

5 Questions to Hear Your Inner Wisdom

A Gentle Guide for Clarity, Trust & Inner Knowing
by Rev. Faith Cotter

You don't need more pressure.

You don't need all the answers right now.

You need space to listen differently.

This short guide is designed to help you slow down, reconnect with yourself,
and hear what may already be quietly true within you.

INTRODUCTION

You already know more than you think you do.

Many of us have learned to distrust ourselves.

We overthink.

We second-guess.

We search outside ourselves for certainty, reassurance, or permission.

But wisdom rarely arrives as pressure.

More often, it arrives quietly.

As a feeling.

A knowing.

A pause.

A truth we keep circling back to.

These questions are not meant to force answers.

They are meant to create space.

Take a breath before each one.

Write honestly.

Don't rush.

You are not trying to "get it right."

You are learning how to listen.

QUESTION 1

What am I feeling that I haven't fully acknowledged?

Sometimes clarity is blocked because we are trying to think our way past something we actually need to feel.

Before asking:

"What should I do?"

Try asking:

"What is true for me right now?"

Reflection Space:

QUESTION 2

What am I trying to force or control right now?

Pressure can sound like wisdom, but usually it's fear trying to create certainty.

What would happen if you loosened your grip—even slightly?

Reflection Space:

QUESTION 5

What would it look like to honor this—one small step at a time?

You do not need to have the whole path figured out.

Inner wisdom usually asks for:

- honesty
- trust
- and one next step

What is one small act of alignment you can take now?

Reflection Space:

CLOSING

The answers may not come all at once.
That's okay.

Clarity is not always sudden.
Sometimes it unfolds through attention, honesty, and trust.

The important thing is this:
You are learning how to hear yourself again.
And that changes everything.

Want deeper support?

Rev. Faith Cotter offers:

- Spiritual counseling
- Classes & workshops
- Guest speaking
- Sacred ceremonies

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