

An Understanding of Personal Inquiry & the Dialectic Field

The word "inquiry" itself can bring up thoughts and ideas about formulating questions in the mind and then seeking to find answers to those questions. That form of inquiry feels more like an intellectual inquiry. Inquiring in this way is an exploration of everything we already know. It can be surprising how much we've filed away in the archives of our minds.

The form of inquiry we do is organic. We're delving into the secrets of existence itself in order to know the truth. We want to know the truth because we want to be real; we want to live in reality; we want to experience life without all the veils that keep us from being whom and what we truly are. And, in order to do this form of inquiry we really must be willing to be present, opened, curious, honest, and gentle.

An inquiry that's organic is alive, dynamic. There's a sense that something is unfolding in a way that helps us discover what we do not know, or maybe something that we know but in a different way. While inquiring, we feel like the field, the space in which we are exploring, is more inclusive. And, we may even experience a dropping into a deeper place within ourselves that doesn't make any sense at all to the mind. It's important to stay with ourselves with steadfast gentleness – no pushing. We may even realize that somehow our inquiry is being guided exactly as it needs to be – for the love and truth of our unfolding – right here and now.

Sometimes it's helpful to inquire into patterns that we've seen occurring and we feel ready to investigate to see what the patterns are about. When we inquire in this way, we're entering into a space where the patterns are exposed to truth. Patterns are contractions within space that were constructed by conditionings -- thoughts, ideas, beliefs, from our history. Whatever is not real will dissipate when exposed to truth.

We can do inquiry alone. In fact, life *can be* one big inquiry when we are present and curious. But there is something very powerful that happens when we do inquiry with another person. Our minds can provide all kinds of rationale as to why it's powerful – there's plenty of archived information as to why it is so. Yet to directly experience the field, the very space that we inhabit together in each moment is beyond anything already filed away in our minds.

When two people come together with the intention to inquire and be open to truth itself, it's like two forces melding and combining. Something else is created -- a feedback loop generates a dialectic field that is much stronger than the one person. One can even imagine (or remember by personal experience) the field that's generated in groups larger than two. We are not just sharing a feeling or sharing space together or sharing opinions. We drop into deeper dimensions where we are touching the same spiritual realities. Together we are touching specific qualities and intimacies in such profoundly deep and personal experiences. We may actually be astonished to discover that the usual protective veils are not needed to shield us here in this space. In this dialectic space, we recognize Truth – it's not my truth or your truth. There is no separation. There is only Truth.

So, the dialectic field arises as two (or more) people come together as I've been describing. It's been happening all along. As one person explores using a monologue-type inquiry, the other person's presence seems to provide a holding space for the inquiry work to unfold. There's the presence of the person inquiring and the presence of the person listening and being present. Being, existence itself, is manifesting as two unique personal essences who've come together to explore and discover truth. Truth itself is present along with other essential, or divine, qualities of Being. Each essential quality arises as needed specifically for the experience in that particular space and time.

While the person inquiring may experience a momentary weakness or deficiency as part of the unfolding, the listener may experience empathy and compassion arising in their own field. Then, the next moment the person inquiring may experience a tenderness and kindness themselves. The experience may then change to where the inquiring one experiences essential strength and interestingly the listener acknowledges within herself that's exactly what she was experiencing too. We've all experienced this at some time.

Now, there is a way to explore the dialectic field interactively in a dyad. Two people can explore the dialectic field in an open-inquiry where each person begins with describing what they are experiencing within their own personal field. As each person takes turns exploring what's in their own personal field, they may notice how their own field begins to enlarge and include the other person's field. The individual boundaries may become fuzzy and the inquiry can expand to include an exploration of the qualities that tend to arise in the shared, dialectic field.

The interactive exploration of the dialectic field may also reveal two people exploring what appears to be the same thing but their personal experiences are quite different. In such instances, we may notice the quality of 'Allowing' arise in the dialectic field, where there is no such thing as a "right or wrong" experience – each person has an opportunity to be open and curious about the other person's experience as well as their own. As the experience continues to unfold, an understanding may also arise that explains the specific manifestations.

I've found the interactive Dialectic Inquiry particularly helpful to me when I discover someone else has a fixed idea, a position or a trigger similar to my own. Exploring this space together can be very powerful for both of us.

Here are a few examples of topics I've explored with other people using interactive Dialectic Inquiries:

- Power, Authority, and Betrayal
 - relating to Western Medicine
 - relating to Religions (particularly Catholicism)
- What does a healthy relationship with food feel like?
- Channeling
 - what is it that I don't trust?
 - What is it Really? What's the truth?