a physical and spiritual level. Regular check-ins and honest communication with your partner is essential in supporting a flourishing relationship.

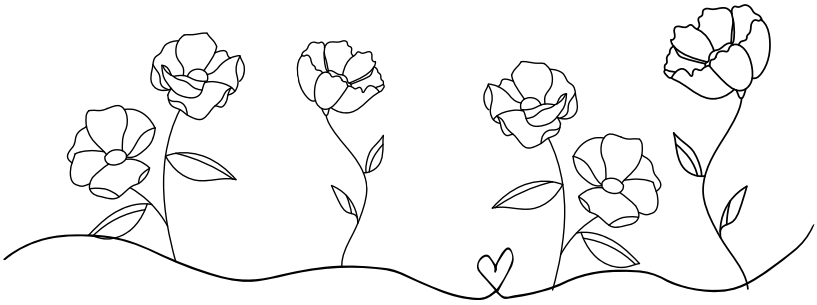


Single And Ready To Mingle?



- 79.** Am I open and ready for a romantic relationship?
- 80.** Are there issues from a past relationship(s) that I need to heal?
- 81.** What type of partner do I want to be for someone?
- 82.** What type of partner do I want to attract in my life?
- 83.** What type of experiences do I want to share with this person?

I Think I'm In Love



84. How does this person make me feel?

85. Do I enjoy spending time with them?

86. Do I know what their love language is and if so, can I speak it?

87. Do they know what my love language is and if so, can they speak it?

88. How do we communicate with each other?

89. Is there anything that I am scared to talk about with them?

90. Do I feel safe with them?

91. Do I feel seen, heard, and understood by my partner?

92. Do I feel appreciated and loved by my partner?

93. Am I completely open and honest with my partner?

94. Are there things I want sexually that I'm not expressing to my partner?

95. What can I do to better myself in the relationship?

96. Do I ever feel triggered in my relationship? If so, can I openly talk about this with my partner?

97. Am I ready to commit to this person?

98. Do I trust them?

99. Do I love them?

