

EXERCISE

Dialog with Inner Wisdom



Time: 15 minutes



Setup and materials: pencil and paper, two chairs per person that can be moved or open space for standing.



Good For: Large Groups, Small Groups, Self-study

Framing:

In this exercise, you talk to yourself. Okay, this is often thought of as a sign of instability at best, totally coo coo at worst, but we are going to set it up so that this conversation with a specific part of yourself has a place, a time, a duration, a topic, and a procedure all its own.

Your conversation will be with the wise part of you. You will be the student, or the seeker, or the questioner. Then in another location, perhaps with a different voice or posture, you will be the wise guide who will answer questions.

You might want to speak out loud and use a recorder to capture the conversation, or you might just want to take a few notes.

Steps:

1. Setup, 1 minute

Create two spaces, one for you, and one for your inner wisdom. Set your chairs, or arrange your standing space so that these two parts are close together, the way they would be if they were having an intimate conversation.

2. Solo, 5 minutes

Have a conversation with your wise part about something that is on your mind right now. It could be a decision you have to make, or a question about how to proceed in a particular situation. Move between the two chairs as the questioner asks and as wisdom responds.

You can begin with any simple question:

What should I do?

I am wondering about...

Listen to what your wise part has to say, and delve deeper with another question. There may be gaps or silences in the conversation, that's fine. Wisdom is often compact, using just a few words.

3. Solo, 5 minutes

If you made a recording, listen to it and make notes about the significant bits of wisdom that you “heard” from that other part of yourself, that wise part. Think about how the encouragement, or perspective, or insight that you “received” could influence your thinking or your behavior.

4. Ongoing practice

Consult that wise part of yourself when you have an important choice to make.

Your inner wisdom is an ever present resource that you can consult whenever you need to.

Use it.

Write down some of the pearls that your inner wisdom offers you. You may want to make them into personal mantras. These can act like touchstones, taking you to a particular state of mind, like courage or confidence.