

# The 3 Living Questions

Integrating the Healing Journey and the Spiritual Path

Dr. Paul Epstein



The essence of Dr. Epstein's teaching is guiding people to explore and live questions, to see with new eyes and to embrace their pains, wounds and burdens... re-membering into their essential wholeness. He supports the conscious engagement of each patient's inner wisdom and heart of compassion: their inner healer.

“In curing, we are trying to get somewhere, we are looking for answers. In curing, our efforts are specifically designed to make something happen.

In healing, we live questions instead of answers. We hang out in the unknown. We trust the emergence of whatever will be. We trust the insight will come. The challenge in medicine is not the choice between one and the other. We need both.”

Dr. Paul Epstein, *Spirituality & Health Magazine* – May/June 2007  
‘The Journey of Naturopath Paul Epstein: ‘Healing vs Curing’

## How did I come to be this way?

Dis-ease tells a story, not just about our cells and a diagnosis, but about our self and our life. Listening to the story, we are led to the truth of what happened to us and the emotions that lie at the core of our authentic being.

*“Healing is not a matter of setting the molecules straight,  
it is a matter of helping the one in need of healing into an experience of wholeness.”*

~ Larry Dossey, MD

## Am I willing to listen with the ears of my heart to the other voices of my self speaking?

*“If there is a single definition of healing it is to touch with mercy and awareness  
those pains from which we have withdrawn in judgment and dismay.”*

~ Stephen Levine, "Healing into Life and Death"

## How can I be with my pain of mind, body and spirit in a way that is wise, compassionate and healing?

“When the mind is still, tranquil, not seeking any answer or solution even, neither resisting nor avoiding, it is only then that there can be a regeneration. Because then the mind is capable of perceiving what is true and it is the truth that liberates, not your effort to be free.”

~ Krishnamurti

***“You are not what happened to you.  
You are what you choose to become.”***

~ Carl Jung



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***“When you change the way you look at things, the things you look at change.”***