

Inner Dialog: The Gentle Art of Building Your Antakarana

Dialog occurs when you talk to an element of your unconscious, Conscious, Subconscious, Metaconscious, or Superconscious mind, and it responds to you. You can facilitate dialog through several methods:

Permission – You may give it a voice, e.g., give it permission to speak with you. This allows it to speak when, for example, it might have been forbidden to say certain things by your parents or your minister. You use permission as part of the Rainbow Technique.

Evoked Dialog – It responds to you when you directly ask it a question. Process meditation generates evoked dialog.

Suggestion-generated dialog – You can encounter the aspect of your mind with which you are attempting to dialog in an altered state of consciousness—meditation, hypnosis, or psychotherapy—and you interact with it by giving it a suggestion, and listen for its response.

Suggestion-generated dialog is commonly utilized in hypnotherapy and imagery-based psychotherapy.

Spontaneous dialog – Here you encounter the aspect of your mind in an altered state of awareness—the dream state, or in a hypnotic or drug-induced altered state of consciousness. Here you do not initiate the dialog—it begins to communicate with you.

Spontaneous dialog plays a role in shamanic traditions, where a person enters a trance, and communicates with an archetype, a “spirit,” or a “god” or “goddess.”

Those who enter into mediumistic trances in the Psychic Realm also find that the “spirits” of the dead, angels, UFO commanders, “Masters,” and other sundry entities are only too happy to stop in and chat.

Induced dialog – You can induce an aspect of your mind to speak when you shock or stimulate it into activity. When the Kundalini Shakti enters the unconscious mind, sometimes the subpersonalities that are buried in that zone of your mind will begin to speak with you. The Light can also generate this—gifts of the Holy Spirit such as prophecy or speaking in an unknown tongue are examples of induced dialog.

Levels of Dialog

You can dialog with elements in different bands of the mind.

In the **unconscious mind**, you can dialog with a subpersonality [the personification of one of your issues], or an entity embodying an aspect of your karma.

In the **Conscious mind**, you can dialog with a seed atom of a vehicle of consciousness [*this seed atom is the sense of identity in that form, so for example, at the level of the senses, you would encounter this seed atom as the identity statement, “I am your senses”*]. You can also dialog with the integration center of the Conscious mind, the ego.

In the **Subconscious mind**, you can dialog with a seed atom of a vehicle of consciousness, or with the attentional principle, or your spirit.

In the **Metaconscious mind**, you can dialog with a seed atom of a vehicle of consciousness, or you can dialog with the integration center of the Metaconscious mind, the Self.

In the **Superconscious mind**, you have the widest variety of elements with which you can dialog. In addition to dialoging with a seed atom of a vehicle of consciousness, or the integration center of the Superconscious mind, the Soul [ensouling entity, or Higher Self], you can also dialog with

- An inhabitant of the inner Planes
- The spirit of a deceased person
- An archetype
- A spirit
- An angel
- A god or goddess
- A spiritual guide
- A Master
- A form of the Divine

The Dialog Process

Dialog begins with you having a question that you want to ask some aspect of your nature.

You do this naturally, for example, when you ask your Self after you have made an especially poor decision, “And what the heck were you thinking?”

You usually then pause, and give it the opportunity to explain. If it is less than forthcoming in giving you an answer [because it is feeling embarrassed], you typically prompt it, “It’s OK, I still love you. Could you please explain to me why you did this dumb stuff?”

So you may want to ask questions to

- A subpersonality, to find out why you sabotage yourself in some area of your life, or what's at the bottom of your feelings of sadness or rage
- Your Self, to find out how to resolve some issue or problem
- Your attentional principle, to find out what it is seeing or hearing
- Your spirit, to find out what it is seeing, hearing, or experiencing
- Your Soul, when you want guidance for some area of your life where you are stuck or confused

So the process of dialog has several steps.

Question – You ask a question to the part of your mind you are interviewing.

Response – It replies to you to answer your question.

Acknowledgement – You let it know you have received the response, “OK,” or “Yes.” [In some cases, for example, when you are dialoguing with your spiritual guide, you may feel inspired to reflect back the message, “OK, you say that X is true, and that this is important for me to know”—so you can get confirmation that you have understood and heard correctly what he or she told you.]

Continue – continue this process of question, answer, and acknowledgement until have gotten to a sense of resolution—e.g., your question was answered, or you are not getting anything more about your subject.

Tips for Capturing Dialog

You may do your dialog aloud and tape it.

You may capture responses verbatim by writing them down. Divide a sheet of paper into two columns. Put your question on the left and the response on your right.

You should capture dialog as it is occurring, otherwise, you may forget it.

If it's not possible during the encounter, write it down as soon as you come out of your altered state of awareness.

Why Aspects of Your Nature Remain Silent



Aspects of your nature will remain silent when

1. There is fear or shame associated with their revelation. For example, this might arise from prior learning, such as “You mustn’t talk to your Soul,” or “There is no Soul, it’s just a figment of your imagination.”
2. You haven’t invited them or given them permission to speak. Ask, “Will you speak with me?” to invite them. Tell them, “You may [or it’s OK] to speak with me now” to give them permission.

3. The entity assesses you are not ready to receive what it would tell you at the present time. This might happen if you ask your Higher Self about your past lives, and it discerns that you would not be able to cope with this information.
4. The entity is buried or “frozen” in karmic accretions, so it dormant. This is common when you are asking questions of your ensouling entities at Higher Octaves of Being or with your spirit in other domains of the Nadamic Path.
5. You have turned off the energy to this entity, so it is inactive. For example, a seed atom of a vehicle of consciousness will not speak to you when the Kundalini Shakti has risen up, and suspended the energy going to that seed atom.
6. Your invocation or entreaty is not loud enough to rouse the entity. You might be whispering and you need to speak louder.
7. You may have reticence to channel or express the entity because you are afraid of possession. In some cases, you need to be willing to enter into union with the entity to allow it to speak, and you may not want to do this.

The Gentle Art of Spiritual Interview

If you are going to solicit information from a level of your mind, you need to have a purpose in doing so. Here are some questions you can ask to help you formulate on-target queries:

1. What do you need to know to make the next step in your spiritual journey? What are the missing gaps in your knowledge or understanding?

2. What aspect of your nature can provide this knowledge? What entity outside of yourself can provide it if your inner nature does not know? [For example, if your Higher Self cannot answer the question, perhaps your spiritual guide can.]
3. What are your questions? Can you articulate them clearly? [If there are several, you may wish to write them down.]
4. What is the best approach to allow the entity to communicate? For example, do you need to invite it to speak or give it permission? Do you need to invoke it by strong suggestion? Do you need to gain union with it to allow it to channel or communicate its knowledge to you?]
5. How could you let the entity know you are truly sincere and really need to know the information? Why do you need to know this? Can you let the entity know that this is important to you? [The flip side of this is, is this a question you need to be asking of your Higher Self? You don't need to ask God whether it is better to shop at Sears or Target department store.]
6. Once you have gotten the entity to break its silence and speak to you, expand the information you receive through reflective meditation (the Little Sun technique) or inquiry. Reflect on how this information is useful, and how you might apply it.
7. Keep your perspective. Always keep the vision of the goal of your aspiration before you. The knowledge you seek from dialog should support you reaching this goal. Aim to gain comprehensive knowledge of each vehicle of consciousness, Subplane, and Plane throughout the division of the Great Continuum of Consciousness in which your Soul dwells.

Tricks for Facilitating Dialog

Sometimes letting the entity speak in another physical location may help you differentiate your own position as interviewer [Self, attentional principle] from the entity.

You can do this by designating “your chair” or “your seat,” and a “chair” or “seat” for the entity. You can actually move to the other seat when it is the entity’s time to speak; move back to your chair when you ask the question.

You can also move your attention into the proximity of the entity and sense you are “here,” and it is “there.”

Let’s go over the steps again.

This first step of going into the presence of the entity is called encounter. **Encounter** means opening your senses to experience the entity. What do you see? Hear? Feel?

The second step is that you must gain its permission to speak with it. Ask, “May I speak with you?” “Could I ask you some questions?”

The third step is you need to adopt the appropriate dialog strategy. Do you need to give it your permission? Do you need to give suggestions? Merge with it and channel its guidance?

Fourth, you will ask your questions and listen for the response.

Fifth, you will acknowledge its response.

Now, go ahead and think of a question you want to ask (1) a subpersonality, (2) your Self, (3) your spirit, (4) your Soul, and (5) the guide at the Soul door. Write these down.



My question	For	Its response verbatim
	Subpersonality	
	The Self	
	The spirit	
	The Soul	
	The Guide	

Thank you for attending our webinar today!

