



INNER INQUIRY GUIDE

ESHA ESTAR



Inner Inquiry Guide

Often our inner critics have much to say about others, situations, and even the truth of who we are.

Before we assign a thought as an absolute truth, we need to challenge our thoughts and go through a process of “Do I know this to be true.”

I do this often with my nineteen-year-old daughter when she says something rather bold and offensive about herself. I will ask her, “Is what you’re saying a true statement?”

I give her time to pause and think about it, it is not an answer that needs to be rushed but one she can sit with for a while.

After she thinks about it for a while, she normally will respond, “I don’t think that it’s true but it’s how I feel.”

From this place she now has an assessment she can do with herself. Thought vs. Feeling. They are two entirely different things.

When we can pause, breathe, and reflect on what our thoughts are revealing, the validity behind them, and what our feeling bodies are sharing with us, we can come into a greater and deeper relationship with understanding the how, and why’s of how we are showing up and what’s happening internally.

Sample Inner Inquiry

Esha Estar
Date: 7/30/21
8:30 am

I wanted to share my own inner inquiry I do in the mornings. Like you, I also am very human and must show up to how I am feeling daily. I do my daily check in with myself and this very same inner inquiry work that guides me to the present moment and the shifts I may need to make. Below is what I do in the morning and I write it in my journal.

Feeling as I woke up?

Anxious

Where am I feeling this in my body?

Left shoulder and heart

What am I anxious about?

That something else (bad) is going to happen. Fearful. It's a few days before the fourth anniversary of my Hassell passing away.

Do I know this to be true, that something is going to happen?

No, its my fear showing up.

What would I like to choose to believe, think, and feel?

That I am well in this present moment I am occupying. I can touch my body and know that I am well. I can connect with my breath and feel that I am well. I am well.

Practicing Being

Each day, practice being in your body to become more aware of your thoughts and feelings.

When you notice a particular thought from your inner critic come through, write them down and challenge them in the moment by asking, "Is this true?"

Thought Self-Inquiry

Thought	Is this true?	What tells me it is true?	How do I want to respond to this thought?

A reminder

Pause. Breathe. Reflect. Respond (can place this in one of our brand colors)

Feeling Self Inquiry

Feeling	What does it feel like?	Where do I feel it in my body?	What does the feeling point me towards?	How am I responding to this feeling?

A reminder

Pause. Breathe. Reflect. Respond (can place this in one of our brand colors)

The 3 E's

Embody. Empower. Energize.

Each day we are greeted with a series of experiences and events that will give us a choice of how we will engage, be affected, and feel. The 3 E's are some tools to help you navigate those experiences.

Embody

1. Notice what you are feeling.
2. Be with your feelings if possible.
3. Sense where in your body you are feeling.
4. Breathe into and with your feelings.
5. Give it permission to pass.
6. Give gratitude for your feeling body.

Empower

1. Know that you have a choice.
2. How do you want to show up to your experience?
3. Does your response elevate or diminish you?
4. Can I accept how I feel in the present moment without judgment?
5. Can I offer compassion to myself?
6. Each time I choose to be present with what is, I am choosing love. I empower myself with having a choice.

Energize

1. By acknowledging what is, I choose to be in my body and allow my energy to flow.
2. By choosing me at every turn, my energy is amplified by love.
3. My energy body is related to how I respond and react.
4. Am I contracting or expanding in any given experience?
5. By grounding in my present reality, by holding compassion, and saying "Yes" to my total wellbeing, my energy is open to healing.
6. I feel energize when I choose to express, listen, and honor all my stories. I am well.

Burnout Assessment

Grief can be an exhausting process. Whether loss is due to death, separation such as divorce or empty-nesting, loss of time with family due to extreme work hours, a way of life as you knew it, illness, grief can present itself. Often, we desire to become busy and active to draw away the uncomfortable feelings that are arising because of loss. We may begin to experience extreme exhaustion and burnout as a result.

Here are some questions to ask to bring awareness before burnout happens.

1. Where am I over-giving and over-doing?
2. Which aspect of my life is lagging? Family, work, health, spiritual, etc.
3. Where can I pull back?
4. How does it make me feel when I say “No?”
5. Where in my body am I feeling this exhaustion the most?
6. What signs and symptoms are my body giving me that signals I might be heading to a burnout state?
7. What is my current self-care regimen?
8. What is my belief system on how I need to show up and serve?
9. How does it make me feel when I choose “me” time?
10. Am I getting enough rest and sleep?

