

?????? Living in the question ????????

Do you find yourself looking for answers in your life? Or making decisions and judgements about people and situations? Most of us spend a great deal of time and energy trying to work our lives out mentally only to find that it never goes that way anyway. The universe usually delivers everything in totally different way to how we think it will go. So why do we continue to waste so much energy on trying to work things out when the universe can provide something more amazing than we could ever imagine.

The illusion of control

The simple answer is because most of us like to feel in control of situations, of our lives. Especially in the face of uncertainty, whether it's a new job or a relationship, every choice that we make has a consequence in our lives, so if we can 'work out' what's going to happen then we feel more in control of the situation. Although we are in control of our choices and what we send out to the universe, things usually show up in our lives in different ways to how we imagine.

Dead ends

When we make judgements about anything we label it and limit it. For example if we don't get a job that we are going for we judge that as bad or we decide that our only options in a situation are a or b, then we block the flow of energy and infinite possibilities that are available to us.

We are creating our reality in every moment through our thoughts, feelings and beliefs. Literally what we are 'being' reflects back to us in our experience. So when we think that there is only one option or place an assumption on something, we have already blocked it from becoming anything else with our own thoughts. We can limit ourselves with our thinking.

When we decide what we think is right we start heading towards it or whatever we decide what is wrong and we try to stop it. But, every time we label something as "right" or "wrong" we create a conclusion that cuts off our awareness and closes the door to the possibility of creating something even greater than we have thought of showing up in our lives.

Do you see how limiting that can be? Do you realize that questions allow us another way?

Infinite possibility

When we approach every situation in our life as an open ended question instead of an answer, label, judgement or assumption then we start to remove all the limitations and allow ourselves to open up infinite possibility into our lives. Do you remember a time in your life when you have felt a sense of wonder and excitement for what might happen next? Whether it was during childhood or reading a story, that sense of wonder comes from the positive side of not knowing as opposed to the fear of the unknown. Doesn't trying to work everything out get tiring sometimes?

Instead of deciding that a situation is bad when it doesn't work out the way you would like it too or wearing yourself out trying to make a decision about something and find the answer, try asking a question instead and see what feels different.

Light or Heavy

When we apply a question such as “How does it get any better than this” or “What else is possible?” to any situation good or bad then we shift the focus of judgement open to a new possibility, with the focus on something better. Even if we are not saying we know exactly what we want that is better, but it shifts our awareness and attention onto something better and opens up the flow of possibility from the universe without us limiting outcomes with our own thinking.

Next time you catch yourself judging a situation in your life as negative in anyway or feeling there are only limited options in a situation then try asking the questions above and notice how they make you feel, lighter or heavier? When something makes us feel lighter it is our bodies wisdom letting us know that is good for us and removing pressure.

If you are faced with any choices in your life, ask yourself “If I choose this, what will my life be like?” and notice if you feel lighter or heavier. The lighter you feel, the better you’ll feel.

Questions allow flow

Positive questions are an open invitation to the universe that create movement and flow in our lives. When we go into judgement or label things as good or bad, we draw a conclusion and that stops flow. Because questions are open ended, they allow the flow of energy to circulate.

Manifesting something better

The universe is limitless in the ways it can manifest things in our lives. We create through our thoughts and feelings, but quite often we block positive manifestations with our own thoughts about how something can show up in our lives based on our current circumstances. For example we might want to manifest a new car, but we limit the manifestation by working out when we can afford it or what we can afford. If we ask the universe “what would it take for an amazing car to show up my life?” and leave the question open, then we get out of the way and the universe is free to deliver us a car in creative ways that we haven’t even thought of.

Remove the how’s

We can still have an idea what we would like to manifest and create, but without limiting how it can show up in our lives. That way we leave it up to the infinite possibilities of the universe. In essence by opening up a question, we get out of our own way. Once we ask the question, then we can just wait and see what shows up.

Start your day with a question

When we start our day with a question, we are opening up to the flow of the universe. The aim is not to find the answers to the questions, but rather to leave them as the open ended questions that they are. A few suggestions for questions to start your day are listed below:

- What amazing joy of life can I be, see and receive today?
- What glorious adventures can I experience today?
- What joy and abundance can I be, see and receive today?

Questions for a lighter life

When you start to live in the question then you don't get so caught up in life's dramas, it allows you to feel freer and lighter about everything. Below I have written some questions that may be helpful to use in any area of your life that seems stuck or blocked in anyway. Whenever you find yourself going into judgement try a question to create more flow again

- How does it get any better than this?
- What else is possible?
- What's right with this that I'm not getting?
- What have I decided that I cannot change?
- What else is possible here that I haven't even considered?
- How could this turn out better than anything I could have ever imagined or planned?
- What would it take for..... to show up in my life?
- What energy, space and consciousness can I be that would allow me to... (find the perfect home/job/partner/generate more money) ... to show up in my life?

Listen and be open

Once we have asked the questions then we must be open to whatever shows up, in our thoughts, in our feeling, in outer reality, knowing that it may be a response to our question. This allows us to live with more awareness and a sense of wonder. If we don't like what's showing up for us, then ask a different question. A question will always empower you to see and create more. An answer will only limit you to what you have decided is right or wrong.

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