



## STEP FIVE- ASK QUESTIONS

The act of asking to evoke answers

*Questions – Detachment – Observation – Patterns – Interconnection – Affect*

*“The important thing is to not stop questioning. Curiosity has its own reason for existing”*

**-Einstein**

Asking questions unlocks your world

**Tony Benn:**

“Well I think life is a learning process and you learn all the time as you go through life and you learn by asking questions.”

**Richard Branson:**

“So basically I think in life just, it is about this: try, trying things, never taking no as an answer and sometimes your dreams can come true.”

**Asking questions through research or others helps us to get the answers we need in life**

**Harry Massey:**

“I’ve always been an extremely inquisitive person. The key before you embark on any project is to thoroughly understand your world.”

**Understand your world. Asking questions is a wise and intelligent act**

**Harry Massey:**

“you can read books or you can go and find other experts who, who understand that particular area and, and then you ask them questions and you know one of the most key things is become an expert in the question. You don’t have to know the answer yourself. But as long as you ask the right questions and look in the right areas then you start to build up a picture of your world.”

**Birke Beahr:**

“I really try to help myself and empower myself to learn these things by using tools like the internet or even books”

**Birke’s Mother:**

“He is definitely always researching and finding out new information and sharing it with me and his dad. I was logging onto my email one day and he was beside me and I didn’t really realize he was looking of my shoulder behind me and he saw something online about mercury and high fructose corn syrup and he asked me what that was.”

**Birke Beahr:**

“I started looking into it and reading the ingredient lists on hamburgers, buns, sour dressings and even peanut butter and found out that high fructose corn syrup is in almost everything. And that was pretty much my epiphany right there and I said to my mum that, me as an eight year old kid, that I am not going to drink sodas anymore. And since then, I have gone deeper and deeper down the rabbit hole in finding out about GMOs and pesticides, herbicides and chemical fertilizers and really more looking into it and finding out about these things in the industrialized food system.”

**Birke’s mother:**

“Birke was angry – he was angry because he felt like he had been fooled by television commercials and marketing and packaging.”

**Asking the right questions brings us clarity  
Helping us to align with changing patterns**

**James Caan:**

“I think your ability to ask questions, to challenge information is what makes you a stronger individual.”

**Birke Beahr:**

“So I really wanted to, when I started learning about these things, about the food system, I really wanted to shout if off from the mountain top so that everyone could hear my message about how to create a healthier food system.”

## Does technology play a role in helping us understand and interact with the world?

### David Hamilton:

“We are so interconnected to everyone else, through our social networks and the way that we all mix and merge and exchange information with each other all the time. And we know from research that when you generate that emotional bond, you produce a hormone called oxytocin in the brain, in different parts of the body, but especially throughout the cardio vascular system. And incredible research has shown that oxytocin causes an expansion in the blood vessels which reduces our blood pressure. And secondary what oxytocin also does is it seems to reduce levels of inflammation and free radicals which are two of the, the families of chemicals that cause cardiovascular disease. So oxytocin is a cardio protective hormone, meaning it protects the cardiovascular system.”

## Social Networks improve the flow and authenticity of information

### David Hamilton:

“The things we do in our lives have ripple effects. Everything, everything we, we choose in our lives has, has ripple effects. We are always affecting each other. So it means that our choices, the things that we do have a great potency, they are not just inert things that just affect ourselves, but they have a great potency to shape the environment around us. Our moods are contagious, our behaviors are contagious. There is always this ripple effect. It is like, if you drop a pebble in a pond, it creates little waves and at the other side of the pond a lily pad goes like that.

And a lily pad has no idea why it is doing that, but the reason it is doing that is because you dropped the pebble in a pond and that created the waves. But in the same way, socially our behaviors and even our emotional states create this ripple effect in other people seemingly disconnected from us, but not really because we are so embedded in social networks, other people their spirits are raised, their behaviors' are affected because of what we are doing right now.”

**Social networks help us find the answers to our questions.  
Social Networks open up a broader avenue to receive further answers to our questions.  
You become part of an electrically conducting circuit where information passes along the wires.**

**David Hamilton:**

“through our social networks and the way that we all mix and merge and exchange information with each other all the time, that we start to realize, I am not just changing my own life, but I am actually having an effect in the broader world. So as I change myself, I am changing more than my life, I am changing the world.”

**Gregg Bradden:**

“There’s a chain of knowledge that links the modern world with the past and what we are beginning to understand today is that each time this chain of knowledge has been broken throughout history, we lose something about ourselves, some information, some piece of information about ourselves is lost. And this is important because much of the way we define ourselves and our relationship to the world and one and other and even a higher power, is through the principles that have been carried down through our most ancient and cherished spiritual and indigenous traditions. So every time this chain of knowledge is broken we lose something important about the way we think of ourselves.”