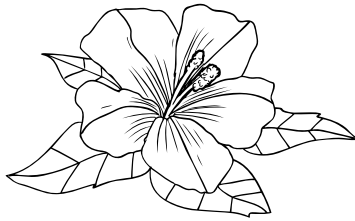


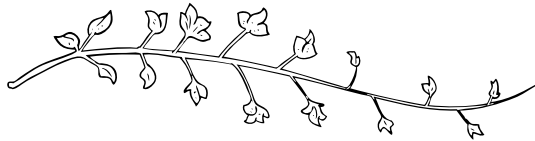
THESE ASKS BELONG TO

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What are you asking for?

What are you not asking for?



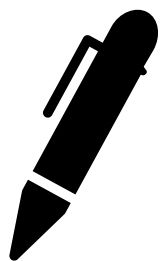
## WHAT ARE ENERGETIC ASKS?

*Energetic Asks are the creative & the generative energies of the things, people, desires and creations you would like to infuse your life & living with!*

*Buddy up with this journal to go on an energetic exploration with a child like curiosity.*

*Explore, tap into, play, invite & ask those expansive energies in your life and living!*

Let's  
Do  
this!



## **SOME SUGGESTIONS..**

*Set an Asks hour.  
Sit down. Relax. Barriers down!  
Be present and ask-*

*"What do I truly desire?"  
"What would I like to create my reality as?"  
What is beyond my reality that I haven't yet asked for?*

*Get the energies of everything you would like to  
have in your life.*

*Write down your 10 asks a day.  
Do not judge your asks.  
Your asks are your request to the universe.  
Let the universe do its job to actualize them for you.  
You make a demand of yourself & be ready to Receive!  
Enjoy acknowledging the asks you keep actualising.*

*Additionally, Chant the given clearing 30 times a day for 30 days  
by ticking the attached tracker, ask generative questions, pod and poc the  
limitations, play with energy pulls, create an Energy board and above all..*

*Have Fun!*

## **GENERATIVE QUESTIONS - 1**

*Ask these questions and see what awareness you get!*

*Am I really willing to Ask?*

*Really?*

*Is it just like a good idea that I "should" play with?*

*Am I really willing to give words to my asks or  
just do wishful thinking in my head?*

*What are my points of view about what Ask is,  
what should it look like,  
sound like,  
feel like?*

*What do I desire that I don't even know I desire?*

*If I never had to be right, correct, perfect & reasonable with  
my asks, what could I ask for?*

*What energy would I like to have in & as my life  
that I am not even aware of?*









WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*



# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*

## **GENERATIVE QUESTIONS - 2**

*What could I ask and actualize if I stop judging myself?*

*What have I decided is enough?*

*Am I asking small?*

*Universe, show me the energy of "BIG" ask?*

*What energy can I BE that would allow me to ask and receive beyond my own reality with total ease?*

*What am I asking energetically everyday that I am not aware of?*

*How can I BE the Energetic ask that will create everything that is beyond what I'm even willing to know what I desire?*



WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*



# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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*Notes*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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*Notes*

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### **GENERATIVE QUESTIONS - 3**

*What else can I ask for that I haven't asked yet?*

*I wonder....?*

*How many barriers to asking do I have up? Barriers down!*

*Is there something greater that actually matches what I am asking for?*

*What energies would contribute to me right now?*

*I wonder what will show up if I choose to ask this?*

*What energy, space and contribution can I be to be infinitely grateful for my asks and awarenesses?*





# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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**WHAT ENERGIES AM I ASKING FOR TODAY?**

*What would it take to actualize....*

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*Awareness*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*

## GENERATIVE QUESTIONS- 4

*What would it take for me to ask irrationally?*

*I wonder, what gives me generative energy?*

*What part of my life am I not allowing the universe to contribute to me?*

*What actions can I take today to create this?*

*What energy can I be to have \_\_\_\_\_?*

*What will it be like to have \_\_\_\_\_?*

*What would it take for me to demand & BE more of me today than I did  
yesterday?*



WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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*Notes*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*

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## GENERATIVE QUESTIONS - 5

*Truth, What do I truly desire?*

*What must I BE that would allow me to ask, create,  
have, generate \_\_\_\_\_ with total ease?*

*What must I HAVE that would allow me to ask, create,  
have, generate \_\_\_\_\_ with total ease?*

*What must I PERCEIVE that would allow me to ask,  
create, have, generate \_\_\_\_\_ with total ease?*

*What must I RECEIVE that would allow me to ask,  
create, have, generate \_\_\_\_\_ with total ease?*



## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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*Notes*

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WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*

## **GENERATIVE QUESTIONS - 6**

*Again, Truth, What am I asking for?*

*Am I asking for more conclusions? Judgement? limitation? illusions? lies and confusion? or possibilities? my true capacities? Willingness to receiving me, to have all of ME?*

*Am I present with my Asks? What energy, space and consciousness can I and my body be to be the most present being on the planet for all eternity?*

*What level of ease, joy and glory can I invite in my life in asking, receiving, being, doing and having?*

*What do I truly, truly & truly desire?*

*What Energy, space & consciousness can I and my body be to exponentialize clarity and ease with perceiving, knowing, being and receiving what I truly desire?*

*How can I BE the energetic ask that creates beyond what I am willing to know & desire?*





## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*



## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*



WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*

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## **GENERATIVE QUESTIONS - 7**

*Would I be willing to create and out-create my capacities with Being, Knowing, Perceiving and receiving? Truth, Is now really the time?*

*What would it be like to bring the energy of the earth receiving into my body and my being? Hi Body, Hi Receiving, Hi Being, Hi Earth!*

*What does receiving mean to me?*

*What does receiving look like to me?*

*The asks that lights me up, am I willing to make a demand of you, choose it and receiving it with "No matter what it looks like, no matter what it takes or requires of me I'm having this for me?"*

*What adventure into the energy of receiving would I create?*

*What if I were willing to be aware of expansive energies every day?*

*what if I started with asking more questions, receiving more and looking at what I can change, choose, create with total ease?*



## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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*Notes*

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# WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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## WHAT ENERGIES AM I ASKING FOR TODAY?

*What would it take to actualize....*

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*Awareness*

*Notes*



# Energy Board

Work  
Outside

live  
your  
dream.

## **\* MY ENERGY BOARD \***

*What lights me up?*

*What energies are light and bright for me?*

*What beyond this reality energies can I ask for?*

*What pictures can contribute to tap into the energies I would like in my life and living?*



## **COLLECT PICTURES**

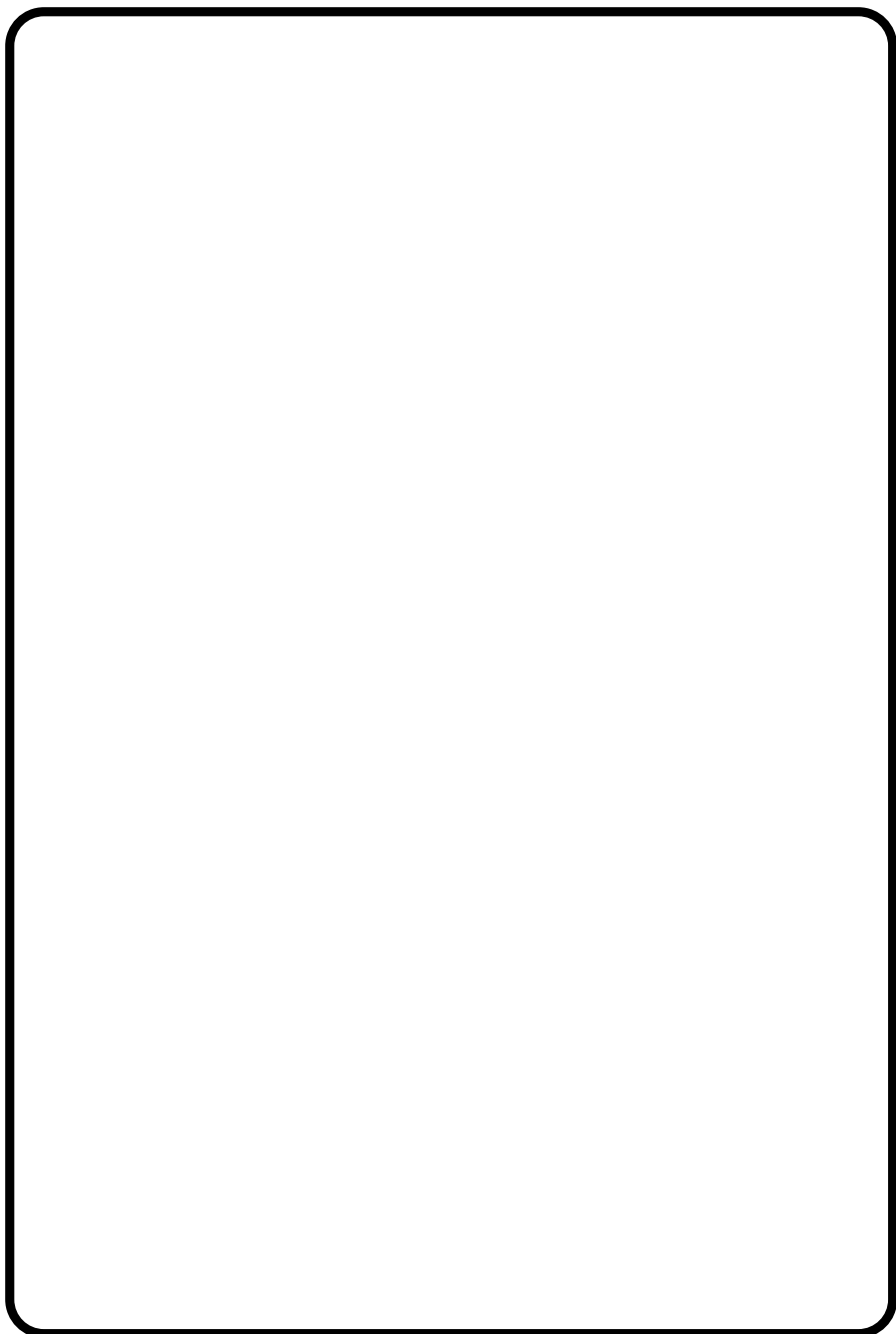
*Collect lots of pictures & words which can bring you the energies of all the things you would like to actualize & be surrounded by. Paste them on the following pages to create your energy boards.*

*Following are the topic suggestions*

- *Being ME*
- *Life and Lifestyle*
- *Locations and possessions*
- *Body and wellness*
- *Businesses and Finances*
- *Relationships & community*
- *Creativity and Learning*
- *Fun and Entertainment*
- *What else is possible?*

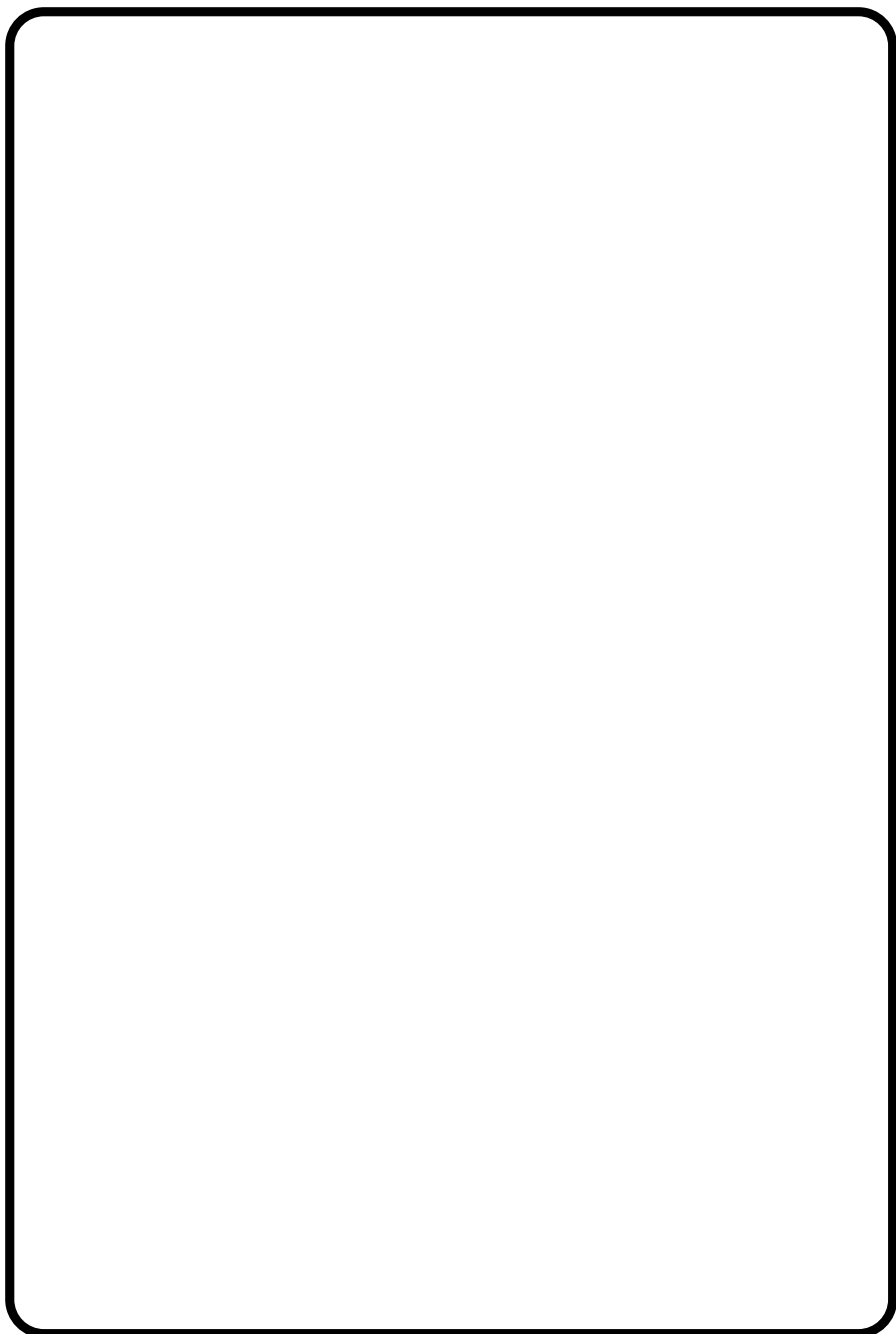


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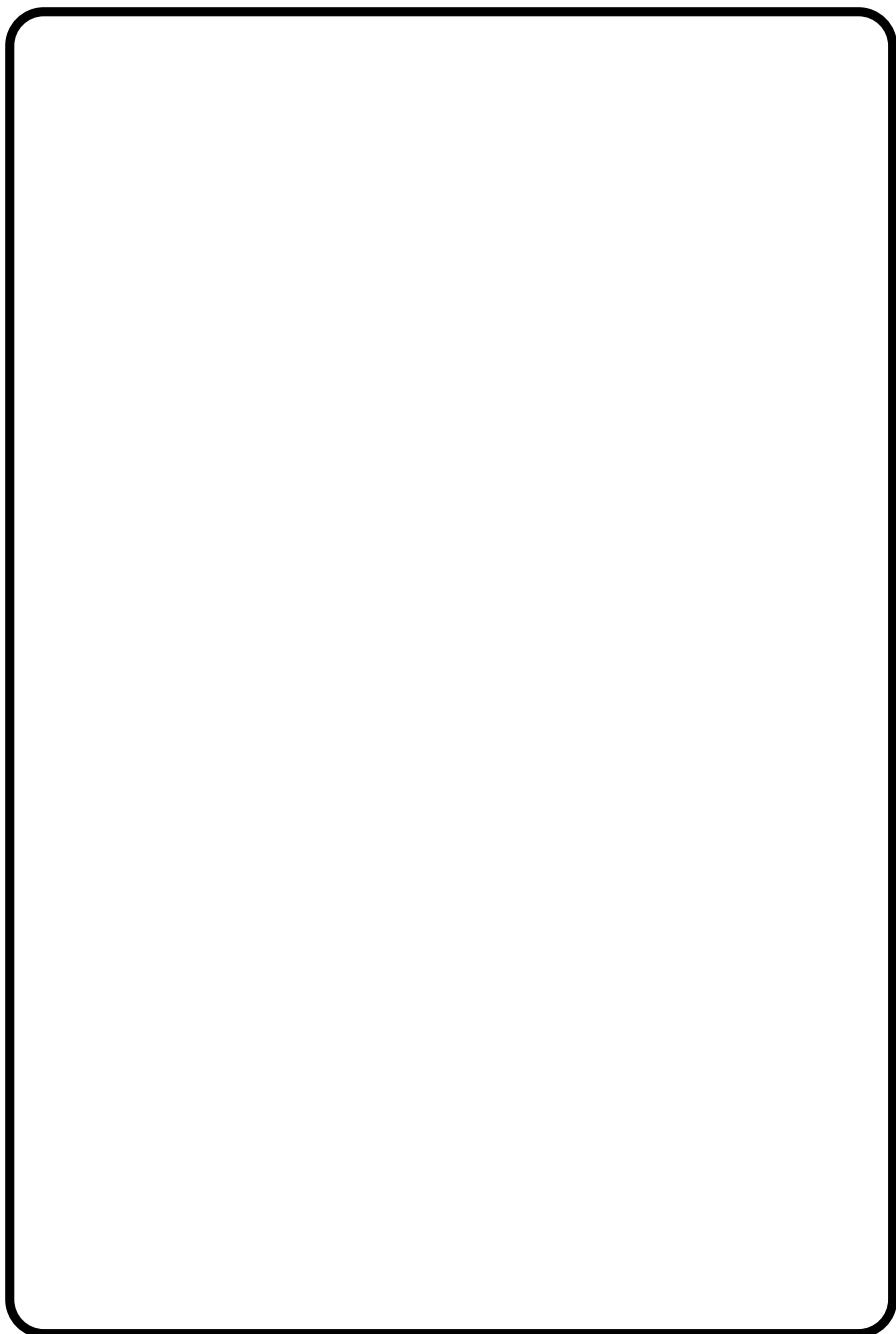


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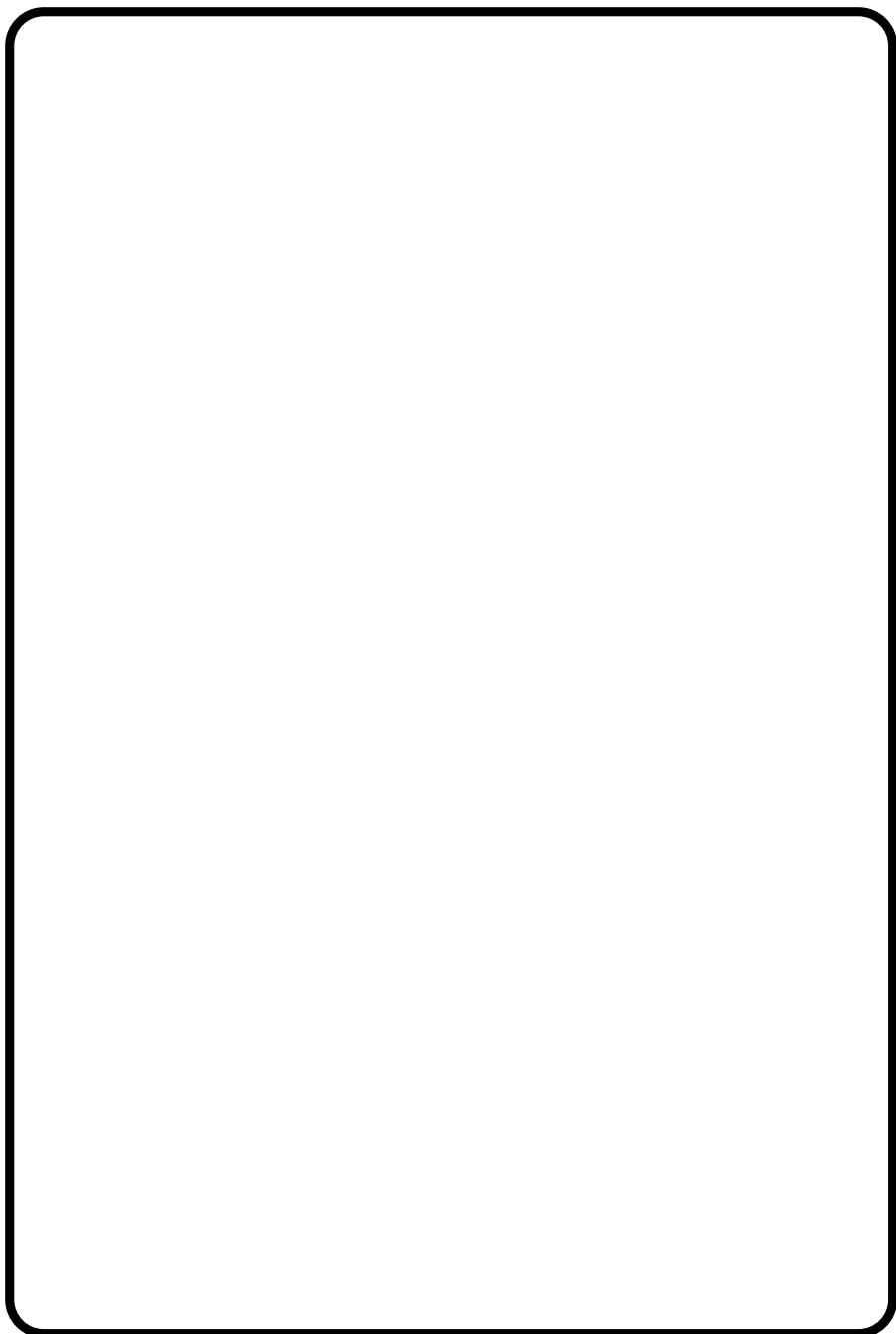
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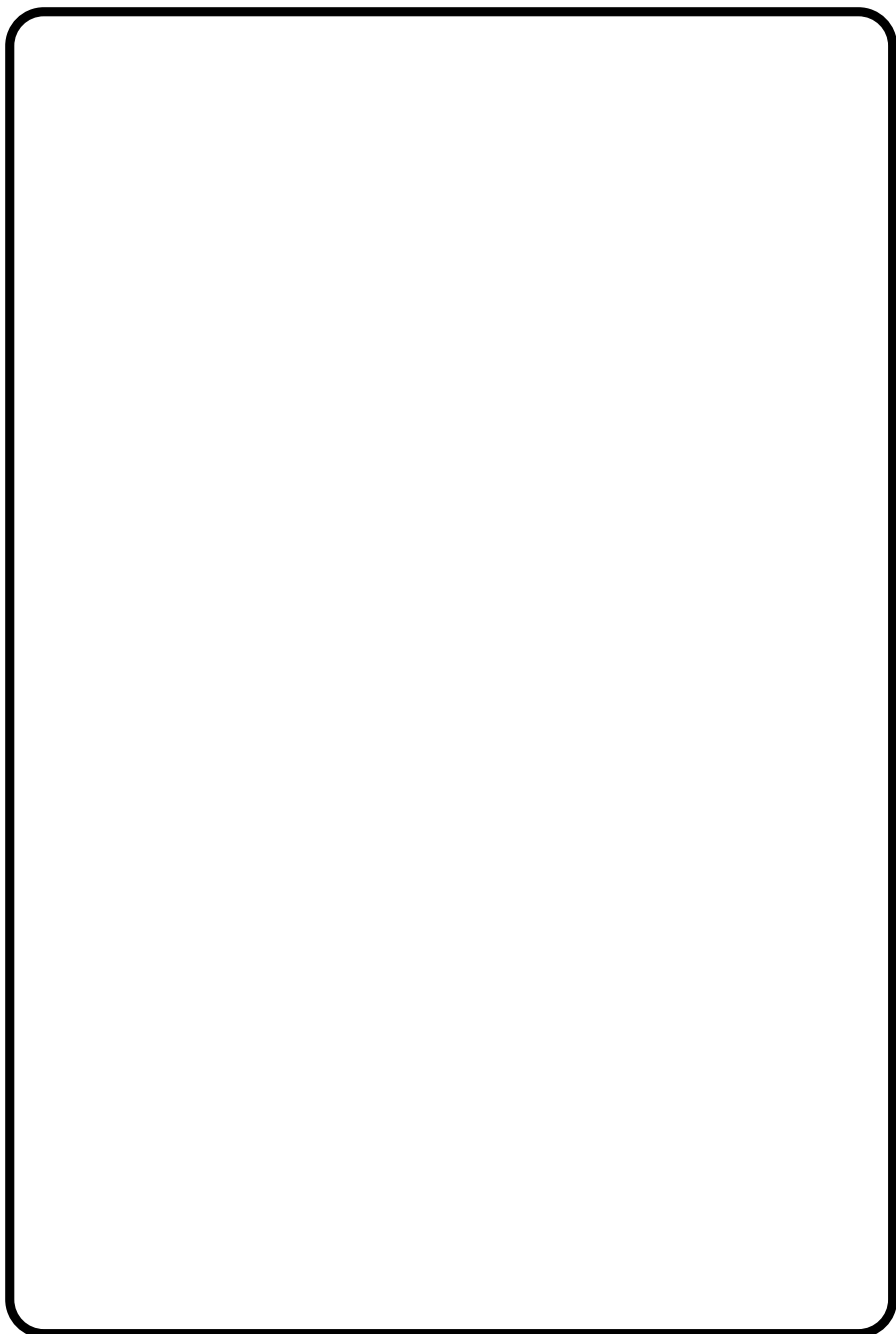


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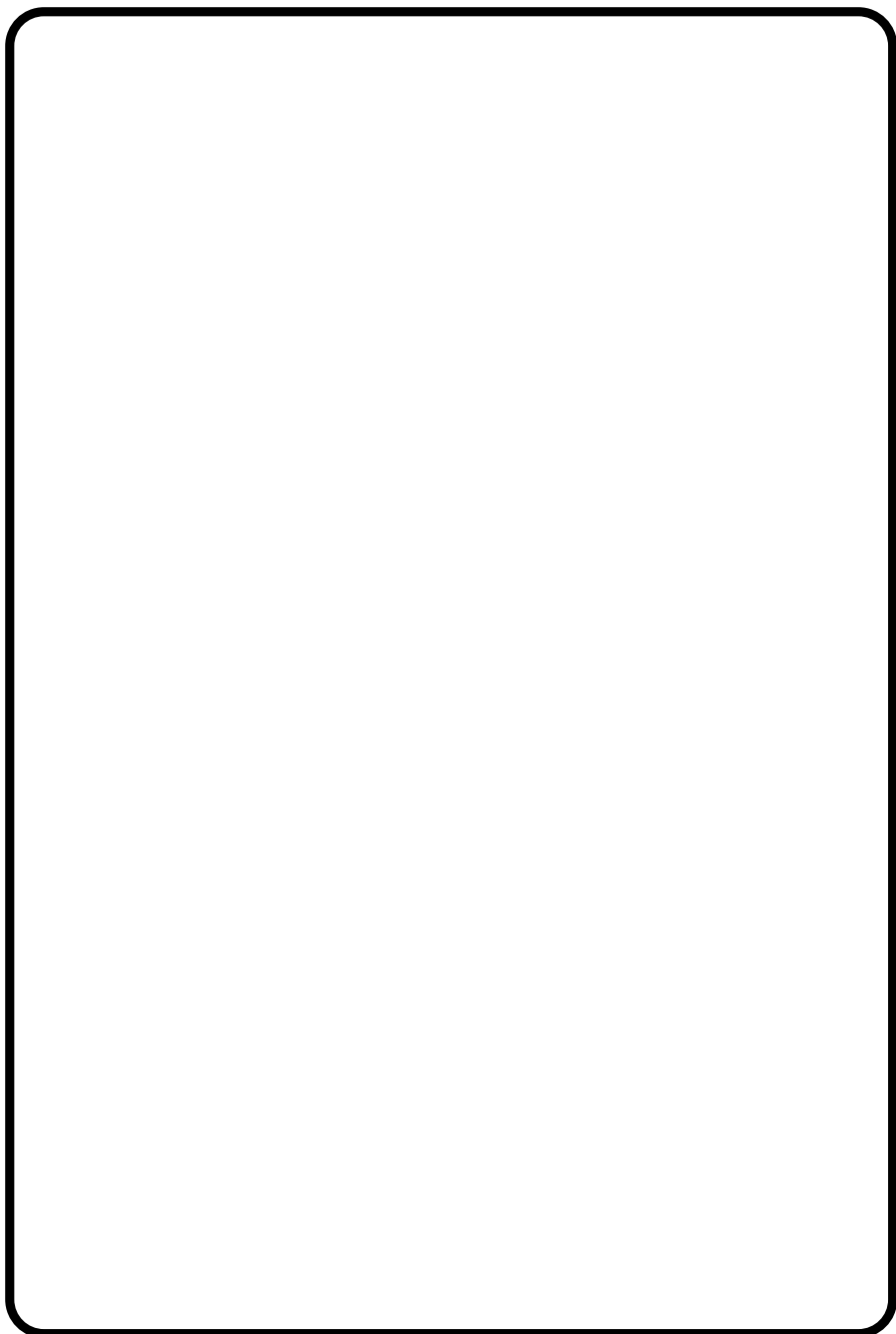


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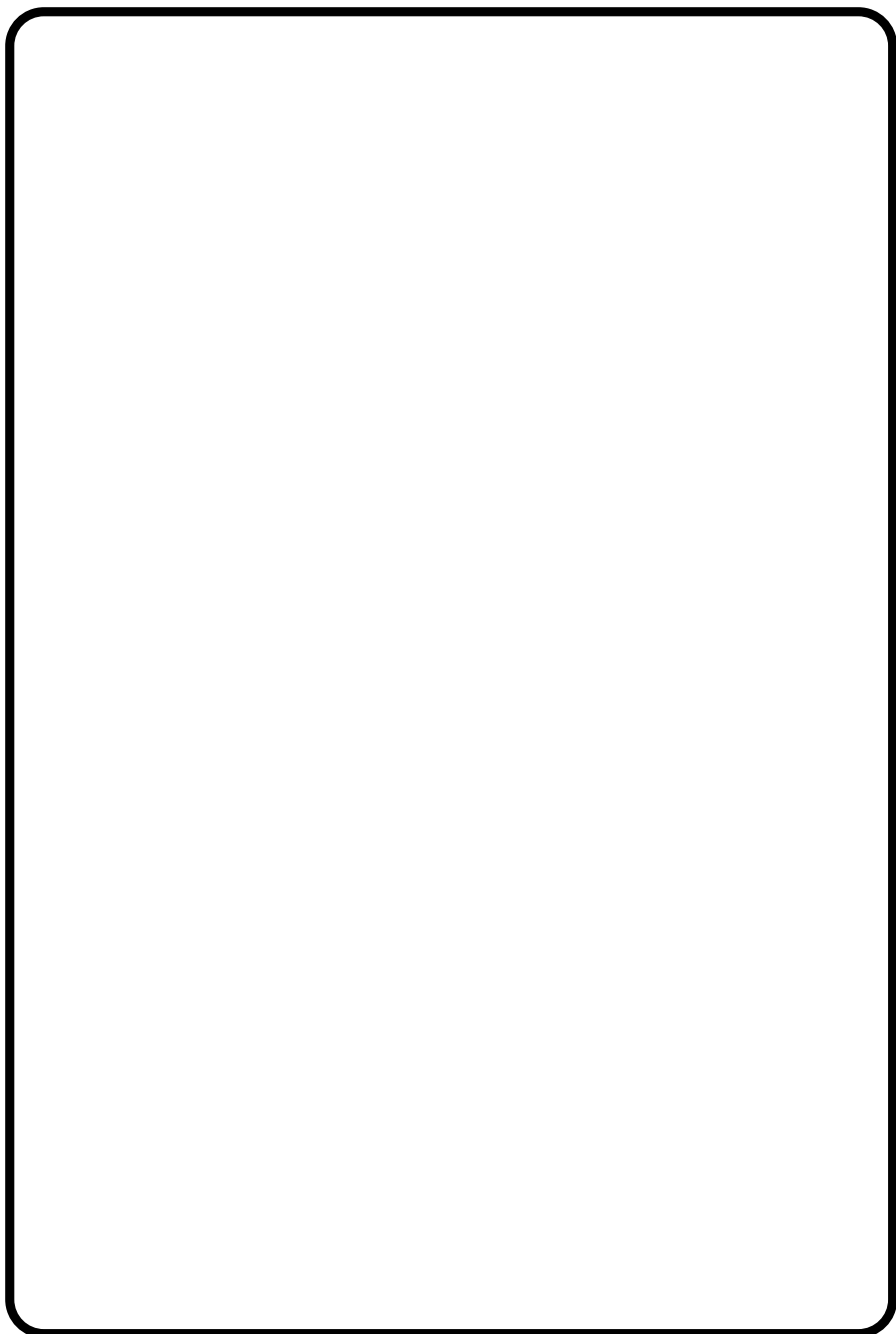


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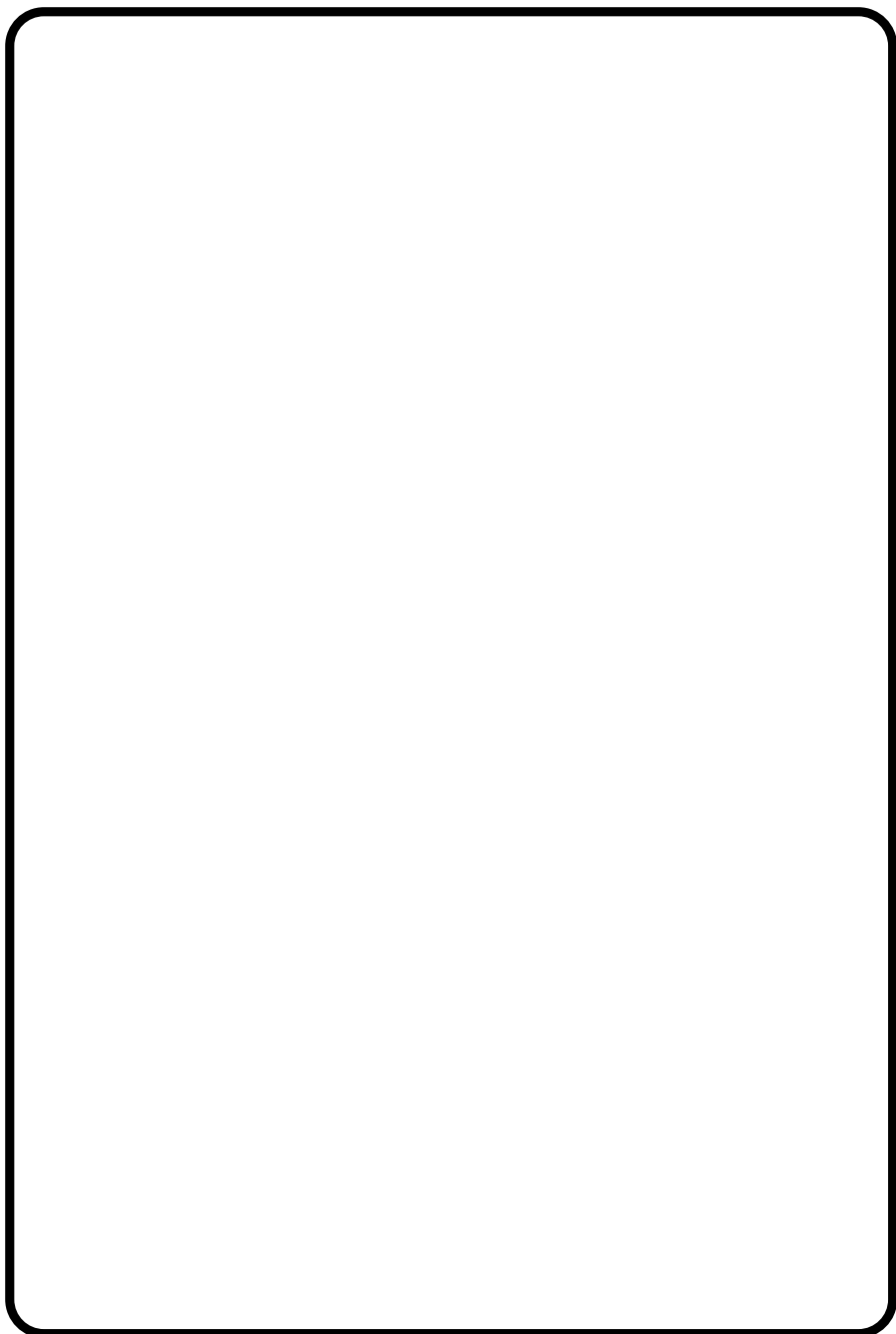


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Energy

Pull



## **ENERGY BALL EXERCISE**

*practise sample - 1*

### *Action #1*

*Start a daily Energy pull practise.  
Ask your being to pull energy to you, through you. It's  
not something you do with you head. You do it with  
your being.*

*What would it take for you to pull energy with total ease?*

*Start by removing all of your barriers and expanding your  
energy out into the far reaches of the universe. Now, pull  
energy to you, through you; from in front of you and behind  
you, from both sides, from above you and below you. Ask it to  
pull stronger and just sit with this for a while. This could even  
be a good time to say the Access mantra, 'all of life comes to  
me with ease, joy and glory'.*

*If you do this every day, it won't be long before you are an  
energy puller of magnitude! Now, how can you use this new  
strength to create more ease in your life?*



## **ENERGY BALL EXERCISE**

*Practise sample -2*

### *Action #2*

*Use energy pulls to attract that which you truly desire into your life.*

*Start by asking 'what do I truly desire?'*

*Ask this multiple times a day. The question itself is an energy pull! It will also give you an awareness of what you want to add to your life and focus your attention in the direction of what you truly desire; not what your partner wants, not what your children want, not what your parents want for you.*

*Then, you can add the energy ball to your daily energy pull practise.*

*Place a ball of energy in front of you and pull energy from all over the universe, from every direction, to the ball and then to and through you. Keep pulling and add to the ball everything that you truly desire. Keep pulling the energy until you feel a shift within you; a bit like your heart opening up. Then you can stop.*

*~ Simone Milasas*

*[www.accessjoyofbusiness.com](http://www.accessjoyofbusiness.com)*





## **ENERGY BALL EXERCISE**

*Use your creativity to make your own energy-pull play*

A large, empty rectangular box with rounded corners, intended for drawing or writing a creative energy-pull play.

Acknowledging

my

Asks

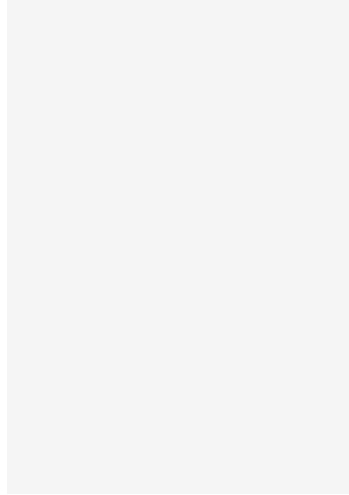
# ACKNOWLEDGING

## *My Actualized Asks*

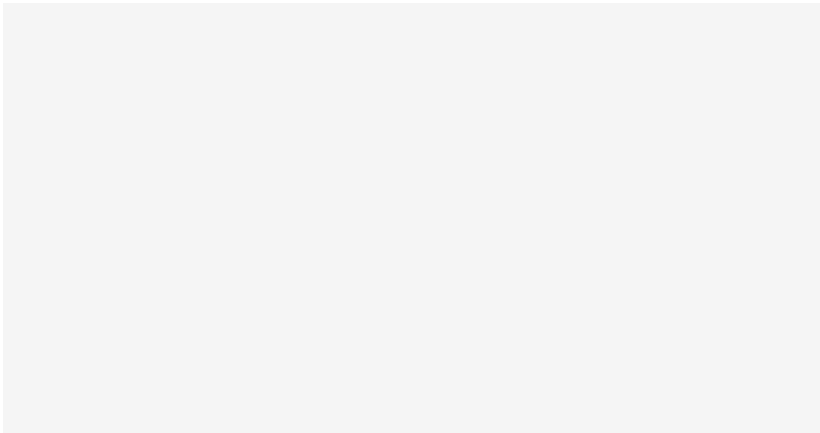
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WHAT ELSE IS POSSIBLE NOW?



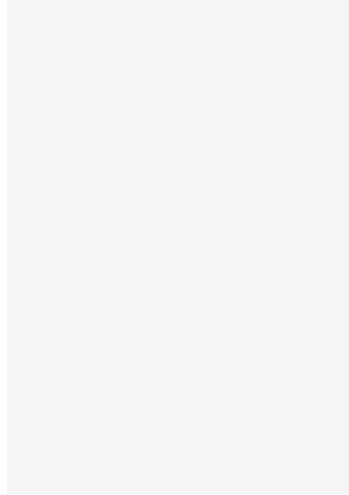
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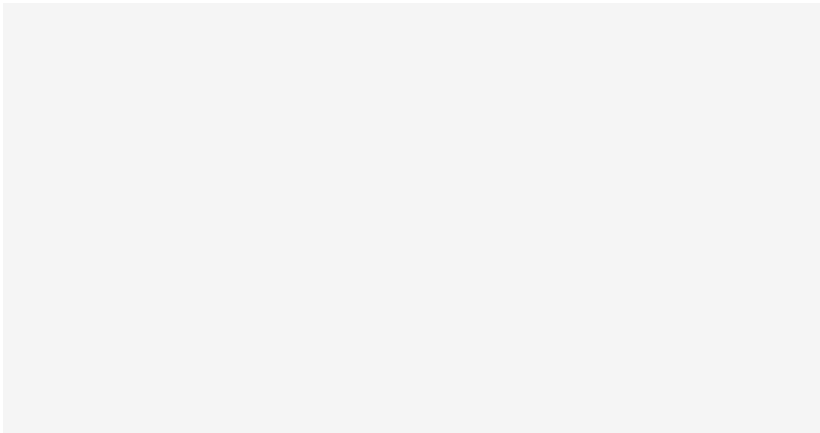
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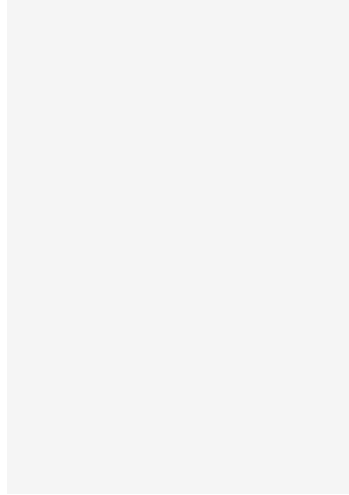
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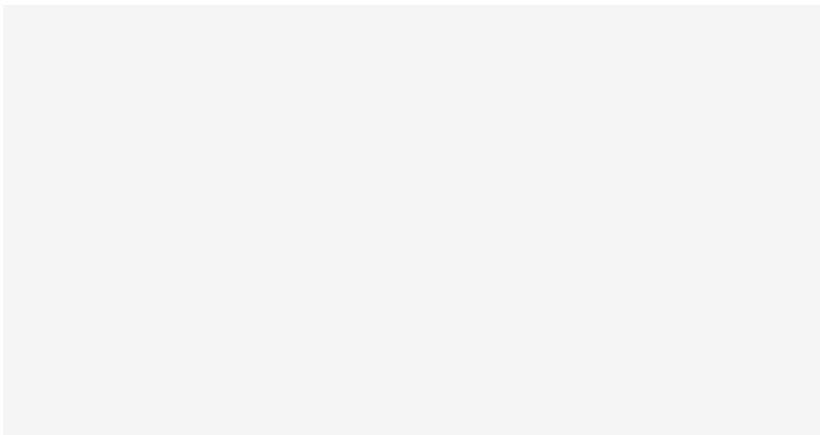
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WHAT ELSE IS POSSIBLE NOW?



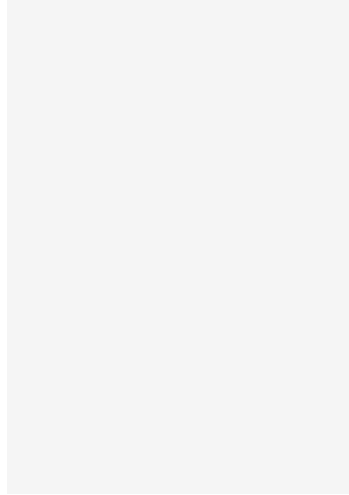
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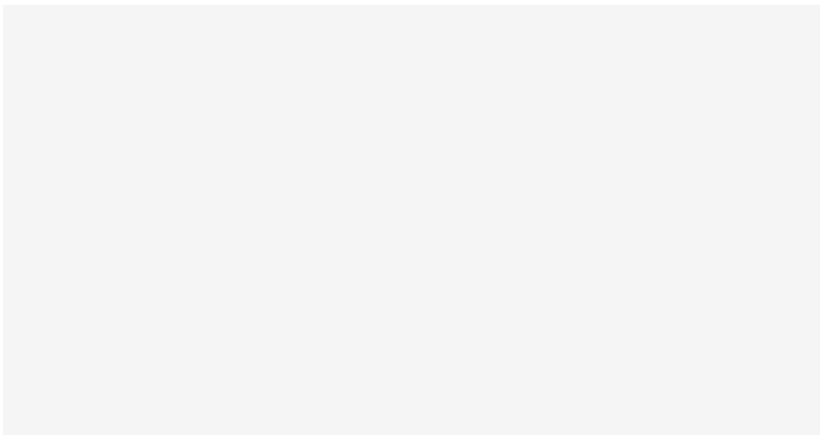
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WHAT ELSE IS POSSIBLE NOW?











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