

5

Questions to Begin Your Inner Journey

A reflection companion from Dr. Hitendra Wadhwa

In a quiet space, take time to reflect on these questions. You may choose to write down your responses, ponder them in stillness, or revisit them over time as your journey unfolds.

- 1 Where did I come from?**
What origin—spiritual, familial, or cultural—feels most true to you?
- 2 Where will I go upon death?**
What are your beliefs, hopes, or questions about what lies beyond this life?
- 3 Is there justice, order, and wisdom in the universe?**
Do you believe life unfolds with meaning? What has shaped your view?
- 4 What is my highest potential?**
In your most inspired moments, what kind of person do you sense you are meant to become?
- 5 How can I forge a connection to all of life?**
What might it look like to live from a place of deep connection—not just to family or community, but to life itself?

These questions have shaped my own journey. I offer them to you now as companions on yours.

HITENDRA

