

Inner Wisdom Covering - Vijnanamaya Kosha



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Activity - Exploring Our Inner Wisdom

Your inner wisdom is like a life-long guide or road map to living your best possible life. Some other names for your inner wisdom may be your intuition, inner knowing, conscience, heart-knowing. One of the ways to access your inner wisdom is to ask a question and listen for an answer.

For this activity, you will need a pen or pencil, paper to write on and a bowl, basket or bag. Using the questions below and some of your own, write the questions on individual strips or pieces of paper. Fold them over and put them into the bowl, basket, or bag.

Each person in your group takes a turn picking a question to ask someone else. Keep asking one another questions until all the questions have been asked.

The best way to answer these questions is to take a deep breath to quiet your thoughts, feelings, energy, and body. You may want to close your eyes and put your hand over your heart. Ask your soul the question and listen for the answer. Once you have an answer, share it with the group.

1. What is love?
2. Is everything connected?
3. What does it mean that God, or the Light, is in every heart?
4. What is friendship?
5. Is it ever right to tell a lie?
6. Can two people disagree, and both be right?
7. How do you know you are not dreaming right now?
8. Can a person be happy if they have never experienced sadness?
9. How and when did everything begin?
10. What is the Self? How do I share mySelf with the world?
11. Is there a reason for life, and what is it?
12. What happens to a person after they die?

Which one should I choose?

