



The Answer is "42." The Question is "How Does the Rubber Band Fit In the Catapult?"

If you are a fan of Douglas Adams 1992 sci-fi/humor book and series *"Hitchhiker's Guide to the Galaxy"* you'll know that "The answer to life, the universe and everything" is 42. Of course, if 42 is the answer it becomes rather obvious that we don't really understand the question in the first place. The search for the question is the premise of his series. Though intended as humorous and non-sensical entertainment, he posits a not-so-insignificant idea to consider – is it possible to know both the question and the answer at the same time?

In our modern society of fast paced action, busy living and disposable everything – answers have become a commodity. Everyone has an answer and they'll give it to you, tell you about it, sell it to you or try to force it on you. The modern marketing machine is premised on having "the answer" to whatever we are told is wrong with us by those wanting to sell us the solution. But if everyone has an answer and everyone's answer is different – who's got the right answer? Or is the answer really even the point?

Let's assume for a moment that no one has either a right or wrong answer or that all answers can be both right and wrong for different people. Let's also assume for a moment that it might not be possible to know both the question and the answer at the same time. If those are true then what do we do?

We have many choices of course. We can continue seeking answers and ignore this idea entirely, we can let go of our attachment to the answer, we can make a decision about which answer is "right" for us, we can abandon our search and live like hermits in the woods or any other number of other possible choices. In the past year I've been noticing myself and many others continuing to seek answers, solutions, and fixes. Considering that we are all *still* looking for that "right" answer I have to wonder if that choice is still serving us and where that is leading us. If the answer is neither right nor wrong – then what is the question that will lead us forward?

In examining this perspective I have reached the conclusion that seeking answers is only a perpetuation of the marketing machine. It leads us down a path of eternal search without anything ever being "right". What we continue to find is that there is always something "wrong" with us. Metaphorically it feels like we've stretched the rubber-band of our lives to a breaking point – always seeking answers and never being satisfied!

Maybe it's time to start asking questions instead – and let the answers go?

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So how do you figure out which question is the most important one to ask yourself?
See if this exercise gives you an idea.

Close your eyes and imagine yourself in the most beautiful place you know – your safe and quiet space. Now imagine that 4 people are walking towards you to sit at the table. As they approach you see that these are the 4 people who are most able to help you ask the right questions. Invite one of them forward to speak with you. In your imagination, ask this person what they think is the most important question you could ask yourself right now. Listen to what they have to say. Ask them several times until they are done. Now imagine you can float your consciousness out of your body and into this other person. Slide inside and look through their eyes and see what they have to notice about you from their perspective. When they are done sharing slide back into your body and thank them for their kind and loving words. Repeat this process with the other 3. Thank all of them when you are done and let them go on their way. Come back to the present moment, open your eyes and consider what was shared with you. What do you notice?

What do you think might happen if you repeated this exercise every year? Every few months? Every week? What would your life be like if you did this exercise every day and instead of trying to find answers you...just.....asked.....the.....question – “What’s next???” What would happen?

In 2008 I am looking forward to working with people who have decided they have stretched the rubber band as far as they are willing to let it go and are ready to catapult themselves forward to accomplish their most inspired, essential and fully embodied desires and dreams and are *unwilling* to let old beliefs and perceived obstacles get in their way. If you find yourself screaming forward like a bat out of hell still looking for answers our job is to slow you down so you can see the questions that really need to be asked for you to fly forward in the most effective direction. On the other hand if you find yourself feeling stuck and sluggish with answers that continue to not work our job is to kick you in gear and get you moving with the right questions to get your momentum going until you become the bat out of hell flying vivaciously forward!

If you had a question to ask yourself...what would it be? Are you ready to find out?

If so, let's set the catapult up!

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