

YOUR ROUND TABLE

The concept of the Round Table is a heightened level of inner awareness about your mind and the voices in your mind. It is a well-known and natural psychological phenomenon. The concept is such that we all have multiple voices that are constantly vying for attention in the subconscious mind. We are, essentially, made up of many voices.

We call these voices individual 'parts'. Each part has a role to play and a specific desire. Some parts speak out in critical tones, constantly judging ourselves and others (inner critic is an example of this), some parts, such as an inner child, may be fearful and feel like hiding. Some parts may have a loud voice and come across aggressively. Some parts may be controlling or try to force things to happen. Some may be shy and prefer being invisible.

We often believe that *we are what we think* - that each thought or emotion that transpires within us must BE us. When, in reality, they are the voices or reactions of all these **individual parts** that make the up the whole of our inner world.

So your inner world is made of up of a variety of parts. Quite often we will have disowned certain parts and they may be in hiding, neglected or you may be afraid of them - such as the loner or the addict or the rage-aholic. You may even have vowed to NEVER be like someone you've judged as having despicable or unforgiveable character traits.



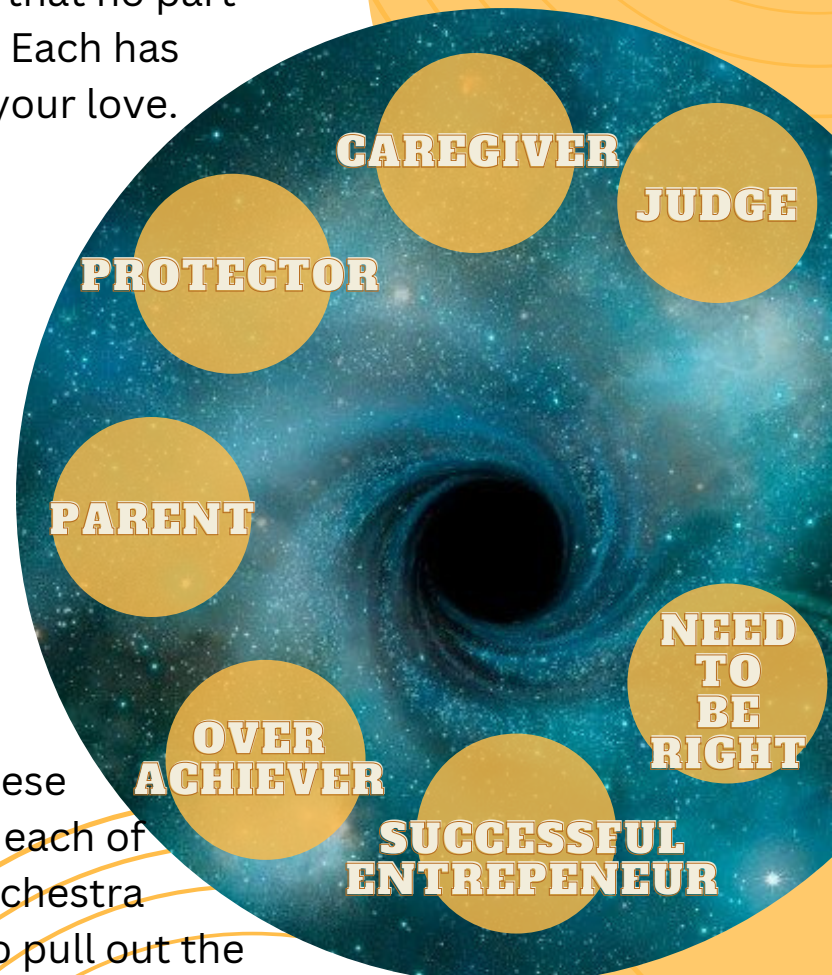
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What often happens then is that we take those very same character traits and put them into shadow within ourselves. We think we don't have them or would never be like that, and yet those shadow parts tend to come out sideways at times, often causing pain or damage to you or to others.

The image below shows some possible parts that many of us have. Imagine now your own Round Table. Begin by honoring all of you and calling lost or neglected parts of self to the table. Pull up a chair for each one of them, giving them an honorable place at your Round Table. This implies that no part is more or less valuable than any other. Each has value. Each is worthy of your time and your love.

We are most likely highly attached to one or two parts, and these ones will take on a role of becoming our primary personality. For example, you may be a highly successful business person and this identity may be incredibly important to you, so much so that you would describe yourself as this whenever you are sharing with others specifics about your life.

It's important to note here that all of these parts AND SO MANY MORE exist within each of us. It sometimes seems like an entire orchestra exists in the mind! The gift in learning to pull out the individual parts, name them, and listen to what they have to say, is that they no longer need to be as intense as when they were vying for your attention. Giving them attention lessens the severity of each voice.



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Begin to notice the thoughts as they move through your mind and ask yourself, "Who is this that is speaking?"

You will start to see that each voice or part has a particular and distinct quality to it, or a body sensation that makes it distinguishable from the others. It may feel like a tightness in the chest, or black hole in the belly.

This is a journey of inner awareness and conscious mind witnessing, and may be confusing or difficult at first. Be patient. It's well worth the effort!

The Aware Self: This is the part of you that is a witness to what is transpiring in your mind. It is the 'you' that watches 'you'. It is the ability to step back until you feel detached from the reactions to your thoughts and are able to see objectively all that is happening in your mind. You can access all of your parts from this place, and learn to make conscious choices here.

The invitation to you is to explore your voices, leaning to embrace each one of them. They are all here for a reason and by acknowledging each one, you empower your aware self, and your ability to move through life consciously in charge of your mind.

Resources: www.shadowwork.com
www.voicedialogueinternational.com
www.nathaliejackson.com

