

Loving Questions

(learning to love questions AND asking questions lovingly)

"How do we know the right thing to do"? she asked earnestly.

"What if we make a big mistake"? he replied hesitantly.

"Am I too old to have a baby"? she wondered.

"Can I earn enough to support a family"? he thought.

"Should I get a new job?"

"Should we move to a new city"?

"Am I working too much or not enough"?

"Do you still love me" ("do I still love you"?)

Our life is full of questions. For the important ones there are no simple answers. In fact I have given up on answers except for one- Love is the answer. What does that mean?

For me it means three things: First, that Rilke was right when he beseeched us to love the questions. This means to live with uncertainty and deep questioning. To embrace "not-knowing", as challenging as that can be. Second, it means that bringing our warm-hearted caring, i.e. our love, to our life situations is the most reliable and effective way of finding the right next step. Third, it means a willingness to humbly ask for help from all known and even unknown sources. Opening to the unknown in this way is, in my opinion, an act of courageous love.

The important thing is not to stop questioning.

Curiosity has its own reason for existing.

One cannot help but be in awe when he contemplates the

Mysteries of eternity, of life, of the marvelous structure of reality.

It is enough if one tries merely to comprehend

A little of this mystery every day.

Albert Einstein

When seeking answers to any important question, it is essential not to look through the lens of thinking and reasoning alone. Our thoughts must be imbued with: 1) feeling, 2) a strong physical presence in the present moment and 3) deep connection with the seen and unseen world around us. When all of these ways of knowing are alive together in the light of awareness, we can call this "integrated knowing" or wholeness. This

integration of thinking (symbolizing), feeling, your physical presence and connection to the environment (including all the people and places involved in your question) allows your "wisdom body" to inform the next step.

From my perspective when we are in deep, integrated connectivity like this, we naturally are guided by Life and our actions will tend to take care of Life. For me at the moment. Awareness is a shining light that illumines the darkness. My experience is that when this awareness illuminates the entirety of a moment- the four levels described above- then the right direction arises. We do not actually "make decisions", though it often feels like that, rather decisions are made and they call us to our "next" places.

Fifth, gently sense how these places want you to be with them. In soft ways ask questions like: how do you need me to be with you?, what makes this so hard?, what are you worried will happen?, what would feel just right in this moment?

As you do this, keep returning to your grounded physical presence of steps one and two. Rather than getting lost in the feeling or symbols keep circulating between the more neutral awareness of ground and environment. You ARE a vehicle for the light of awareness that illumines this whole process.

We can be grateful for the questions. We can learn to live lovingly into the questions in two ways: one is to value the questions that live in your life situations, they are trying to guide you and two is the warm-hearted way of being with the questioning itself.

"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer." Rilke