

# ASKING A SACRED QUESTION

Based on the Iberian Mystical Tradition



- **Never use the word, “I”**  
The “ego” must remain out of the “driver’s seat”
- **The question must begin with the word: HOW**  
Never begin with the question word: What, When, Where, Who or Why
- **The question should drop from the heart or gut**  
Do not trust the question that is calculated in and from the Mind
- **The question should be formulated as a simple sentence**  
Avoid complexities and hidden agendas

*“When standing in the Divine Light,  
the question is itself the answer.”*

R. Abraham Abulfia,

13<sup>th</sup> c. founder of the Founder of the Sephardic Kabbalist School