

# Conscious Being

## Reading Four: Living in the Question

From Chapter 12 of Conscious Being

### Courage to Change

It requires courage to unlearn and relinquish the ideas and truths that were once useful to us but now hold us back. It also requires the certainty that we are not our ideas or beliefs. Our consciousness remains, unchanged, no matter what we believe. All the world's conflict and strife—both personal and global—is caused by differences of opinion. Every war that is ever fought is based on differing points of view. Added to that is the unwillingness of either side to allow the other side to have its point of view.

### Living in the Question

I like to say that "Ego seeks answers, Spirit asks questions." A shift happens when we release the need to find definitive answers to our questions about life and the world around us. Have you ever noticed that the primary function of the mind seems to be finding answers? We are trained from a young age that there is a right answer to every question. Our entire educational system is based on memorizing information and being able to regurgitate the answers come test time. In one reality, there is a "correct" answer to some of life's questions. However, even in that version of reality, those answers sometimes change based on new information or new ways of seeing the situation. I am reminded of how much our "factual" world has

changed over time. Science is continuously revealing how things are not as solid as we once believed.

How willing are we to live with and in questions, recognizing them as potentially more important than the answers? When we grasp too tightly onto answers, it shuts down our process of inquiry and puts limits on our capacity to understand. Willingness to live in a question opens us up to deeper and greater knowing. It opens us up to infinite possibilities rather than staying stuck in our normal way of seeing things. It allows us to expand beyond our previous limits of comprehension. When we live within a question, we dig deeper into our internal exploration of what's possible, rather than reaching for an answer that is already known. Living in the question invites us to travel into mystery. Spirit loves the unknown. It loves mystery. The mind is constantly seeking answers. That's its function. However, the answers with which it comes up keep us separate from the truth of who we really are.

## **Concepts and Ideologies**

When we "collapse in" on an idea, we create our life in that way. This is now being proven by the field of quantum physics. There are infinite possibilities in any situation. When we focus on one, it comes into manifestation. So, what I'm suggesting is to look at the question "What else is possible?" It's not about what we collapse in on, but about what we expand upon. Can we open up to even more possibility? Can we loosen the grip of our egos? Can we let go of and recognize all our "stories" about any given situation are limited based on our experiences, perceptions, and point of view?

When our conscious awareness changes—and we move beyond choosing a perspective, beyond limitation—we actually enter into a new way of being. And that new way of being is free from clinging to concepts. When we live in that space, everything changes. The Course in Miracles states, “The greatest tool for changing the world is to change our mind about the world.” I’ll take that one step further by saying the greatest way we can change the world is to detach from all of the concepts we hold to be true. That includes theologies and ideologies. Everything changes when we tap into that deepest, truest part of our self. And it’s not really even a part—it actually is the truth of who and what we are.

## Spiritual Inquiry

It is not helpful to tell our minds to stop seeking answers. That would be like telling our heart to stop pumping blood or our lungs to stop breathing. But we can lessen the importance we give to those answers. That is primarily because the answers our minds come up with are always based in our level of conscious awareness. In other words, nothing changes if nothing changes. If we are always listening to and being guided only by our mind’s answers, nothing can ever change in our life. We can remind ourselves that all we know is not all there is to know. The practice of living in the question is actually quite simple. When we notice our minds collapsing in on an idea or an answer, we simply pause and ask ourselves a question or a series of questions.

A common method for practicing spiritual inquiry is to repeat a chosen question, over and over again. With each repetition, the mind is given the opportunity to stretch a little further, and then even further, as it seeks an

answer. Expanding the mind's capacity to know, in this way, takes us into new dimensions of understanding. Using this method, the question itself is more important than the answer. After some time of doing this, you may notice that the awareness seems to come from a deeper place than the logical mind. That is when it can get really interesting. This inquiry process can either be done alone or with a partner. If done with a partner, start by sitting and facing each other. Person A asks person B the question, and listens for an answer. Person B gives a short answer. Without responding, person A then repeats the same question, and so on, for whatever period of time you choose. I recommend asking the question repeatedly for at least three minutes.

### **What is the Valuable Question?**

Here is a list of questions designed to open you to infinite possibilities rather than collapsing in on finite answers. You may try these questions, or create your own. Notice the answers are open-ended. That means they cannot be answered with a yes or no. And they do not start with "Why...?" It has been said that "why" is not a spiritual question. That's because the mind believes answering "why" will "fix" you or a situation. And remember, you are not broken.

Who are you?

What are you?

What is love?

What is spirit?

What is ego?

What is pain?

What is heaven?

What is hell?

How does life get even better than this? What else is possible?

What else is possible?

Here's the great news...we don't know what else is possible, in our minds. But we do know infinite possibility in our being. When we live in the question, we access a deeper understanding and a deeper knowing, and we also open ourselves up to more and more possibilities in our lives.