

Creative Questions



Manual

By

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Published by Unlimited Network

For further information about “The Power of Creative Questions” workshops and for professional sessions near you:

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First published in 2006.

October 2007 edition.

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Introduction

Welcome to “The Power of Creative Questions Manual”.

Using Creative Questions you tap into the effortless way to create.

Questions run our lives. They are everywhere, we are just not always aware of how we use them.

We are always trying to find out how to live to our best. With Creative Questions we can actually realize how to do that.

Expect useful insights for personal evolution and incredible experiences in creating success through this Manual.

Some years back I was discouraged about my bills and was doing my usual self-abusing and complaining that my success wasn't where it should be. My desire was still strong enough to not let me give up, so I re-focused once more, as I had done so many times before, and focused on how I could actually pay my bills.

This time something happened and I noticed that the feeling bad, negative and hopeless was suddenly replaced by feeling good and positive, with plans at hand.

Feeling excited about my switch I wanted to know what had happened, so I could repeat it if I got in a dump again.

Looking closer at the transformation I realized that I had changed from feeling bummed out by the answers to my question “Why do I have so many bills?” to feeling excited by wondering “How can I pay my bills?”

After a few years of exploring “The Power of Creative Questions” I have now been able to pinpoint and refine the exact procedure to access the source of creativity.

This Manual will, step by step, teach you to effectively use “The Power of Creative Questions”.

EXERCISE

Introduction to the importance of questions

Next time you strike up a conversation with someone observe how your conversation goes.

What connection did you get and what did you say to each other.

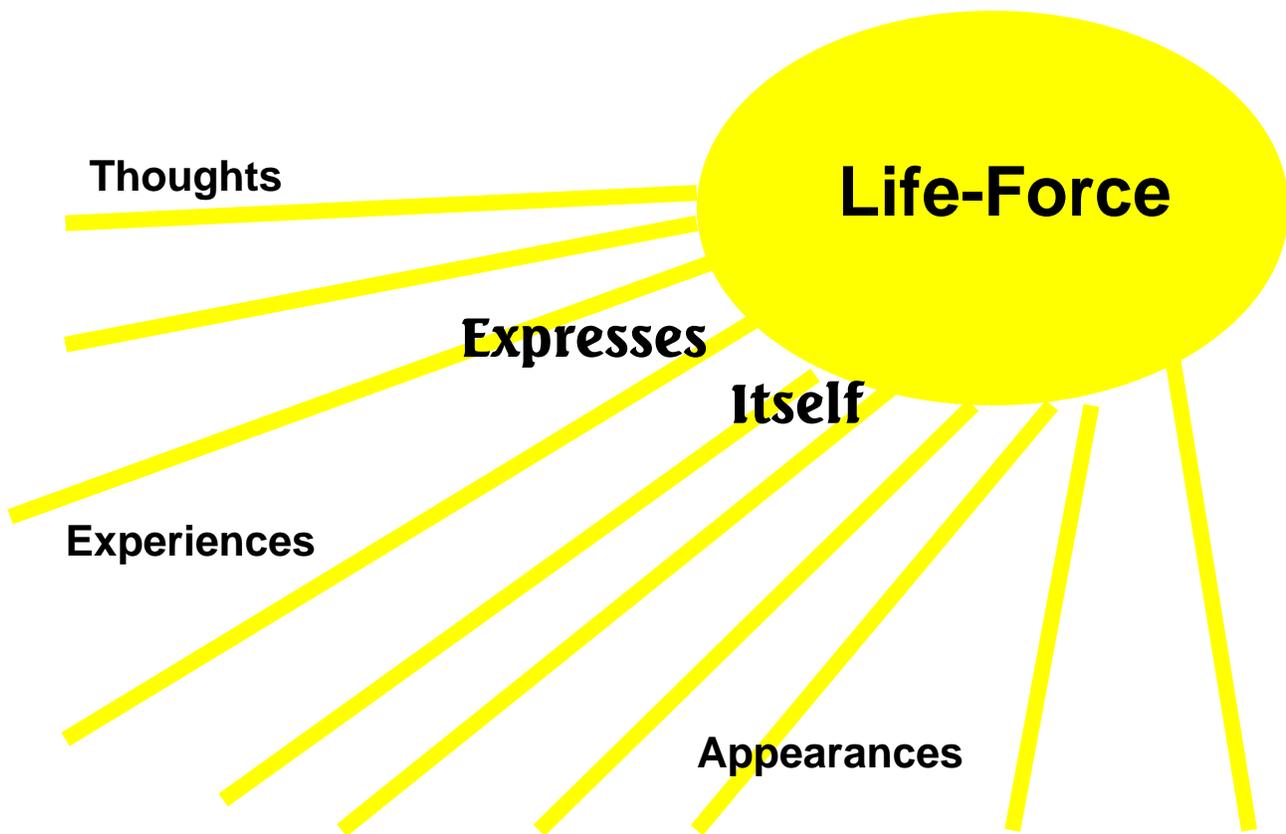
Did you say:

- My name is Did that make you connected?
- Nice to meet you Did that make you connected?

- How are you Did that make you connected?
- What made you come here ... Did that make you connected?

Did you realize that questioning was necessary to get connected.

The Source of Your Creativity



Your Life-force is that which makes you alive

Your Life-Force is the source from where everything else springs.

Your Life-force effortlessly appears by itself.

Your Life-Force expresses itself through your thoughts, experiences and appearances.

Your Life-force is self-sustaining.

Your Life-Force is the source that fuels your ability to create.

CONCLUSION

**You don't have to create your Life-Force,
because it is already enlivening you
with thoughts, experiences and appearances.**

The Appearance of Your Thoughts

MEDITATION

The persistence of thoughts

Center yourself.

Become aware of your mind.

Notice if you have thoughts appearing and disappearing.

Try to stop your thinking process.

Notice that even if you can briefly stonewall your thinking process, thoughts eventually appear again.

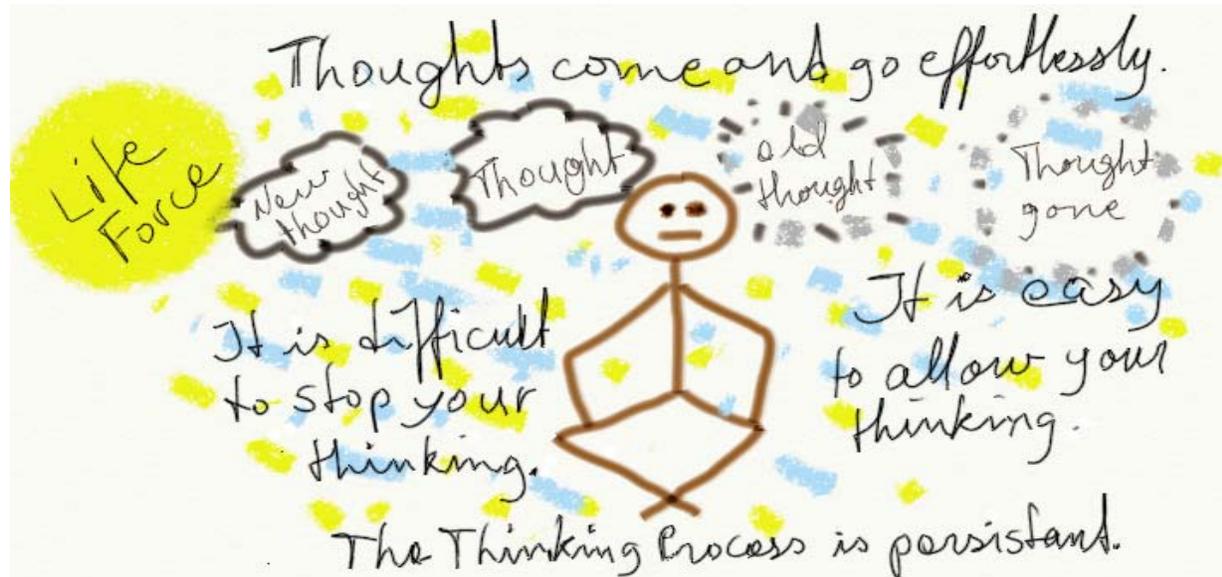
Allow your thoughts to come and go of their own accord.

Reflect on the persistent and fleeting appearance of your thoughts.

Your thoughts appear spontaneously

- ◆ Your mind keeps busy thinking, whether you like it or not.
- ◆ You don't need to do anything for your mind to think.
- ◆ Your thoughts have their own impulse to appear.
- ◆ Your thoughts have their own incessant energy source.
- ◆

It takes effort to shut off your thoughts while it takes no effort to allow thoughts to appear.



CONCLUSION

**Thoughts keep appearing
without effort.**

Your Thinking Consists of Repetitious Thoughts

Maybe you have noticed that your life seems to look pretty much the same day after day. This is because your mind thinks thoughts that follow a habitual thinking. You have a limited variety of experiences, appearing from repeating the same kinds of thoughts over and over again.

CONTEMPLATION

Your usual train of thoughts

Be aware of your thoughts arising and subsiding.

Observe what kind of thoughts you think.

Do your thoughts relate to familiar topics?

Do you think thoughts that are not related to familiar topics?

Notice that if you like motorcycles you tend to think about motorcycles but would normally not think about parachuting or if you like cooking you spend your time thinking about food and not about oil drilling.

Notice that you tend to think within a certain frame of thought patterns.

EXERCISE

Identify how your habitual thinking corresponds with your result

Something I like is (Example: Sailing) _____

The frequency I think about this is (Example: Several times per day) _____

The amount of time I spend with this is (Example: I engage with sailing weekly) _____

Something I think is uninteresting is (Example: Ants) _____

The frequency I think about this is (Example: Never) _____

The amount of time I spend with this is (Example: No ants in my life) _____

Reflect on how often you think about something corresponds with how much it exists in your life.

CONCLUSION 1

Your mind thinks thoughts that follow your habitual thinking.

CONCLUSION 2

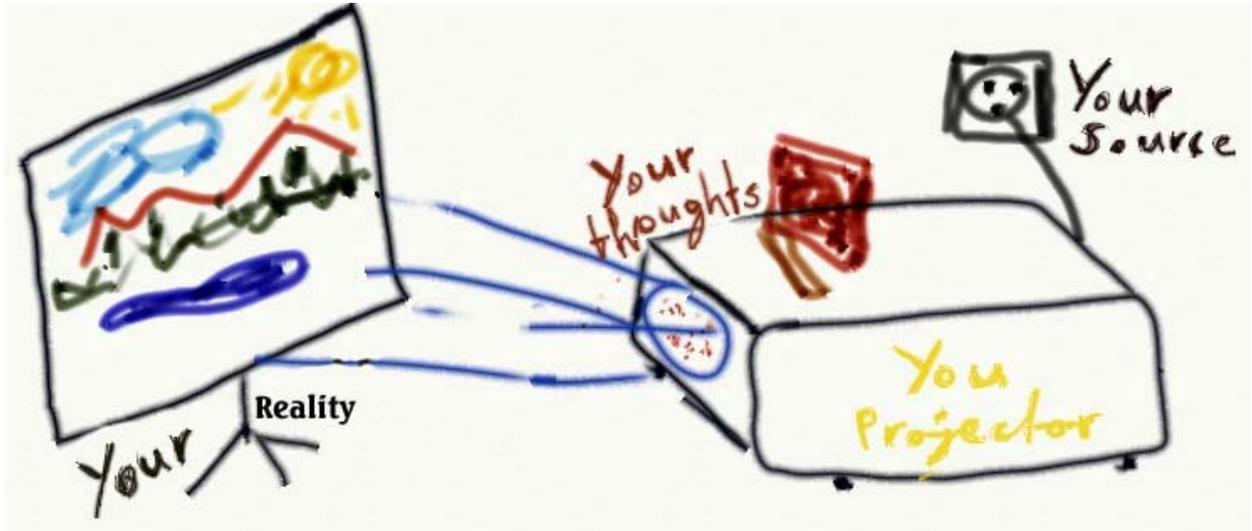
Your repetitive thinking creates repetitive results.

The Manifestation Process

There are 3 ingredients to the Manifestation Process

First, your Life-Force *provides you* with the *ability* to think and have experiences. Secondly, you decide what is going on by what thoughts you chose to harbor. Thirdly, your unique reality appears as your internal and external experiences.

Like electricity can make a projector shine light, your Life-Force gives you the ability to experience your aliveness. Your particular thinking is like the slides you put in a projector. What shows up as your reality, like the images on a canvas, are the merging of the light with the slides.



EXERCISE

The Manifestation Process

Notice in which way your Life-force has the urge of the life-force to express itself. (Example: Thinking, feeling, inner and outer worlds.)

Choose something you like to create and observe that your choice shows up as a thought. (Example: A new car) _____

Notice that what is more prevalent in your life is the results of the thoughts that you dwell on.

CONCLUSION
Your Life-force
is molded by your thoughts
into a particular reality.

You Can Change Your Reality

How you can change your reality

You cannot create or get rid of the 1st ingredient of the Manifestation Process, the appearance of your Life-Force. You cannot permanently force a change to the 3rd ingredient of the Manifestation Process, your appearing reality without limiting yourself. Your thinking is the 2nd ingredient of the Manifestation Process and the only ingredient that you can choose to change.

If you want to experience a specific reality you can use your free will and choose to think the thoughts that will project the result that you want to have.

CONCLUSION

You can change your reality by changing your thoughts.

You Can Choose What Thoughts You Think

You can choose what you are thinking about

Your reality corresponds to what you expect your reality to look like. Your expectation of your reality starts with the way you think it will be.

You have the capacity to change the thoughts you think.

You can choose what you want to experience by choosing what thoughts you focus on.

If you choose to change your thoughts your reality will change.

EXERCISE

Changing your reality by changing what you think about

Something that I don't have that I want is (Example: A healthy body) _____

The way I think about this is (Example: I don't have a healthy body) _____

Notice that you have what you focus on.

The way I want to think about this is (Example: I have a healthy body) _____

Notice that you can choose what thoughts you are thinking.

CONCLUSION

You do have the ability to choose what thoughts you think.

Questions Start Your Creativity

There are 2 phases to the Thinking Process

The Thinking Process is the 2nd ingredient of the Manifestation Process and consists of the thoughts you allow your mind to be thinking.

At first glance what appears as your Thinking Process is only a train of statements. “I am this....” “This is how it is...” and “This is what will be...”, but at a closer look you notice that the Thinking Process actually has 2 distinct phases to it.

- The Thinking Process
- 1) Questions start the thinking process
 - ★ Activation
 - ★ Programming
 - ★ Creativity
 - 2) Answers end the thinking process
 - ★ Answer
 - ★ Statements
 - ★ Evidence

EXERCISE

The Questions and Answers dependency

Make a conversation only based on making statements.

(Examples: “I’m happy.” “You look good.” “This is a good day.”)

Observe if statements can inspire a conversation.

Make a conversation only based on asking questions.

(Examples: “Why am I happy?” “Why do you look good?” “What makes this a good day?”)

Observe if you can hold a conversation based only on asking questions.

Observe if you can respond without treating the statements as questions.

Make a conversation based on asking questions and answering them.

(Examples: “What is your name?” “My name is....” “Why are you happy?” “I am happy because this is a good day.”)

Notice that the thinking process needs both questions and answers.

The 2 phases of the Thinking Process

The Thinking Process consists of both statements also called affirmations or answers and the cause of these answers, namely questions.

The Thinking Process starts off with the creating 1st phase of questioning “How will things become?” and then ends with the stating of facts 2nd phase of answers “How things have become.”

Questions activate and get your Thinking Process going while statements are completed as soon as they are thought.

If you ask your mind a question it will go and find answers to this question and the evidence that proves your question until it is proven beyond doubt – which means that it has manifest as statements of your reality.

CONCLUSION

**Your Thinking Process starts with a question
and ends with an answer.**

The Manifestation Process

The 1st phase of the Thinking Process is “questioning”

Questioning has a tremendous impact on your life.

Questioning is the programming that makes answers appear.

You need questions to get involved. For example, when you wake up you may think “I am awake.” but this does not get you up. You have to ask questions, like “What shall I do today?” or “How can I make a living?” to get up.

CONTEMPLATION

The effect of questions

Observe how you respond to the following questions.

“Why am I happy?”

Notice your response _____

“Why am I frustrated?”

Notice your response _____

“Why am I excited?”

Notice your response _____

Reflect on how questions affect how you feel.

Change comes from focusing on asking new questions

If you focus on questions you access the self-perpetuating continuous Creative Process, but if you focus on statements you only get to use the energy that you can muster yourself.

If you can't permanently change your reality you are in the process of making statements of how things already are. To change you need to stop making statements and start asking new questions.

Questioning

- ★ Affects you
- ★ Gets you going
- ★ Gets you motivation
- ★ Fuels your creativity

CONCLUSION

Questioning is the activator of the Creation Process.

Various Types of Questions

Types of Questions

- ★ Open-ended questions
- ★ Therapeutic questions
- ★ Spiritual questions

- ★ Creative Questions
 - ★ Problem-solving questions
 - ★ Evolutionary questions
 - ★ Unsupportive Creative

- ◆ There are ***open-ended questions*** that give you the option of answering positively or negatively, like the question “How are you doing?” can bring forth the answer of either “I feel good.” or “I feel bad.”
- ◆ There are ***therapeutic questions*** that intend to uproot old trauma and bad memories, like “What happened to you when...?”
- ◆ There are ***spiritual questions*** that intend to create a non-questioning consciousness, such as “What is the sound of a one hand clapping?”
- ◆ There are ***problem-solving creative questions*** that intend to reverse problems by putting energy against something unwanted, like wondering how something that is broken or wrong can be corrected or fixed, such as “How can I fix this?”
- ◆ There are ***evolutionary creative questions*** that intend to improve your world and wondering how to make it better, like “How can it be improved?”
- ◆ There are ***unsupportive creative questions*** that are posed with the intention to help, but gets a reverse result, like, “What is your problem?” or “Where does your problem come from?”. The answers to back-firing questions are finding more of what is not working instead of its intent to find the resolution to your problems.
- ◆ There are ***supportive Creative Questions*** that brings about a desired result. Like the Creative Questions “Why am I rich?” and “Why am I so successful?” will have to find the answers that engage you in being rich or living in success.

CONCLUSION
Creative Questions
are questions that have the desired result built into them.

Creative Questions

Creative Questions have the desired answer built into the question. There is only one direction that the answers can go. Like, “Why am I healthy?” can’t bring the answer “Because I don’t like myself.” but must provoke answers like “Because I like myself.”

Using Creative Questions makes your process of manifestation easy

Directing a supportive Creative Questions towards the result that you want activates the never ending flow of thoughts to be thinking the answers that you are looking for.

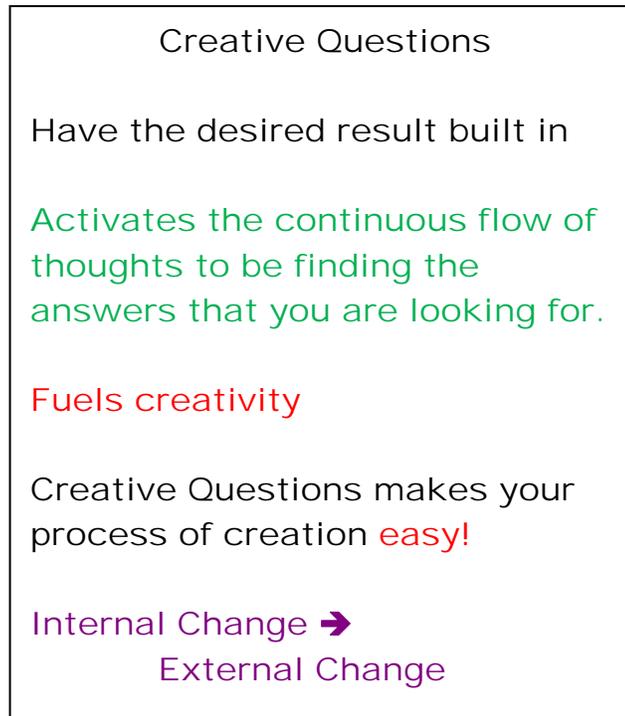
This is like doing a search on the internet. You pose a question, like “Where can I find movies?” and then the search engine will go and search everywhere to find answers, while you sit back and wait for the details that you are looking for.

If you ask your mind “Why am I a success?” it will go and find answers – you are a success because: “You are a wonderful person.”; “You are brilliant.”; “You are a divine being.” and so on. It just keeps finding more reasons for you.

Creative Questions create an immediate effect

With Creative Questions you get an immediate internal change. For example, if you are scared, you are probably contemplating how you can be hurt. If you change your thoughts to wondering how you are supported you will feel safe.

You will also have a quick external reality change when you really engage in integrating your new Creative Question.



CONCLUSION
Creative Questioning
is the way you can take that Life-Force, that has its own activity,
and project it in a certain direction.

Applying the Creative Question Process

The way to integrate a goal to become your new reality is to pose a Creative Question, like “Why am I a success?” and feel it. Watch an answer pop in, like “You are a great person!”

You need to be willing to consider your new Creative Questions

For a new Creative Question to mature into reality, first you do need to be able to accept the new Creative Question. Then your focus on it becomes a part of your emotional self and starts to feel true.

Let yourself engage with your Creative Question. Don't get too involved with answers. Try to engage with the emotional or physical feeling of the Creative Question. Shower yourself with your new supportive Creative Question.

★ Be willing to consider your question

★ Engage with your question

★ Shower yourself with your question

★ Savor your question!

Permanent change comes from changing your Creative Question

Write down your Creative Question on a card and carry it with you.

Remember to contemplate and focus on it often. For sure you want to engage in your new Creative Question before you go to bed, when you wake up and one time during the day when you don't have to be mentally attentive on something else, like when you go for a walk. You want to spend at least 2 minutes at a time to bathe in it to let it grow into your new reality.

EXERCISE

Practice Applying a Creative Question technique

Pick a Creative Question card.

- Read the Creative Question Card slowly.
- Savor the Creative Question.
- Give 1 answer.

Notice what happens to you when you focus on your Creative Question _____

Remember to use Creative Questions to create your projects.

CONCLUSION

The most effective way to absorb a Creative Question is to savor it.

Permanent Change

Permanent change comes from changing your Creative Question

A new Creative Question is a necessary ingredient for permanent change and the manifestation of a new desired success. Even if you manage to force a change for a while, without changing your old Creative Question you will eventually revert back to answering your old Creative Question and once again get your old results, if you don't install an opposing Creative Question.

CONCLUSION

**Permanent change comes from
uprooting opposing Creative Questions.**

Designing a Creative Question

When you know how to design a Creative Question you have an outstanding method to take any situation and turn it into what you want.

The steps to designing a Creative Question

1. Choose something you want.
2. Identify what statement announces your project.
3. Transform this statement to a Creative Question.

EXERCISE

Designing a Creative Question

Choose something that you want to create.

Something I want to create is (Example: Improved health) _____

The statement that announces my project is (Example: I am healthy) _____

Transform your statement into a Creative Question. (Example: Why am I healthy?)

“Why _____?”

Remember how you can make your Creative Questions.

CONCLUSION

1. Choose a project.
2. Identify the statement that announces the project.
3. Make the statement into a question.

Writing Your Creative Question

A quick way to focus on your new Creative Question and accomplish its intended results is writing the Creative Question because writing engages most of your senses. You use your mind by proving the belief, emotionally and tactilely you feel it, visually you see it, verbally you speak it and audibly you hear it.

Writing
Creative Questions
Guidelines

- ★ Present tense
- ★ Use your name
- ★ End with a ?
- ★ Feel it
- ★ First response

Write your Creative Questions with these guidelines

First you identify the Creative Question that will find the evidence that your project is real.

- ◆ Write your Creative Question in present tense like you are already grateful because you already have your accomplishment, “Why am I happy?”
- ◆ Write your Creative Question with your name in it.
- ◆ End each question with a question mark (?).
- ◆ Make sure you feel your new Creative Question.
- ◆ Write down 1 response.
- ◆ Ask again.
- ◆ Write 21 times in a row. This gives you a boost in a certain direction without consuming too much of your time.

Example of how to write Your Creative Questions

Creative Question

Response

- | | |
|--|----------------------|
| 1. Why am I your name successful? | I don't understand |
| 2. Why am I your name successful? | No, I am not. |
| 3. Why am I your name successful? | I don't think so |
| 4. Why am I your name successful? | No |
| 5. Why am I your name successful? | I feel sad |
| 6. Why am I your name successful? | I don't know |
| 7. Why am I your name successful? | I don't think so |
| 8. Why are you your name successful? | No response |
| 9. Why are you your name successful? | The telephone rings |
| 10. Why are you your name successful? | Maybe |
| 11. Why are you your name successful? | I want to |
| 12. Why are you your name successful? | I am scared |
| 13. Why are you your name successful? | I can do it |
| 14. Why are you your name successful? | That is not true |
| 15. Why is your name successful? | My pen broke |
| 16. Why is your name successful?
money. | I am successful with |
| 17. Why is your name successful? | I will make it |
| 18. Why is your name successful? | I am strong |
| 19. Why is your name successful? | I trust |
| 20. Why is your name successful? | Yes |

Why am I your name successful?

EXERCISE
Write Your Creative Question

A project I have is _____

The statement that declares my project is _____

The Creative Question that causes my statement is _____

<i>Creative Question</i>	<i>Response</i>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____

Resist Using Unsupportive Creative Questions

Be aware of what kind of questions you ask

Since every question is answered you should avoid unsupportive Creative Questions that create a reality that you don't want. Like, "Why am I sick?", "Why can't I be healthy?", "Why do I have so many bills?" or "Why can't I get a promotion?"

Make sure that the questions you ask yourself are supportive for what you want to create, like, "Why am I healthy?", "Why can I be healthy?", "Why do I have so many paychecks?" or "Why am I promoted?", otherwise, you now know that unsupportive Creative Questions create their evidence with their results.

Get into the habit of noticing what kind of Creative Questions you ask yourself.

- ◆ Notice when you use supportive Creative Questions.
- ◆ Notice when you use unsupportive Creative Questions.
- ◆ Say out aloud "That is not a good question."
- ◆ Identify your new supportive Creative Question.
- ◆ Announce your new supportive Creative Question.

For example: If you never reach your goals you are probably wondering "Why can't I ever reach my goals?" Say out loud "That is not a good question". Then, replace this unsupportive Creative Question with "Why can I reach my goals?"

Another example: If you feel overwhelmed you will wonder "Why am I overwhelmed?" and get answers like, "Because you work too hard.", "Because you have too many problems." or "Because you are weak." Your answers will go on until you say "That is not a good question." Then replace it with "How am I good at managing my time?" or "Why am I supported?"

Resist using
Unsupportive
Creative Questions

That is NOT a good
Question!

Replace with a
Supportive
Creative Question

EXERCISE

Resist using unsupportive Creative Questions

Something that is an issue in my life is _____

Identify the unsupportive Creative Question that creates this result.

Why _____ ?

Notice that this is an unsupportive Creative Question.

Say out loud "This is not a good question."

Reverse the unsupportive Creative Question to a supportive Creative Question.

Why _____ ?

Reflect on how to catch and reverse unsupportive Creative Questions.

CONCLUSION

Identify unfavorable Creative Questions with
"That is not a good question."
and then replace them with favorable Creative Questions.

Statements Stops Creativity

The 2nd phase of the Thinking Process is the response

After you have asked your Creative Question you will get some response, in the form of an answer that informs you of the reason for your Creative Question to be true, like, the Creative Question “Why am I rich?” brings the response “Because I work hard.” Thinking that “working hard makes me rich.” doesn’t make me rich, but occupies my time with working hard, unlike the Creative Question “Why am I rich?” gets me feeling rich.

Answers are statements and by definition the final product.

A statement is a report about certain fact. They are blind to other possibilities and avoids looking for other points of view and other facts.

Answers stops creativity. They do not invite new input and don’t want to be messed with.

Statements and affirmations are cool dead facts void of creativity, while questions are full of life and creativity.

Answers Stop Creativity

- ★ Answers are Statements
- ★ Statements are reports about certain facts.
- ★ Statements stops further investigation
- ★ Keep asking unless you are happy with the result

CONCLUSION

Be aware that if you dwell on any one answer your creativity stops.

Research results stops creativity

All serious research turns out to be true because the researchers have posed themselves questions that their minds will continue to research until they haven proven these speculations to be true, like “How does coffee create dis-ease?” or “Why can coffee be healthy?”.

The only relevant fact about science is the fact you choose as your final conclusion.

If you want other points of view you can get on the internet and find both agreeing and opposing research to any issue.

Be aware of the facts that what you accept to be true becomes conducive to the life you want to live.

Releasing Limiting Answers

The trap of accepting limiting answers

People tend to believe the first answer that they get to a new Creative Question and stick with it as if it is the only possibility.

If the answer brings you the life that you want you can stay with this answer and not ask the question again.

If you hold on to an answer that promotes a limited reality then this becomes a trapped life. You may be able to live in this reality for a while, leaving you struggling to exist or you may not be able to act out this reality and live in deprivation.

Example: if you ask “Why am I safe?” and you hold on to your first answer “It is because I protect myself”, then you are left with only one option if you want to be safe, which is to actively protect yourself. This also leaves you feeling unsafe if they don’t protect themselves.

Releasing Limiting Answers

★ Answers stops your creativity

★ Answers stops your passion

★ Ask again:

Why Else.....?

Continuing the Creative Question process

If you, on the other hand, go back to the Creative Question after you have received your first answer you will get one more answer to “Why am I safe?”, such as, “Everyone likes me.” and another “I am flexible.” and another “I am supported.”

Go back and ask the question again and again with an additional “Why ELSE?” in it, like “Why ELSE am I successful?”

EXERCISE

Continue asking your creative question

Choose the Creative Question that will create your project.

Why _____ ?

Your response _____

Why ELSE _____ ?

Your response _____

Why ELSE _____ ?

Your response _____

Notice how you find more answers when you stick with the Creative Question.

CONCLUSION

To continue your creativity
you need to repeat your Creative Question, again and again with
Why ELSE

Recovering Aliveness through Creative Questions

There are 2 ways we use Creative Questions

Habitual Creative Questions

Many of the results that you have in your life come from your habitual thinking and can easily be changed by installing new Creative Questions. Habitual Creative Questions are free from emotional resistance. The general Creative Question process is how you transform them.

Recovering Creative Questions

If you have tried to install a new Creative Question but your desired result doesn't appear or you are having an uncomfortable feeling when you ask your Creative Question, then you are having resistance to your new Creative Question.

This is a Creative Questions that got stored away in your subconsciousness. These subconscious Creative Questions have an emotional charge. These cannot be reversed until their emotional opposition is released. The way you recover them is by the Recovering Creative Questions process.

This resistance is a subconscious block that first appears as a feeling that you don't want to have. If you clearly feel the resistance, stay with that feeling until you have "become friends" with it. You need to be able to accept this feeling in order to have the results you want.

If you want to uncover your resistance or feel it more strongly, briefly ask the opposite, unsupportive Creative Question.

Example, if you don't like your job even after asking "Why do I like my job?" you can access this opposing feeling by asking "Why don't I like my job?". Stay with this new feeling until it becomes acceptable. Then go back to your original Creative Question, "Why do I like my job?"

2 ways to use Creative Questions

★ Habitual thinking
This is reversed by new Creative Questions

★ Subconscious thinking
This is freed by first bringing the subconscious question to awareness and then treat it as a Habitual Questions

CONCLUSION
Creative Questions
need to be free of emotional resistance
to be permanently accepted.

The Steps to Recovering Aliveness

- 1) Choose your desired result, like "a passionate relationship".
- 2) Recognize your current result, like "I don't like to feel that my relationship is boring.
- 3) Ask unsupportive
Creative Question
- 4) Notice and allow any
uncomfortable feeling
- 5) Feel that feeling until it
feels acceptable
- 6) Practice original supportive
Creative Question
- 7) Enjoy your new results!

EXERCISE

Demonstrate how to Use the Guidebook

Have a member of the audience come to the front.

- Have them pick a card.
- Have them read about that card in the guidebook.

Notice whether that card is speaking to a habit or recovering aliveness.

EXERCISE

Recovering Creative Questions

Choose a desired result _____

Identify your current disliked result _____

Briefly ask why you have the opposing result to your Creative Question (Why don't I have what I want?) _____

?

Notice how your opposing Creative Question makes you feel _____

Practice your original Creative Question _____

?

Reflect on how to recover disliked feelings.

Your Personal Doubt

Your Personal Doubt is your first incomplete experience in a question form. It is the question that pulls you out of recognizing that you and everything else is perfect. It is the first unsupportive Creative Question.

Relating with your Personal Doubt

Your Personal Doubt starts the process of producing many limiting answers and unsupportive sub-questions.

Then you spend rest of your life trying to prove that your Personal Doubt:

- Is true, by acting it out.
- Is not true by avoiding it.

Acting out your Personal Doubt

If you find yourself acting out your Personal Doubt by being lazy, indifferent, and procrastinating you have succumbed to believing that your Personal Doubt.

Proving that the Personal Doubt is not true

If you find yourself proud of volunteering, helping others and making a difference you are trying to resolve your Personal Doubt by making sure that your Personal Doubt is not true.

Proving that your Personal Doubt is untrue shows up as a “How” question.

Your Personal Doubt of “Why am I not important?” or “Why am I wrong?” motivates you to try to resolve these kind of questions by wondering “How can I be important?” and “How can I be right?”

Trying to get rid of your Personal Doubt through accomplishing “How” questions is the motivation you have had until now to accomplish many of your projects has not relieved your feeling of imperfection. This feeling has just appeared in another area of your life.

Often you can identify you Personal Doubt by noticing:

- When you feel that your life is meaningful.
- What you are really good at.
- Your occupation.

Your Personal Doubt
is questioning your first predicament.

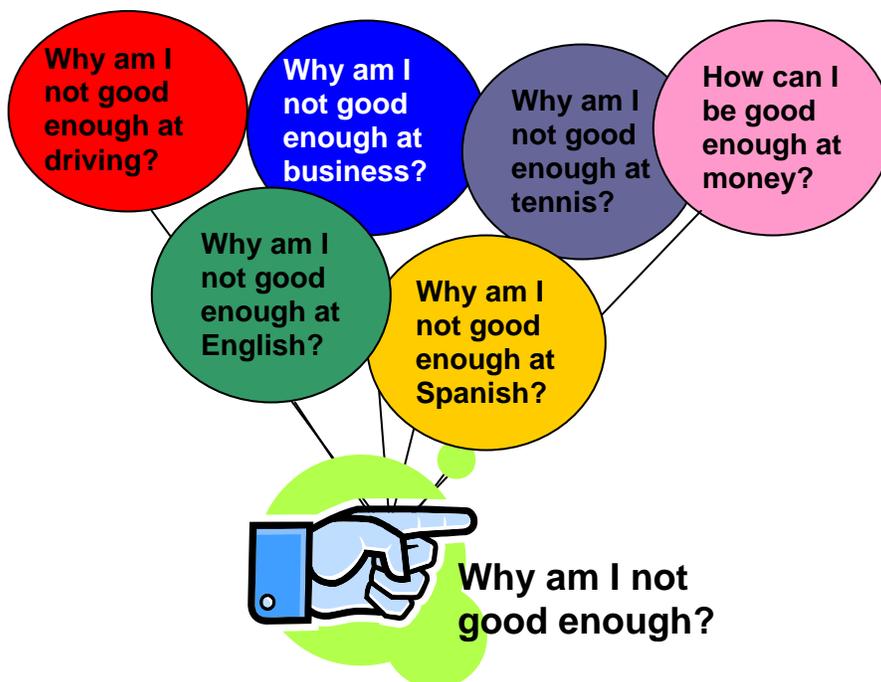
Letting go of your Personal Doubt simplifies your life

Your Personal Doubt shows up in all areas of your life, like inflating balloons. Wherever you turn you see your Personal Doubt show up. If your Personal Doubt is “Why am I not good enough?” then you will see the “Why am I not good enough with money?” or “Why am I not good enough in inspiring more business?” like balloons.

Your response will then normally be to succumb to your apparent truth or picking up your courage and set up to master the topic. Unfortunately, no matter how good you get your feeling doesn't change as you look around and find another area to answer your Personal Doubt, such as “Why am I not good enough at tennis?”

Your Personal Doubt is a “Why?” question wondering why something is not perfect. The answers are personalized proofs, of your manifested world, of why you are the cause. The answers appear in “I am...” statements.

The Personal Doubt is not a shallow circumstantial question, like “Why am I fat?” or “Why do I have a bad job?” It is a deep seated question doubting your essence.



Discovering Your Personal Doubt

EXERCISE

Keep a pen ready as you choose to write down what you hear from your internal uncensored voice regarding the following statements.

1. The most frequent negative thought I have about myself is _____

2. The way I doubt myself is _____

3. What I don't like about myself is _____

4. What I dislike about others is _____

5. What I don't want people to know about me is that I _____

6. What I am most afraid people think about me is that I _____

7. The thing I want to hide about myself is _____

8. What I am most afraid is true about me is that I _____

9. The reason I doubt myself is that I _____

10. The thing people like the least about me is _____

11. The thing that people tell me to change is _____

12. What I am always trying to prove is _____

13. The biggest complaint I have about myself is _____

Circle the statement above that:

- Stands out.
- You have a reaction to.
- You are most embarrassed about.
- Repeats itself.

My Personal Doubt is: "Why _____ ?"

Reflect on the relevance of this question in your current life and at its origin.

Your Personal Quest

The reasons for resolving your Personal Doubt

Living with your Personal Doubt you have to work hard to earn your right to exist. When you transform your Personal Doubt you will stop the struggle of trying to create your life and *easily* allow your life to unfold.

Trying to keep up with all the projects that the Personal Doubt suggests is impossible because there is always one more thing to accomplish. Resolving your Personal Doubt *frees* you from *many issues in one time*.

The goal oriented Personal Doubt promises you success in the future that never comes. Resolving your Personal Doubt leaves you *enjoying* your current life.

How to reverse your Personal Doubt to your Personal Quest

Your Personal Quest is the extreme opposite of your Personal Doubt.

Releasing your Personal Doubt can save you a lot of time and effort. This is like relaxing the hand of your Personal Doubt that is holding all the balloons and release all the balloons in one time. Like transforming the question, "Why am I not good enough?" to "Why am I good enough?" is the only way to stop answering your Personal Doubt and have permanent change.

The way the Personal Doubt has been programmed is reversed by the Personal Quest. Example: If the Personal Doubt is that "Why am I bad?" then the Personal Quest is "Why am I good?"

The good news is that your striving has motivated you to get the skills that you now have. When you let go of your Personal Doubt through realizing your Personal Quest you will use your skills for the good of all.

EXERCISE

Identify your Personal Quest

My Personal Doubt is "Why _____?"

My Personal Quest is "Why _____?"

A way I have been avoiding my Personal Quest is _____

A way I want to live my Personal Quest is _____

Write your Personal Quest on your Creative Question Business Card.

Notice your reactions to your Personal Quest.

**Your Personal Quest
is the Creative Question that
resolves your Personal Doubt and returns you to realize your perfection.**

EXERCISE

Practicing accepting your Personal Quest

Sit across from a friend.

Say your Personal Quest.

Why _____ ?

Your friend responds with an answer _____

Your friend says your Personal Quest back to you.

Why _____ ?

You respond with an answer _____

Switch

Notice how easily you accept your Personal Quest.

Deflating Opposing Responses

Deflating responses to new Creative Questions

If you find a response to your Creative Question that repeatedly negates your new Creative Question, like “Why am I wealthy?” is negated by “You don’t deserve to be wealthy.”, then you need to address that response itself.

This response is a statement that comes from the unsupportive Creative Question “Why don’t I deserve to be wealthy?” This unsupportive creative question needs to be transformed before “Why am I wealthy?” can be accepted, with “Why do I deserve to be wealthy?”

An opposing response is what you see repeated in the response column when you write your Creative Question.

The steps to deflate negative responses

1. Choose a far-fetched dream, like “wanting a new car.”
2. Identify your new Creative Question, like “Why do I have my new car?”
3. Identify a repeating negating response that appears in your response column, like “You don’t need it.”
4. Identify the statement that reflects your negative response, like “I don’t need a new car.”
5. Identify the Creative Question that will deflate your current statement, like, “Why do I need a new car?”
6. Practice deflating your response Creative Question until it is deflated.
7. Go back to your original Creative Question.
8. Enjoy your new results.

EXERCISE

Deflating a negating response

A dream I have is _____

The Creative Question that inspires my dream is _____

_____ ?

A negating response I have is _____

The statement that describes my negative response is _____

Choose the new Creative Questions that will undo your negative response and practice it until it is deflated _____

Return to the Creative Question that inspires your dream is _____

_____ ?

CONCLUSION

When the response to a new Creative Question is repeatedly negative you need to temporarily focus on deflating that particular response itself.

Hypothetical Creative Questions

Releasing resistance to new supportive Creative Questions

Some Creative Questions may seem too unrealistic to accept to be your reality and sometimes you may be so attached to an old unsupportive creative question because it has been proven so strongly, it may feel deceptive to accept a contradictory new supportive Creative Question. Then you will have resistance to answering your new supportive Creative Question. Your first response will be to resist answering the new supportive Creative Question.

For example: If you ask “Why am I wanted?” and your mind responds “You are not wanted.” or if your new supportive Creative Question is “Why am I healthy?” and your thoughts respond with “But that is not true.” You recognize that your thinking is so loyal to answering your old unsupportive creative question that you can’t even conceive of the new supportive Creative Question. This kind of response is avoiding answering your new supportive Creative Question.

Having realized your resistance to contemplating the new supportive Creative Question you can adjust your Creative Question to be about the future or plainly hypothetical by using the words “could” or “would”, like “Why could I be wanted?” or “How would I feel wanted?”

Whether you do a straight forward supportive Creative Question or an adjusted Creative Question your mind will bring in the same evidence to prove your Creative Question. For example, “Why do I have one million dollars?” to “Why would I have one million dollars?” will bring you the same response.

EXERCISE

Hypothetical Creative Questions

Choose a project that will stretch your belief of what you are capable of.

Put this project in a regular Creative Question format.

Why (Your Creative Question) _____ ?

Put it in a future hypothetical Creative Question form using “could”.

Why could (Your Creative Question) _____ ?

Put it in a future hypothetical Creative Question form using “would”.

Why would (Your Creative Question) _____ ?

Reflect on how easy it can be to accept and feel your far-fetched project.

**Creative Questions
bring the same answer
whether you use a straightforward Creative Question or
the adjusted “COULD” and “WOULD” Creative Question**

Transforming Creative Questions

If your new Creative Questions don't manifest what you want, like having more money, or release what you don't want, like being sick, it must be because you are answering old Creative Questions, which has now become unsupportive creative questions.

For example, if you start a new business that you are excited about and later want to change and become retired you will not be able to leave your business. This is because your Creative Question of "Why am I a successful business owner?" is still producing result and opposing your new Creative Question of "Why am I retired?"

Transforming Creative Questions

- 1) Choose new goal
- 2) Identify new Creative Question
- 3) Recognize current result
- 4) Identify old question
- 5) Transform old into new question

How have I changed
from.....to.....?

To change you have to identify your old unsupportive creative question and transform it to your new Creative Question, like "How have I changed from being a business owner to being retired?"

The steps to transform old issues to new results

1. Choose your new project, like "wanting to have a surplus of money."
2. Identify your new Creative Question, like "Why do I have a surplus of money?"
3. Identify the unsupportive creative question that creates your current statement, like, "Why do I have just enough money to pay my bills."
4. Transform the old creative question from step 3 into your new supportive Creative Question from step 2, "How have I changed from having just enough money to pay my bills to having a surplus of money?"
5. Practice your Transforming Creative Question.
6. Enjoy your new results.

EXERCISE

Transforming Creative Questions

A new goal I want is _____

The result that I have is _____

The Creative Question that transforms my current result to my new goal is

_____?

Reflect on how to transform an old Creative Question to a new Creative Question

**When you choose a new goal you are un-choosing an old goal
and need a Transforming Creative Question, like
"How have I changed from..... to"?**

Maximizing Creative Questions

There are different ways you can frame your Creative Questions. These formats address different angles to your Creative Question. They bring forth a particular feeling and a certain type of answers.

It is valuable to try out your Creative Question in all formats for maximum results.

You will probably notice that at some time one format feels more and then at another time the same Creative Questions has more impact in another format. Alternate your Creative Question through these 3 different formats to maximize your results.

Maximizing Creative Questions

★ Why...?

★ How...?

★ What makes...?

- ◆ If you ask “Why.....?” Creative Questions you are looking for mental reasons, such as research, to bring answers that prove that your Creative Question is a fact. Like, “Why am I grateful?” gives you the answers “I am grateful because I am rich.” and “I am grateful because I am healthy.”
- ◆ If you ask “How....?” Creative Questions you are looking for the action that creates or the fact that mirrors your reality. Like, “How am I wealthy?” gives you the answer because of my big heart and “How am I grateful?” gives you the answers “A way I am grateful is by happily paying my bills.” and “A way I am grateful is by sharing my joy.”
- ◆ If you ask “What makes.....?” Creative Questions you are looking for the source of your Creative Question that gives you the quality of the Creative Question. Like, “What makes me grateful?” gives you the answers “Having extra money is what makes me feel grateful.” and “My Life-force makes me grateful.”

EXERCISE

Put your Creative Question in the different Creative Question formats.

Choose a project.

Why (Your Creative Question) _____ ?

Because _____

How (Your Creative Question) _____ ?

By _____

What makes (Your Creative Question) _____ ?

My _____

Notice the result of using different Creative Question formats.

***Creative Questions* alternated between
“Why...”, “How...” and “What makes...”
give you the best result.**

Feeling Your Creative Question

Boosting your Creative Questions

The more you feel your Creative Questions the faster it manifests.

What you engage with is what you are engaged with.

Putting your Creative Questions in a feeling format makes you vibrate the Creative Question and so quickly manifest it.

For example, when you ask “Why am I successful?” you tend to look for a logical answer but when you ask “How do I feel when I am successful?” you search for this inner feeling sensation.

Feeling Your
Creative Question

The more you

FEEL the faster it

Manifests

How do I feel
when I feel?

EXERCISE

Feeling your Creative Question

Surround yourself with several friends.

Choose your project.

Something I want is _____

Your friends help you to identify your Feeling Creative Question.

How do I feel when I feel _____?

Write the feeling Creative Question on the backside of your Creative Question Business Card.

Send the Creative Question Business Card around, so each person in your group can ask you, in turn, your Feeling Creative Question in the “you” format.

“How do you feel when you _____?”

You respond with expressing a feeling.

Then, you repeat the Creative Question in the “I” format.

“How do I feel when I _____?”

You respond again with expressing a feeling.

Continue in the same way with all members of the group.

Notice how feeling the Creative Question makes it real.

When you feel it you live with it and it becomes your reality.

Your Ultimate Quest

Your Ultimate Quest for the “Holy Grail” is to realize that your apparent reality is created by the Creative Questions that you ask yourself.

Being on Your Quest you are to identify the Creative Questions that you are asking yourself. Then consciously choose the Creative Questions that you want to be asking yourself.

- ◆ Keep the Creative Questions that inspires what you want.
- ◆ Change the Creative Questions that don't support what you want.

Example: If you don't feel good you are probably telling yourself “I don't feel good” This answers your Creative Question of “Why don't I feel good?” If you change your Creative Question to “Why do I feel good?” you stop being feeling bad and open up to more creative solutions.

Your Ultimate **Quest**

- ★ Identify the kind of questions you focus on.
- ★ Consciously choose the Creative Questions you want.
- ★ Keep supportive questions
- ★ Change unsupportive questions

Celebrate!

Your Ultimate Quest
is to realize that the way your life appears
stems from the types of Creative Questions that you ask yourself.

Celebrate Yourself

Celebrate that you now have the key to creating all the success that you want.

Being successful you recognize that you have been courageous enough to explore more about yourself.

Inspire people to enjoy supportive Creative Questions

Talk to your friends and the people you meet by posing supportive Creative Questions to them, like an acknowledgement, “Why are you so nice?” and then watch. You will notice that they burst into a reaction, like laughing or blushing. Point out to them how they were just approached with a supportive Creative Question and how strong the immediate effect was. Ask them to ask someone else an acknowledging Creative Question and watch the effect.

Invitation

If you would like personal support using Creative Questions, there are Creative Question coaches available to work with you individually to maximize your results.

Gratitude

Thank the producer again and the audience for coming.

End with a question such as “How can you celebrate your new success?”

Thanks for coming.

Congratulate Yourself for Choosing a Conscious Creative Life!

How Can You Support Your Next Step?

For more about Creative Questions go to the www.CreativeQuestions.com. Here you can enroll in the 52 weekly Creative Question lessons and find out more about other ways to tap into the power of Creative Questions. You may even want to share this website with others.

You can get more personal support on your Conscious Healing Journey

Sometimes it can be tricky to identify specific Creative Questions for yourself and you may want a professional Creative Question Coach to assist you. You can have private sessions in person Go to www.UnlimitedNetwork.com and click on the Session button. You can also get support through Phone Consultations. Go to www.UnlimitedNetwork.com and click on the Sessions button.

You can also get more support with the Creative Questions through the Unlimited Workshops. They use the Creative Questions to boost specific personal topics.

- ◆ Unlimited Breath uses Natural Breathing to fuel your Creative Questions.
- ◆ Unlimited Body uses Safe Touch to open up to your Creative Questions.
- ◆ Goddess Inspiration uses Encounters with Your Inner Woman to enhance your Creative Questions.

The Creative Question Cards

How can the Creative Question Cards help you change?

If you want real change you need to let go of unfavorable old questions. The Creative Question Cards help you focus on new favorable Creative Questions that replace your old unsupportive questions.

These Creative Question Cards are so potent, inspiring and easy to use that you can make them a part of your everyday life.

Using these Creative Question Cards frequently replaces the habit of complaining statements and their repetitive unwanted results with your new habit of focusing on inspiring Creative Questions that create change and the results that you want.

What are the benefits of the Creative Question Cards?

The Question Cards are a prepared set of supportive Creative Questions that put you in a constant positively creative state of mind.



**Why would you want to use
The Creative Question Cards
yourself and
share them with all those around you?**