

free soul



Source Questions

Just as you get very different answers depending on which phrase you enter into a google search, it also matters what questions you enter into your brain. Most of us have an ingrained habit of asking ourselves negatively skewed questions.

Some examples:

“Why is it so hard to___?”

“Why does ___ (this person) always need to hurt/control/ignore/humiliate me?”

“Why do I have to suffer so much?”

“Why don’t I ever get what I want?”

“Why do I never have enough money/time/peace?”

“Why can’t I get through to him/her?”

I suspect there are some questions like this you have been asking regularly and habitually.

So, to take the first example, I want to invite you try it out and fill in something that has been hard for you. Next notice the difference in asking:

“Why is it so hard to___?”

as opposed to:

“Why is it so easy to___?”

Asking the first question collects energy, data and reasons for why this thing IS indeed hard... it confirms and solidifies the very thing you are suffering from, the very thing you wish was different. And it therefore only keeps you in the old state of victimhood or helplessness you are familiar with.

By contrast asking the second question collects energy, data and reasons for why the very same thing can be easy... it will open a new perception, magnetize different experiences, access dormant abilities, attract new people and so on... and all of it returns the power back to you as the true source of all possibilities.

The difference to affirmations

Source Questions sound a bit similar to affirmations, but they are vastly more powerful.

You are most likely familiar with the concept of affirmations. They are positive statements, about things you wish for, but don't exist (yet). As you listen to an affirmation there is unfortunately always an awareness that tends to instantly cancel it out. In this case you would try to use an affirmation like:

"It is so easy for me to ___!"

Hearing that statement, the little voice inside of you would quickly say something like:

"What bullshit. This is so not true!"

By contrast can you sense the difference when you are asking a Source Question?

"Why is it so easy to ___?" This question doesn't give the voice above a chance to jump in. Instead it sends your brain on a new search mission.

Find the most powerful version

Source Questions always start with a WHY. As you try out different versions, you may find some are more effective and others are less. There are always several ways to turn a habitual negative conviction into a liberating, empowering or healing Source Question.

For the above example the direct reversal of: "Why is it so easy to ___?" might feel too radical of a shift in perception. In that case you could feel into some of the alternatives:

You could ask for example:

"Why is it getting easier every day to ___?"

Or:

"Why do I enjoy the ease of ___?"

Or:

"Why am I able to enjoy the ease of ___ so much more often?"

Or:

"Why am I finding more ways to ___ all the time?"

How to use them

Once you have collected a group of powerful Source Questions, you want to use them regularly. Preferably every day. There are two ways to use them:

1. You can read them, and as you do, pause after each question to allow it to bring up an expansive emotion you can breathe into.
2. You can record them in your own voice and let each of them bring up expansive emotion as you listen to the play back.

If you want my help in creating the most powerful group of Source Questions for yourself, let me know. Then we can schedule some time for that.