



Sibella Circle Member & Visionary Leader

### CREATING YOUR LIFE

#### Ask a Question

By Corinna Stoeffl

**There are all kinds of different questions.** 'Why did I do that?' This is one where you have already come to a judgment of yourself and attached a question mark to it. 'Why does this not work?' This one has a conclusion of how something is supposed to work with an attached question mark. Neither type is helpful.

A question can be an incredibly powerful tool, even work magic, when it is an open ended question. Let me give you a few examples of this type of question:

- What else is possible?
- What choices do I have here?
- What can I do with this?
- Can I change this?

None of these questions has a yes / no answer. Actually none of them has a definitive answer provided one does not go into conclusion. Each one of them is an invitation to perceive the energy, to become aware of more.

5 years ago, I was introduced to these kinds of questions and did a 'yea, yea, I get it'. It is just within the past year that I have really begun to ask questions like these and the level of awareness has gone up incredibly. This is especially true if I am willing to make a choice based on the awareness I got and then experience what this choice is creating.

The theme for my articles is Creating Your Life. Do you know what you would like your life to be like? Have you been with that question? I have and every time I come back to that question, I get clearer on what it is I would like my life to be like. Each one of the articles I have written up to now play a major role for me in gaining that clarity. For instance, as I become more of me, I also get clearer on how this might show up in my life. As I let go of judgment more, I have more freedom to choose. As my awareness of energy increases, I have an easier time to be clear on what each choice might create.

Constantly asking questions allows me to fine tune the process of creating my life. It also allows me to become aware of where I am still limiting myself due to beliefs, points of view, conclusions and judgments. 'What is right about this I am not getting?' -- is for me the invitation to get out of judgment. 'What would I like to create today?' is the one that gets my creativity going. 'How much can I play today?' gets me out of the seriousness that I can go into so easily; despite the knowing that fun and play are incredibly creative.

I know that many of us have an aversion to questions. In school we learned that asking a question shows that we do not know. Or being inquisitive was not welcome. What if asking a question can show you where you would like to go, what choice you could make?

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## Being in Awareness

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