

# How to Use the 4 Questions

## Inner Alignment Process

If you've gotten scattered, these 4 Questions (all together or individually) offer one great way to quickly and easily come back to yourself.

The process is also a great way to clear and align your energy before starting work on a project, transitioning to a new activity, or to gain clarity about what feels true to you about a certain topic or situation. And when you're feeling triggered about things that happen in your life, it's a simple way to come back to your center and understand what's happening within you, so you can come to life from a much more resourceful, poised and grounded place.

But it works backwards from the way that you might typically attempt to do this.

Instead of offering "the answers to your deepest questions", these are Questions for any tightly held "answers" which are really just stuck places in the psyche, where you may have come to previous "conclusions" and frozen right there in time, in a way which isn't relevant to the current flow of what's actually happening right now, and tends to get in the way of your flexible intelligence which is perfectly capable of meeting the unknown with spontaneous and appropriate responses to each brand new moment.

I know this might sound like a tall order, but I dare you to try it out and see for yourself.

1. Where is my point of power?
2. Where can I put my attention where it will do the most good?
3. What are my resources?
4. What am I currently unconscious of, that if I knew it, would make all the difference?

## Tips and suggestions for using the 4 Questions

Although you may have insights or thoughts that feel interesting or potentially valuable, that's not necessarily the purpose of this exercise, and while you may choose to take notes or journal about your experience, the real power of the process lies in your ability to stay with your direct experience, allowing whatever arises to be fully felt as deeply as you can, and for as long as it feels interesting and alive to you.

And so, After asking yourself each question, simply relax and notice whatever arises in response. The response can be a word or a feeling; you might get an internal image or memory, or a physically felt sensation or an emotion . . . and all of this is perfect, there are no wrong answers.

It can sometimes feel as though there's no response, and if this is the case, be with the feeling of "no response" and whatever that calls forward for you, whether this means resting easily in the silence, or noticing the way any frustration or confusion about the question feels in the body, or if you're judging yourself or the process, or worrying that you're doing it wrong (you're not), notice the way it feels to judge or to worry.

Just notice and be with it. . . lean into it. . . whatever arises first is going to be what you'll stay with . . . and allow yourself to feel the impact and the energy of whatever arises.

Just stay with the sensation of whatever the response is, whether what comes forward feels wanted or unwanted, useful or frustrating, interesting or boring . . . . It may feel meaningful, or it might not.

That's not important.

What's important is this: to rest in that sensation, wherever it lives in the body, however it moves and changes, and stay with it for as long as it feels active or interesting, and then move on to the next question.

Feel free to pause the recording if you feel that you need more time to be with whatever is arising, so that you can receive the greatest benefit. You can also repeat the process a few times to unpeel multiple layers.

*After going through the questions a few times slowly, you can use them quickly in a pinch.*

**Times when the Questions can come in handy, either all the questions together or just grab the first one that occurs to you:**

1. When life is flying at you from multiple sides, when there are many things going on and you're unsure of where to begin, this process can help you feel collected, grounded and positively focused.
2. When you're under stress to accomplish a lot in a short amount of time, this can free you up to focus on what matters most, and help you let go of what's unimportant
3. When someone is pressuring you to do what they want but you're feeling unsure (your date? the salesperson at the car dealership? your in-laws? your toddler?); the Questions can help you reconnect with your truth, step into your authentic power, and be able to show up with clearer boundaries and less reactivity;
4. When you're mentally looping about something and it's just making you more stressed.
5. When you're slipping into compulsive patterns (comfort eating, social media scrolling, smoking/vaping, etc.) the Questions can help you reconnect emotionally with what you want more deeply, and take action on it.

## **If discomfort arises . . .**

One thing to be aware of is that as with any process of self-inquiry, this process could bring your awareness to some area of your life where energy is blocked or that requires healing, and this can sometimes feel very unpleasant. If this happens for you, first of all I want you to consider that this may be good news; it could be a sign that your system is feeling safe enough to do deeper work and is using this opportunity to do so. In fact, I often use the 4 Questions as a way to begin a coaching client session, to help get grounded and identify the most useful place to begin our work.

**To make best use of this opportunity, you can:**

- ☀ Simply relax into it, lean into the feelings, continuing with the process as is.
- ☀ Use it as a stepping off point for another healing modality or mindfulness practice such as Reiki, EFT, Core Transformation or Wholeness Work.
- ☀ Get the support of a trained guide, coach or counselor to help you take it even further in a beneficial direction.

**If you are having discomfort that begins to feel like more than you want to be with, please stop, and come back to your body and the present moment:**

1. Notice three things you can see.
2. Notice three things you can hear.
3. Notice three things you can feel/touch.
4. Notice something you can smell or taste.
5. Notice your breath.
6. Notice the ground.

Please note that this practice is not intended to be a replacement for traditional psychotherapy or work with a licensed counselor. If you have any questions as to whether it's right for you, please check with your therapist.