

Spiritual Moments with Big Questions

Big questions are capable of taking one beyond oneself. When one engages in big questions, one is able to feel one's own place within the universe. If one believes in transcendence, then a big question can take the person to that place. If one does not, the big question can provide feelings of humility, smallness, and a feeling of a place within the vastness of the universe.

Young children are capable of big questions, also. You can see the question in a child's body posture, eyes, and expression. Through exploration of the world a myriad of questions come alive for a child. It is through big questions that a child is capable of seeing that the world exists way beyond oneself.

We all have big questions about life and how we see ourselves in the big picture!

People often have big questions involving these aspects of life:

- Spiritual Moments
- Caregiver Love
- Self-Awareness
- Mindfulness and Mindsight
- Disposition
- Wonder
- Kindness
- Openness and Imagination
- Gratitude
- Breath and Presence
- The Big Picture: Spiritual Development
-

Although children may not be able to completely articulate their big questions, they hold curiosities and questions about how life works.

Examples might be:

- *Where does the sunlight come from?*
- *Why does light go away at night?*
- *Where do my shadows come from?*
- *Who creates a rainbow?*
- An example of a big question from an adult might be:
- *What happens to a person when the person dies?*

A big question can lead you to explore spirituality from a personal perspective.

What is one of YOUR big questions about life in general that in some way involves one or more of the items listed on the prior page?

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Why is this big question important to you?