

THE POWER QUESTION



***No matter where you are
on your journey...***

***This hack will help you access
more of your resources, align you
with your goals and can instantly
pivot the direction in which you
are going!***

Hi there,

I am so happy you found your way here and that I can share this tool with you. It is probably the easiest way that I have found to PIVOT how you feel and to change the direction in which you are going.

THE POWER QUESTION!

But let me explain:

The simple explanation is, (and you will find more in-depth research below) that your brain is a loyal servant and it will always look for the answers to the questions that you are asking. Always! And it will keep searching until it has found its answer. And since we continuously ask a lot of questions unconsciously all day long anyway, it makes sense to turn these around.

If you ask yourself (to make up a few questions that might sound familiar)

- **Why am I always sick?**
- **Why do I always feel left out?**
- **Why do I never have that breakthrough?**

you will get the answers. And these answers might not feel good at all. Why? Because you will get the answers to the question why you are in a place of lack. You will find more and more reasons why things do not work, because that is what you told your brain to look for.

Remember your brain doesn't judge what is good or bad, it is just looking for the answer to the question that you are asking.

So a normal coaching approach that already works wonders, is to ask for solutions, like

- **How can I get healthier and stronger?**
- **How can I feel more accepted?**
- **What do I need to change in order to have that breakthrough?**

That already has a massive effect on your brain, because you have shifted your focus from something negative to something more positive. The sentiment or intention might be the same, but the results are dramatically different.

The best way I can put this is, that questions hijack the brain. Your brain can only really focus on one thing at the time and asking a question, especially the right question, will put your brain onto that track.

One of the parts of the brain that helps with this is called the **Reticular Activating System**, which finds answers to those questions.

But why does it do that?

According to the British “Times of London” and “Telegraph”, a study that was conducted by researchers at the University of California-San Diego, under Roger Bon, believes that people are every day inundated with the equivalent amount of **34 Gb (gigabytes)** of information that come through our senses. If we would upload this to a laptop every day, it would be overloaded within a week.

The RAS is the part of the brain that filters out what we process in the end. I mentioned this many times before, that according to our filters, we only see what fits our already existing belief system. It sounds like this is the part that does exactly that and we can make use of it.

So to prevent us from being overloaded, we have the reticular activating system (RAS), and this acts as the GATEKEEPER. It takes in the 34 gigabytes of information that come from our 5 senses and then filters out the unnecessary from the important. The RAS decides which information to pay attention to and what can be ignored.

A staggering 99% of all sensory input is ignored by the conscious mind.

But questions trigger a mental reflex known as “instinctive elaboration”. When a question is posed, it takes over the brain’s thought process. And when your brain is thinking about the answer to a question, it cannot contemplate anything else. The RAS brings to light what we're looking for!

Either immediately, or it will keep looking until it found the answer.

What color was the house that you grew up in?

Your brain is most likely now finding the answer to that question and even though you might be reading on now, it will have either delivered the answer or it will keep looking in the background until the next time when you have access to that information: Ah of course, it was a grey-ish blue.

Do you know that weird thing, that when you buy yourself something like, let's say a unique red jacket, that suddenly you see red jackets, maybe even the exact one everywhere? This is not because everybody suddenly copied you - those jackets have already existed, but your focus is there.

Or the moment you are pregnant that you see pregnant women everywhere. Have they all become pregnant suddenly, because you are? Of course not - the RAS brings to light what we're looking for - it shows you what is already there, but that you might not have seen before.

So asking powerful questions has always been on the forefront of every personal development course, for that reason. Questions bring to the front what you are looking for. However I want to take it one notch deeper and introduce the POWER QUESTION to you,

What is a power question?

Much like an affirmation you find a positive statement that you formulate in the present tense, as if it was already true AND THEN you turn it into a question. So you are creating a statement about something that you want to experience, but do not have in your reality yet - but in a way as if it was true already.

An affirmation can often feel just too far out from our current reality, when we don't feel healthy, successful or loved. And it can create a sense of lack rather than expansion. And this is where the power question is different. It makes it easier to expand and connect to the goal by triggering the "instinctive elaboration".

The moment you ask ***why this one thing is already happening in your life***, your brain will try to find the answers and the ways of making that happen.

If I come back to my original (lack) questions from above and reframe them, they could look as follows:

- **Why is my body so strong and healthy now?**
- **Why is it so easy for me to feel accepted?**
- **Why am I so loved?**
- **Why is it suddenly so easy for me to have my breakthrough and enjoy my success?**

Notice how you are feeling just reading these questions! In my workshops this is a moment where you can literally see how people's energies are opening up and they get a look of „what is possible“ on their face.

Try it and you will most likely feel your whole system opening up. And you are now using your reticular activating system to find a specific answer to that POWER QUESTION that you are posing and if it doesn't come up with answers straight away, it will make you more aware if an event arises that can help you.

With all the examples above, the answers have always been there. You just didn't notice them until now. It is like you change the dial of your radio to a new frequency until you hear the new station clearly.

You need to ask yourself powerful and positive questions to get powerful and positive answers and employing the PQ is a true short cut, if I have ever seen one.

There are 2 ways you can use the PQs.

The simple way and then you can take it deeper.

The easy way is simply focus on your goal, your desired state or what you want to change. Once you have found that outcome, change it into a present tense statement. Like: I am healthy - I am loved - I am good with being successful. (Notice how this might feel like a lie, or not.)

Then change that statement into a question, as if is already your reality and why it is suddenly so.

- **Why am I suddenly so healthy?**
- **Why am I so loved and accepted?**
- **Why is it suddenly so easy for me to break through and be successful?**

You don't have to use the word "suddenly", I just like it as it gives it some momentum...

Now write this Power Question down and use it like an affirmation and repeat it, or put it somewhere where you can see and remember it. I personally like to put it on the floor to make it hard for me to not see it.

And every time you ask yourself that question your brain will now look for ways to make that true.

Going deeper:

If you want to speed up the process even more, take some time and a piece of paper, then write the power question on top of that list and then keep writing down all the answer that are coming to you. This might take a moment, but they will come.

Both versions work well and I want to invite you to play with both.

One last tip: If this work is new for you, you can also set a timer every 2 hours to check in with yourself to repeat and ask your question.

I hope you enjoyed this PDF and put it to use.

Please try it out immediately and let me know how this PDF has helped you and what is happening when you start using your Power Questions. You can send me an email or comment or message on my Instagram, Facebook, etc. I do read it all personally.

I wish you all the success that you desire and that you will also get to enjoy it wholeheartedly on all levels.

Much Love

