A pile of various keys, including skeleton keys and modern keys, scattered in the background. The keys are rendered in a light, semi-transparent grey color.

The Keys To Infinite Possibilities
&
Shutting Up Your Inner Nag



Understanding Empowerment Questions

Why questions, and how are questions different from affirmations?

In this book we use carefully worded questions in exchange for normal affirmations.

While affirmations are certainly the most well known form of programming, most people struggle with embodying affirmations quickly and fully due to their own self defense system: our inner lie detectors. Our inner lie detectors are designed to help protect us from being deceived, but can stop an affirmation from taking proper effect.

When we use the right questions for reprogramming our minds and lives, we are opening countless doors of opportunity. Rather than the single line programming of an affirmation with one desired result, the right questions open the doors of possibility for the universe to answer in a variety of ways.

Where an affirmation opens one door, an empowerment question opens a million.

This workbook functions as a reprogramming journal. Keep your pens handy, and if you're like me some highlighters, and colored pencils or crayons, too. This book is not meant to be passed along after you're done, but to be kept and written in by you, reread by you, and used by you for years to come. Anytime we find ourselves struggling with an area we should return to the section which addresses it best and focus on the questions again to reactivate them.

As for the inability to pass on a favorite book, you'll just have to buy your deserving friends and family a new one!

Key Tip ~ Get a sharpie and masking tape of washi tape you can write on. I use masking tape from the dollar isles for this, it comes up easily whenever you need it to but will last for as long as you need it to. You can also use painters tape which comes in blue or green. It's incredible what just one question can do to change things for people when seen and activated frequently. Place a piece of tape on your desk, your nightstand, the fridge, your laptop, the mirror, your closet door, the car dash. Choose one place for one question, it doesn't have to go all over the place. If you want a great car for example put the question in your car, "Why do I deserve an incredible car to transport us safely always wherever we need to go?" Or write it on your bus pass if you have to.

Is writing difficult for you? Writing can be very uncomfortable for some, and impossible for others, but that's a rare case. Never the less, this workbook can still help you learn to reprogram your mindset. There are techniques provided you can use to help implement this system, but write when at all possible.

Throughout this book we move through the process of breaking down the barriers that have held us back from reprogramming our negative inner selves into positive inner selves, or nag to diamond let's call it!

You've undergone enough pressure for one lifetime. It's time to shine bright now.

This process and specific questions have been uniquely crafted to combat and eliminate the negative responses of your inner voice. For the purposes of proper healing, please do your best to copy word for word where empowerment questions are provided.

The purpose of affirmations is to help create the feeling before the experience. This purpose is too often unfulfilled despite even years of practice. Why? Because many of us have been negatively programmed since conception into lack and fear-based core beliefs. No matter how much your parents loved you or didn't, we can break down and identify their negative belief systems and programs. This is a generational pattern found in most if not all family trees.

That includes my own family tree. While I'm fortunate to have a wonderful relationship with my mother, I know she too has struggled her whole life with negative programming and had to overcome incredible challenges this left her with by sheer will alone. ...And she wonders where I get it from?

So how do we get the value of an affirmation and shut down the inner rebellious monologue that accompanies it? Or to say less gently... How do we SHUT UP our inner nag before we self-destruct? By changing the delivery of the affirmation into a form it has no desire to dispute. We turn the affirmation into a question, more specifically, an Empowerment Question.

With properly structured Empowerment Questions our inner negative voice does not create a negative response. In fact, it is important to this practice that you detach from the need for an answer. These questions are not something you are asking yourself that you must come up with an answer for.

At first, it can be difficult to consider asking questions without expecting or requiring an answer. It's normal for most of us to expect someone if not ourselves to answer a question being asked, even a rhetorical question though these I can assure you are not rhetorical. We've been programmed this way since our first day at school.

When a question is asked, you're expected to provide an answer, but the answer is not the valuable part of the message being received in this program. The value being gained from this process is the question itself and how through this program you develop a practice of surrender.

You must let go of the need for an answer. That's not to say you will never receive one, you very likely will. Some answers will come fast, others will take days, weeks, or any unknown length of time.

Learning to let go of this desperation to control any given situation will liberate you. You're teaching yourself to surrender your need for control, which is that need for an answer. As you move through this program you are surrendering your trust to faith.

This perhaps is the most valuable lesson in this workbook.

As you move through this workbook, you should expect to see synchronicities popping up in your everyday life more frequently, even intensely for some though subtle for others. This can appear in number patterns, letter and word patterns, or repeated numbers, letters, or any combination thereof. These messages can be delivered in very literal obvious forms or discrete subtle encouragement. Everyone's path is different. Here, you will learn to be more observant of these messages as well as how to decipher them.

Learning to surrender the need for an answer will simultaneously open the door for Source to give its own answers and solutions. One of my first questions when beginning this process was "Why does Source want me to be healed?" My answer was simple, to teach healing.

We start with specific WHY phrased Empowerment Questions. Most importantly, WHY SOURCE questions.

Why WHY?

The action of handwriting is very powerful. There are many studies and belief systems that speak on this, so I won't go off course. If this interests you, I highly recommend some study on this subject. This is a workbook and is designed for you to use and fill it with all the ink you can.

Each section will have lined pages for you to continue the process and add your own Empowerment Questions. You don't have to complete the whole page in a day, but you're certainly welcome to. Try to keep your handwriting eligible so you can come back and read these as you're growing through this process. After we've written something by hand, it retains that power and you grow that power each time you read those words again. For the first several pages I strongly recommend you include Source, "Why does Source need - Why does Source desire". You are welcome to write God, or Universe, whatever word you feel most aligned to.

WHY is the catalyst step to restructuring your mindset. It's ultimately the first key that will unlock your defenses, and break down your self-destructive behavior, tearing down the box in which you've been living within. To explain this better, I must explain why it's most critical of all we start with WHY SOURCE questions:

When we use a WHY SOURCE question, we are giving it to Source. It's no longer just something we desire, but something Source desires. What do you think typically happens when Source, the ultimate creator of creator energy desires anything?

You are surrendering to Source and complying to the absolute understanding that Source wants this. The act of putting this question out into the universe is an act of creation.

We create this way on a daily basis. Unfortunately, we tend to use negative WHY base questions, "Why do I suck at this? - Why can't I get anything right? - Why am I such a loser? - Why does the world hate me? Why am I so unlucky? - Why does nothing work for me?"

Calling yourself out in negative ways, especially when we form it as a question, we are setting ourselves up for the same failures again and again. It's like your normal negative self-talk but like turning the volume up so our every cell gets the message. The worst part is these LOUD messages are all lies! So now that we know, we can fix it. We can take control, and reprogram our mindset and through that every aspect of our lives.

Most importantly, be patient with yourself. Healing is a process.

Section one is dedicated to breaking down your subconscious negative inner monologue. The nag. Asking Why Source wants or needs something of you changes a goal entirely. Suddenly, rather than you just wishing to be wealthy, Source is depending on you to become wealthy. You might not know why, and that's okay for right now. What you do know, though, is Source has an expectation of you now and it is your honor and duty to live up to it.

This is why we start with Why Source questions. When you restructure an affirmation into the all-knowing belief that this is what Source wants then it becomes all-important. The magnitude of the affirmation, the goal, the achievement blossoms like the infinite lotus. It's not just affirmed, Source is counting on your success as Source prepares you and sets you up for the win.

It's very quick and easy how we adapt this new information. We make sure of that because we ask ourselves, "Why does Source want this to be so easy to understand and so easy to put to work right away?" Read this sentence with the Key Tip ~ Instant Heart Alignment Method.

Key Tip ~ Heart Mind Alignment Touch: When reading Empowerment Questions that you find here, like the one above, take the tips of your fingertips of either hand and place them against your heart while giving focus to the question. You may want to say it aloud, or read it a few times while your fingertips are touching over your heart. This action is akin to having a personal hotline directly to Source. It creates instant heart-mind coherence, linking meridians together in an energetic loop, opening the door for your answers to come easily, fluidly, and accurately.

This method can be used in place of handwriting if you are unable to handwrite the sentences, and for physically coding them into your body.

After you complete section one, you may use this program in whatever order most comfortable for you, switching between sections as needed. Section One is important to allow your mindset to change and to open up to the possibilities this process will illuminate for you. Please complete Section One then I encourage you to move through sections freely. You will find recommendations and additional information in each section pertaining to what the section is about.

For example, astrologically speaking, it's more advantageous for you to work on finance and career at the New Moon. That doesn't mean you have to wait. Sometimes it's best to work on finance and career during the Full Moon when it comes to breaking down old belief systems, old financial habits and programs that are no longer serving your greatest good.



*Breaking
Down
the
Barriers*

When you surrender your affirmed desire to Source, suddenly the results are in Source's hands. It's no longer up to if you are worthy or not, it's bigger than that now. Now, Source has turned your affirmed desire into a purpose. Source needs you to fulfill your purpose. It's easy and natural for you to fulfill your purpose from Source. Even more, Source isn't just a needy dependent, waiting for you to figure it all out on your own. As you write this program into place in your universe, Source aligns to what it now knows it needs. The right people will come into your network. Kismet connections will happen more frequently. Where you once faced a world of challenges and backlash, moving forward through growth, Source will build you a bridge as you embrace the path ahead.

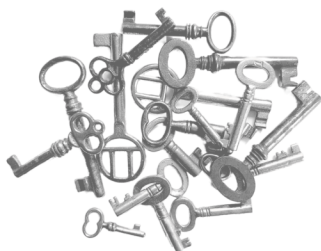
It probably doesn't feel natural to you yet, so let's dive into our first Empowerment Question!

Key Tip ~ Remember to use the Heart-Mind Alignment Touch when first reading each Empowerment Question before your writing practice.

Key Tip ~ Don't forget your question mark ? at the end of each Empowerment Question!

Key Tip ~ Breathwork enables us to activate our chakras, it activates our bodies for energy work, it releases whatever is holding us back. A powerful practice of breathwork to connect directly to Source energy flows with a lot of sound. As you breathe in you will make the sound YAW as you release this breathe you will make the sound WAH. Breathing in YAW breathing out WAH. Do this until it feels easy and you're ready to begin. Your belly will swell and drop quickly with this breath.

The instructions are simple. While reading your initial question, use the Heart-Mind Alignment Touch. The lines below each question are provided for you to write the question verbatim.



"WHY DOES SOURCE LOVE ME SO MUCH?"

.....

.....

.....

.....

.....

.....

A large, ornate skeleton key is positioned vertically on the left side of the writing lines. Another large, ornate skeleton key is positioned horizontally on the right side of the writing lines.

"WHY DOES SOURCE WANT ME TO SURRENDER TO FAITH AND TRUST?"

.....

.....

.....

.....

.....

.....

A large, ornate skeleton key is positioned vertically on the left side of the writing lines. Another large, ornate skeleton key is positioned horizontally on the right side of the writing lines.

"WHY DOES SOURCE WANT THIS HEALING TO BE EASY AND FEEL GOOD?"



"WHY DOES SOURCE WANT THIS HEALING TO BE EASY AND FEEL GOOD?"

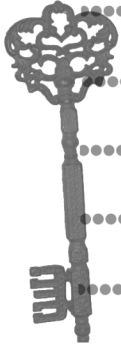


"WHY DOES SOURCE WANT ME TO HEAL?"



"WHY DOES SOURCE WANT TO EMPOWER ME HEAL?"

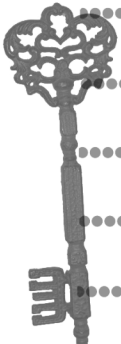
.....
.....



"WHY DOES SOURCE WANT ME TO IMPROVE MY MINDSET NOW?"



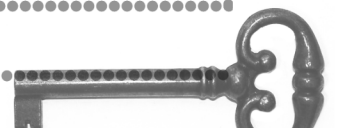
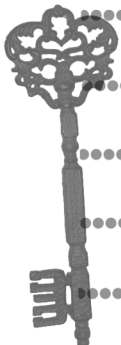
.....
.....



"WHY DOES SOURCE WANT TO HELP REPROGRAM MY MIND AND LIFE?"



.....
.....



"WHY DOES SOURCE BELIEVE I AM WORTHY OF PEACE AND JOY?"

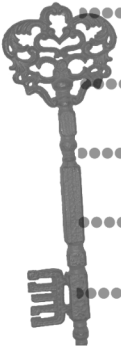
.....
.....



"WHY DOES SOURCE WANT ME TO FEEL WORTHY AND WHOLE?"



.....
.....



"WHY DOES SOURCE WANT ME TO KNOW MY INCREDIBLE VALUE?"



.....
.....



"WHY DOES SOURCE WANT TO HEAL MY MIND?"

.....
.....



"WHY DOES SOURCE WANT MY LIFE TO BE FULL OF REWARDS AND JOYS?"



.....
.....



"WHY DOES SOURCE WANT ME TO BECOME A SUCCESS?"

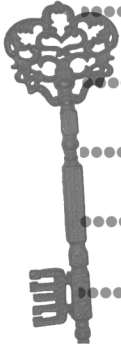


.....
.....



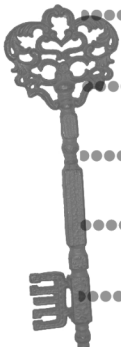
"HOW DOES SOURCE KNOW WHAT'S BEST FOR ME?"

.....
.....



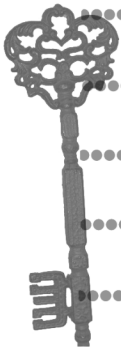
"WHY DOES SOURCE SEND ME OPPORTUNITIES?"

.....
.....



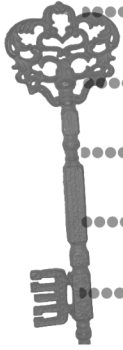
"HOW DOES SOURCE KNOW WHAT WILL MAKE ME HAPPIEST?"

.....
.....



"HOW DOES SOURCE KNOW WHAT SERVES MY GREATEST GOOD?"

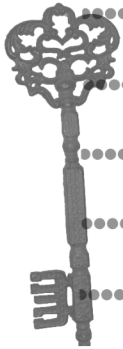
.....
.....



"WHY DOES SOURCE PUT ME IN THE RIGHT PLACE AT THE RIGHT TIME?"



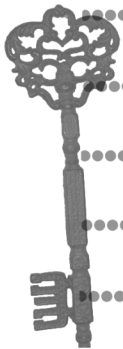
.....
.....



"WHY DID SOURCE CHOOSE TO EMPOWER AND HEAL ME?"

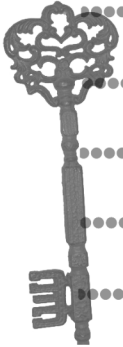


.....
.....



"WHY DOES SOURCE WANT ME TO FEEL SO GOOD EVERY DAY?"

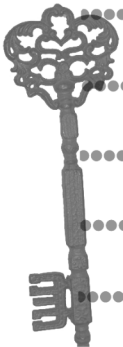
.....
.....



"WHY DOES SOURCE WANT ME TO DISCOVER DAILY BLISS AND CALM?"



.....
.....



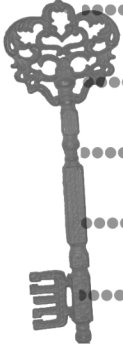
"WHY DOES SOURCE WANT ME TO FEEL STRONG, INDEPENDENT, AND EMPOWERED?"



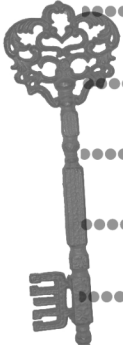
.....
.....



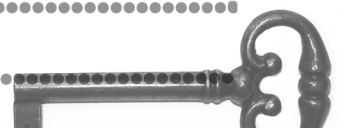
"WHY DOES SOURCE WANT TO EMPOWER ME SO COMPLETELY?"



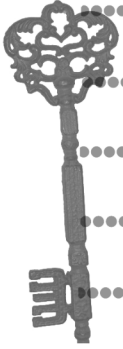
"WHY DID SOURCE CREATE ME IN SOURCE'S IMAGE?"



"WHY DOES SOURCE WANT ME TO BE SO POWERFUL?"



"WHY DOES SOURCE WANT ME TO FEEL UNCONDITIONAL SELF-LOVE?"



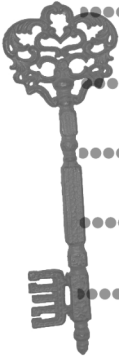
"WHY DOES SOURCE LOVE ME UNCONDITIONALLY?"



"WHY DOES SOURCE WANT ME TO BE HAPPY?"

"WHY DOES SOURCE WANT ME TO FEEL GOOD?"

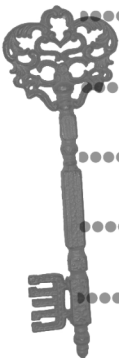
.....
.....



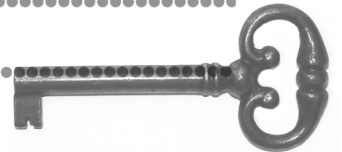
"WHY DOES SOURCE EMPOWER ME WITH LESSONS?"



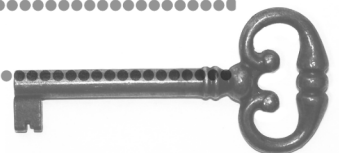
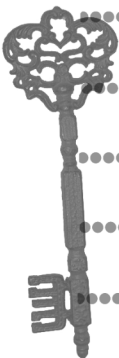
.....
.....



"WHY DOES SOURCE HAVE TOTAL FAITH IN ME?"

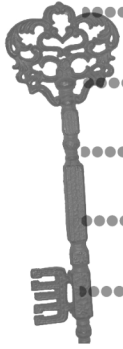


.....
.....



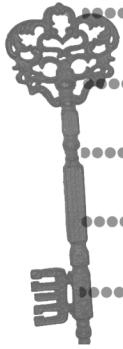
"WHY DOES SOURCE WANT ME TO HAVE TOTAL FAITH IN ME?"

.....
.....



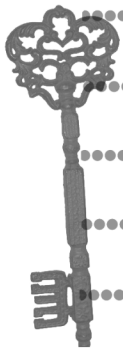
"WHY DOES SOURCE MAKE ME UNIQUE?"

.....
.....

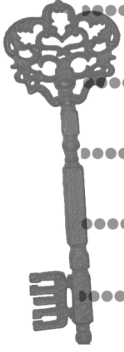


"WHY DOES SOURCE LOVE TO LOVE ME?"

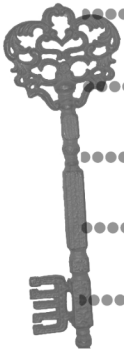
.....
.....



"WHY IS SOURCE SO PROUD OF ME?"



"WHY DOES SOURCE WANT ME TO TAKE CHARGE?"



"WHY DOES SOURCE WANT ME TO BREAK FREE OF BAD PATTERNS?"

