

Self-Inquiry as a Tool for Reclaiming Your Power

As we embark upon a journey of reclaiming our power, an important tool is Self-Inquiry. In the Reclaim Your Power Program, rather than being told what to do, it is our intention to empower you to make your own decisions, based on knowledge, awareness, compassion and accessing your inner knowing. Self-Inquiry is a tool used to develop awareness, compassion and accessing your inner knowing.

Self-Inquiry can be done in many ways. Some people like to journal; some prefer silent contemplation and others deepen their own awareness through dialogue with a conscious listening partner. Some people draw or use art, while others use music or sound. You can experiment with these techniques to see what works for you. The most common tools are journaling and silent contemplation.

To experiment with journaling, get yourself a spiral notebook or if you prefer, a nice journal. Set aside some time each day where you will be undisturbed. It can be as little as 15 minutes or as much as 30 minutes or longer. Sit quietly for a few minutes and slow down and deepen your breath. You can begin with a question or just write down whatever comes into your mind. If you begin with a question, write down the question and then just jot down anything that comes to mind as you consider the question. Do not hamper or edit the flow of your thoughts by throwing out anything, just write down whatever comes to mind. Sometimes the most insightful and wisest thoughts are those that we might dismiss and being unimportant or silly or irrelevant. Treasure each and every thought. After a while of writing, you can go back through what you have written to see the treasures your consciousness has unveiled.



Another way of Self Inquiry is silent contemplation. We would begin by setting aside some time each day and finding a place where you will be undisturbed. Sit quietly and slow down and deepen your breath. In this method, you simply sit and watch the flow of your thoughts. Ask your question for direction and notice what thoughts come up. You can deepen the inquiry by inquiring into the thoughts that come up. Notice if you are judging the thoughts that come up. If so, endeavor to let the judgments go and simply observe. In this way, you are getting to know your inner self a bit more each day.

Reclaiming Your Power – Module 1 Introduction – Self Inquiry With Bindu Johnson

Conscious dialogue with a partner is also very effective. In this technique, it is important that both parties are committed and aware of the process we are engaging in. Find a quiet place and a time where you will be undisturbed. Slow down and deepen the breath. Each person will take a turn sharing. It is important that the listener not interrupt, share personal stories, or give advice. Their role is simply to listen and, if requested, to feed back to the speaker on what is being heard. You can set a timer so that each person has a set amount of time to speak or be more free flowing.



Each day of the program, you will be given an inquiry focus each session. You can use any of the methods above or devise one of your own for your inquiries. You will find a wealth of knowledge and wisdom within through these methods. Enjoy!