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The Power of Asking the Right Questions  
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**"It is not the answer that enlightens, but the question." Decouvertes**

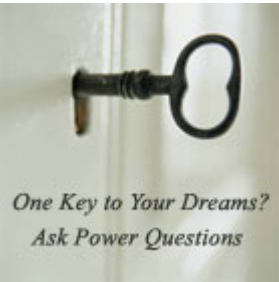
What would you say if I told you that just one behavior change in your thinking could help you begin creating and living your dreams right now? What if I told you that by using this one almost magical technique, you could immediately shift your perception, attention and intention to the place where your dreams await their birth?

**"You are never given a dream without also being given the ability to achieve it."  
Deepak Choprah**

I can only imagine your excitement when you discover, as I did, that in this very moment, change is possible.

Let me share with you something even more exciting. You don't have to KNOW the HOW and WHY for this to work. Take your automobile for example. You get in it, turn on the key, the engine comes to life, and you're on your way. Frankly, most of us don't care why the engine works or how it works – we are just grateful that it does.

The same is true with our minds. We can "turn on" the power of our subconscious minds by simply turning the right key! What is one powerful KEY that will activate our subconscious minds to find the solutions we seek? QUESTIONS!

 <p><i>One Key to Your Dreams? Ask Power Questions</i></p>	<p>The power of the right question is infinite. When you ask the "right questions," you set in motion all manner of unseen forces to activate your desires.</p> <p>A question is a command on your subconscious mind and a focused attention.</p> <p>Attention combined with intention are forces of creation. The right questions activate those forces!</p>
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For those of you who do wonder HOW and WHY the right questions are important, allow me to share with you a brief journey into how the Universe works – and how your brain's interpretation of that Universe becomes a creative force.

Your brain is inundated with billions of bits of information every minute. That's right – billions! Obviously, your brain cannot process all of those bits of information and sort them efficiently. That is why you have what is known as the Reticular Activating System – the RAS – which is an editor in the brain that filters out what gets through and what doesn't.

Why is that important? Because, we know now from quantum physics and quantum mechanics, that the process for creating any desire includes the following factors:

1. FOCUS .... In other words attention toward that which we desire
2. INTENTION – intending that our desires come into form
3. REPETITION – creating neural pathways in the brain that once embedded, continue to allow the RAS to bring in the information we desire, so we can activate it.

Let me simplify. Remember buying that new car? You looked at TV ads, surveyed the classifieds in the paper, visited several dealers to get their marketing materials, perhaps shopped on line for the best deals. In doing all of those things, you were turning on the RAS – reticular activating system – of your brain to SEE that particular make and model. Suddenly, everywhere you looked, on the highways, parked at the grocery store or your office building, in magazine ads, you continued to see YOUR desired car.

What you did activated your RAS to “SEE” that reality – and therefore let that bit of information into your brain.

When you were doing that, you FOCUSED your ATTENTION and INTENTION into the core level of the Universe – what Deepak calls the “unformed stuff,” what the Buddhists call “the infinite openness,” – what quantum physicists have named “the quantum field.”

Now here’s the amazing yet ever so simple secret: You can program the RAS and activate the subconscious mind through the power of asking the right questions — repeatedly.

### Attention + Intention



Creates Reality

Through consistent questions to your subconscious mind, you are programming yourself for a new reality - question by question. Your questions focus the attention on a certain reality – which then goes into the quantum field to create or reinforce that reality.

For example: Let us say you have the universal worry about money. Here are two results of using questions in a certain manner.

Way #1 – the way of worry, fear, and doubt. Question: I’m so broke. Why don’t I ever have enough money? What about all my debt?

This method of questioning commands your subconscious mind as follows:

1.) States you are broke. Your subconscious mind then, as servant to your statements, will go into its database and bring you reminders of all the ways you are broke.

2.) What about all my debt? Sends your subconscious mind into the data base to remind you of the total you owe and how you so far have been unable to pay the debt off.

Using Universal Principles of Creation, then, you have just commanded your subconscious mind to bring you verification that you are broke, that you seem to never have enough, and that your debt is still unpaid.

So, you did the following:

1.) Put your attention toward lack – not enough – fear of never having enough

2.) Put your intention toward continuing that lack BY FOCUSING upon it.

3.) Sent your fear thoughts into the quantum pool – the pool of unformed stuff – to continue to produce that reality for you.

Now, here's a much happier and truly positive way to use your questions. You're still feeling broke, like you've never had enough, and overwhelmed by debt.

Way #2 – the way of seeking positive solutions, focusing on unlimited opportunities, and staying in gratitude.

Here is how that changes the equation:

1.) You CHOOSE questions that offer positive solutions

What are the best ways I can have more than enough money for all my wants and needs?

What changes can I make that will bring this about?

What resources are available to me?

Who do I know that might offer insights or advice? (Focused **attention** toward what you desire – not what you fear.)

What are the best ways for me to manage my debt and eventually pay it off?

How can I best do that?

What might I need to change to make that happen?

How will it FEEL to have my debt fully paid off?

How can I get that feeling? (Focused **intention** toward positive solutions.)

2.) Every time a fear thought shows up, you **REPEAT these positive questions** until you have trained the neural pathways in your brain to begin to automatically seek solutions instead of focusing on problems. And also trained your brain to ask empowering questions for any situation.

Want another POWERFUL way to enhance these questions? Visualize and FEEL as though your solutions are already in place. The energy of emotion is a powerful creation energy, and when you employ REPETITION with the right questions and positive visualizations, you are moving energy from within the Field of Intention to do the work you require.

Another KEY? As you keep asking these empowering questions, pay attention to what is known as "inspired action." New ideas will emerge so you can act on them. Remember, your subconscious mind is your servant. It does what you request without judgment. So, as you ask for positive outcomes, you are giving the command to your subconscious mind (inner self) to FIND those positive outcomes for you. If you would like an inside view into people you know, listen to their language. How do they phrase their questions? How do they describe their lives? Do they use powerful affirming statements – or fear based ones? How about you? What does your life look like? How do you ask your questions?

Successful people say things like: "I don't believe in failure. I only believe in lessons." "There is no such thing as failure unless you quit trying." "When I fail, I always fail forward." They ask questions like these:

- 1.) What's the best way to keep moving and retire this debt? (Donald Trump who paid back hundreds of millions of dollars by obtaining new projects and using the profits from them to take care of the past.)
- 2.) How can I make a business work without paying for advertising? (Owner of the Body Shop – who has stores world wide – and does not use traditional methods of PR.)
- 3.) How can I compete in the Iron Man race and other marathons? (Rick Hoyt – quadriplegic who has competed in multiple marathons and the Iron Man (twice).
  
- 4.) How can I have a successful McDonald's franchise in Harlem? (Lee Durham, retired policeman, who successfully opened the 1<sup>st</sup> McDonald's franchise in Harlem – and took it to #1 worldwide the same year.)

To read these individual's power stories and more, I highly recommend you get the book "Unstoppable" by Cynthia Kersey. Clearly, one common denominator with successful people is that they ASK POWERFUL, SOLUTION ORIENTED questions.

Let's apply this to your life. Imagine how you will feel when, in just a few minutes of focused attention, you move energy toward what you desire.

In each of the categories below, make a list of POWER QUESTIONS that will increase the quality of your life. (examples below to inspire you.) There are two parts to each question: The "how can I" and the "how will I express my gratitude when I have attained this result?"

Categories (add more of your own) – finances, personal, health, career, spirituality, love life, dreams ....

Money/Finances: "How can I best improve my financial situation? How can I do so creatively and joyfully? What strategies can I employ that will change my financial equation for the better? Who can I ask for help or ideas? What materials can I study that will help? How can I become the kind of person that is a millionaire?"

Part II – Gratitude questions: How will I use my money to help others once I am financially strong? How will I make a difference? How can I begin making a difference

right now – even if a small one? What will it feel like to be a powerful giving force in the Universe?


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Personal Life: How can I have a richer, more fulfilling personal life? What positive changes can I make that will increase my joy and help me live a more fulfilled existence? What friends and relatives are most important to me? How can I let them know that?  
Part II – Gratitude questions: How do I give back to those who have helped me? How do I inspire those I can help? Whose life can I impact in a positive way and how best can I do that?

You get the picture.

CHOOSE the categories of your life that you wish to examine and upgrade. Make a list of powerful solution oriented questions – AND gratitude questions for each category.

 <p><b>How can I best climb up the ladder of consciousness?</b></p>	<p>Learn the skill of using Power Questions to help you climb up the ladder of consciousness. If you want a large life, think LARGE.</p> <p>READ your list every day – and upgrade your questions as you do. As you walk up the ladder of consciousness – you will see higher possibilities and desires.</p>
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Truly, if you will just learn and develop the skill of asking Power Questions that are Solution Oriented (in the highest and best manner), you will go far along the path of being the master of your destiny. If you do not believe you have control over your destiny, you're right. If you believe you DO have control over your destiny, you're right. It is a non-judgmental universe. Our "interpretation" of events creates our reality – to change that interpretation for the highest and best results, we can learn to use Power, Solution Oriented Questions.

**Reality is an interpretation. To change your reality, change your interpretation.**

*The Power of Asking*



*the Right Questions*

What is your soul's purpose here? How best can you live that? What is the legacy that only you can leave?

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Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

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