

DEEP DIALOGUE
ART OF LISTENING

Ann Engels - Facilitator Deep Dialogue



7 QUESTIONS
FOR AWAKENING

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To assist you in working on **awakening**, I present this booklet.

Questions for awakening serve as gentle guides on the journey toward self-realization and inner clarity. By contemplating these profound inquiries, we invite **awareness** beyond the surface of thought, opening the door to deeper **understanding of our true nature and the illusions** that obscure it.

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Question 1

Often, we spend our lives chasing after external achievements, possessions, or status, believing that happiness is something to be acquired. Yet, beneath this constant striving lies a deep truth: fulfillment is not something outside of us but an inherent state of being. Take a moment to contemplate whether the search for fulfillment is a distraction from recognizing the completeness that already exists within. Could it be that by simply turning inward and awakening to your true nature, fulfillment reveals itself effortlessly, without the need for endless seeking?

How might the pursuit of fulfillment be necessary when, at your core, fulfillment already resides?



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Question 2

Most of our suffering arises from mental stories—judgments, labels, and beliefs that reinforce separation and conflict. When we identify with these thoughts, we create a sense of "me" versus "the other," which fuels pain and dissatisfaction. Consider whether suffering is a necessary consequence of this identification or if, by recognizing the impermanent and illusory nature of these thoughts, we can dissolve the root causes of pain.

Is it possible that in awakening to pure awareness, suffering naturally falls away, revealing the peace that has always been present?

Could suffering exist if you didn't identify with the thoughts that create division and judgment?



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Question 3

The concept of freedom often implies an action performed by a person—a doer who strives, struggles, and attempts to break free. But what if true liberation is not something to be achieved or done, but a recognition of what has always been present? Could it be that freedom is an innate state of being that exists beyond the illusion of separation, only obscured by ego's stories? Reflect on whether the sense of an individual "I" as the doer is the obstacle, and whether awakening involves realizing that this "I" was never truly separate from the boundless consciousness.

Is true freedom something that requires a separate "doer," or is it perhaps the natural state beyond the idea of separateness?

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Question 4

The challenges and difficulties we face often seem real and unchangeable. But in truth, they are just perceptions created by our minds and thoughts. When we look at them from a deeper, timeless awareness, do these problems still seem so heavy? Could it be that they are temporary mental images—like illusions—that come and go within the vast space of consciousness?

Are the problems you perceive truly real, or are they perceptions arising within awareness?



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Question 5

The desire to improve, transform, or become a “better” version of oneself often stems from a sense of incompleteness rooted in ego. We chase after qualities, achievements, or states, believing they will bring fulfillment. But what if this pursuit is a distraction from the fundamental truth that you are already whole, perfect, and complete? Reflect on whether the true journey is not about becoming something new, but about awakening to the awareness that you have always been complete—beyond the stories of needing to improve.

Might the search for a “better” self be a distraction from recognizing the completeness that you already are?



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Question 6

Forgetfulness of awareness is a natural part of the flow of consciousness, much like night follows day. When attention shifts away from the present moment or when ego's stories take center stage, awareness temporarily recedes. Instead of viewing this as a failure or mistake, consider whether it is simply another movement in the ongoing dance of consciousness. Could it be that forgetting is an opportunity to deepen your understanding of awareness's resilience and ever-present nature, guiding you back to your true self?

When you forget awareness, is it a failure, or simply part of the dance of consciousness?



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Question 7

Many believe that surrender requires effort—trying hard to let go, control, or detach. Yet, true letting go may not be an act of force but an effortless process that arises when resistance is surrendered. Reflect on whether effort creates tension and struggle, or whether relaxation and acceptance open the door to freedom. Could it be that by releasing the need to control and simply surrender resistance, the natural state of peace and openness unfolds effortlessly, revealing the boundless freedom that has always been beneath the surface?

Does genuine letting go happen through effort, or is it the effortless unfolding when resistance is surrendered?

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These questions are offered not as answers, but as invitations—paths to see beyond surface thought and belief, and perhaps, to glimpse your true nature.



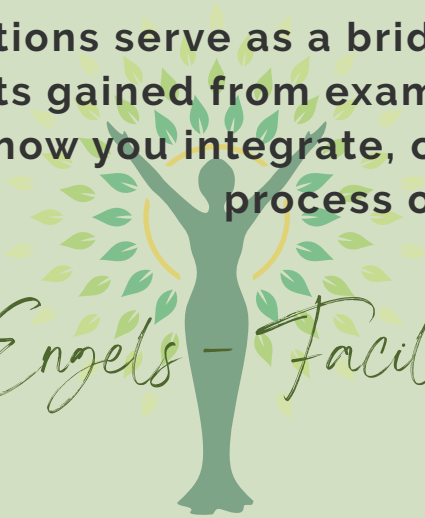
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JOURNALING ON YOUR INNER JOURNEY AND THE PROCESS OF REFLECTION

- 1. Integration of Insights:** When I explore questions about ego and awareness, how do I incorporate these insights into my daily life? What practices or shifts help me embody the understanding that awareness is always present beyond ego's stories?
- 2. Confronting Resistance to Reflection:** What fears or doubts arise when I look deeply into my patterns of separation, judgment, or false identification? How can I gently confront and reframe these fears to allow more openness and honesty in my inner inquiry?
- 3. Valuing Inner Reflection:** What do I believe about the importance of self-inquiry and reflection on my spiritual or personal journey? How does this belief influence my willingness to examine uncomfortable truths or challenge my existing perceptions?
- 4. Creating a Supportive Space:** How can I cultivate an environment—whether internally or externally—that encourages honest reflection and inquiry? What habits or routines can I develop to foster a safe space for deep questioning and openness?
- 5. Noticing Shifts Through Reflection:** How has engaging with these questions changed my awareness or understanding of myself in the past? What subtle or significant shifts have occurred when I allow myself to sit with these inquiries, and what transformations am I seeking moving forward?

These questions serve as a bridge, helping you reflect not only on the insights gained from examining ego and consciousness but also on how you integrate, confront, and nurture your inner process of awakening.

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2025