



Additional Reading - Inquiry explained



An inquiry is a regular part of the courses of Tantra Online. Inquiry means "research". And with that we mean: self-examination. The inquiry is an exercise: it's a challenge for you to get clarity. Clarity on a particular topic, about what resides in you, but where you aren't (completely) aware of. In an inquiry you take some time for contemplation, for growing awareness, for introspection.

In your life you meet a lot things, and you hear a lot of things from important people in your life, you have a lot of experiences. And many of these are settled in your body and mind as conditions: I should not do this; That is not allowed; I'm not good enough; When I am just who I am I will not be loved; These longings are inappropriate. and so on.... You are not aware of most of these conditions, they became somehow a part of you, you believe them, they became truths. But their influence is big. They define your (re)actions, your judgments, the way you feel about yourself and others, and more. But because you're not aware of them, you don't know where it comes from and why you act like you do. If it is really from yourself, what really belongs to you, or from your father, teacher, the priest.

Because of their big influence it's very important to become aware of your conditions. To give you a choice. To let them go and to decide, to feel, to know, what is really important for you. To know who you really are!

An inquiry is a tool of awareness, of consciousness. You inquire, investigate inside yourself, what shows up around a certain theme, a special question. Consciousness and thinking are not the same, there is a subtle but distinct difference. With your head (mind) you go directly into the whirlwind of all your thoughts associations, concerns and thinking patterns. Consciousness is: you look at, you witness what is happening inside you, what is important to you, and then you **witness** your thoughts and become aware of them.

In an inquiry there are different levels to "listen to". First your body: what has your body to tell you, how does it feel, what happens in your body. Second: your mind. Which thought do you have, what is your mind telling. And third, even more important, what your **heart** is telling you. What do you feel, what is really important for your happiness, your longing is, your needs, your heart's desires. And thus an inquiry is also an emotive experience, a heart experience. Your heart is the most important to listen to! And when you do, you listen to your heart, you feel what comes up, maybe emotions will be released. And you just witness these emotions. You observe them and, you don't get attached, you never disappear into the emotions.



An inquiry has also the aspect of "you speaking". Many things we do not say out loud, because "it's not appropriate" or "it surely will never happen". But it's also important that you can tell what resides inside you. You can feel it, you might think about it, but it's also important to express it in





words. To get things out of their hiding place, into the world. To increase your consciousness. If you do it more often, it is less a "story of the mind" and more expressing your experience, it's your heart talking.

Maybe at first the answers come from mind. But try to go on. What does your body tell you. Do you have physical reactions? Pain somewhere? Then go deeper.... Listen to your heart and let it speak. Speak out your hearts feelings, longings, your heart pain. What makes you happy, what makes you sad. All related to this topic of course. And maybe, when you feel your heart, emotions come up, look deeper....and find more answers. Not from your head, but from your heart. Listen to your heart and let it speak! Grow in consciousness, know, feel, speak out loud what is in your heart, that is the core of the inquiry.

[Roxette sings a wonderful song in which she invites you to listen to your heart](#)

At the end, take a moment to be quiet again. It's important to go inside again. To contemplate on what is said. To feel how it was for you to do this . To feel what happened, what it did to/for you. Speaking may keep you a bit away from feeling, so go back to your feelings. Take time, to let it sink in, to include your growing awareness in your being. Growing consciousness.....

So, in most courses we invite you for an inquiry, which suits the theme of the course. Then feel and tell:

- What does your inner child have to tell you.
- How do feel about it, in your body, in your heart
- What are your heart desires.
- What does e.g. love, intimacy, sexuality, touching mean to you.
- And what more comes up!

Instructions for a solo - inquiry

Phase 1: Take some time to go to your heart, take the theme, the question of the inquiry and bring it to your heart. Close your eyes, put your hand on your heart and contemplate

Phase 2: Speak aloud the research question. E.g. What does love mean to you? Give answers, speak aloud. You can also record your answers, or write them down. Maybe you can speak to yourself while looking in the mirror. Give answers in short, clear sentences. Don't go into storytelling, find / speak out as much different answers as you can. Even when you don't know it (unconsciously) there are so much more answers, thought, feelings, that can come up if you take your time.

Phase 3: Maybe after some time you fall silent. Then repeat the question. Repeat it a few times. This helps you to go deeper, bit by bit. Maybe at first the answers come from your mind. But try to go on. What does your body tell you. Do you have physical reactions? Pain somewhere? Then go deeper.... Listen to your heart and let it speak. Speak out your hearts feelings, longings, your heart pain. What makes you happy, what makes you sad. All related to this topic of course. And maybe, when you feel your heart, emotions come up, look deeper....and find more answers. Not from your head, but from your heart.





Phase 4: Take a few minutes to contemplate and feel what all this does for/with you. It's important to go inside again. Speaking may keep you away a bit from feeling, so go back to what your feelings are.

Instructions for a duo - inquiry

Phase 1: Sit down and go inside. Contemplate on the theme, the question of the inquiry.

Phase 2: (Partner 1:)Ask partner 2 the research question E.g. What does love mean to you? Give your partner time to speak out, aloud, his/he answers. You will NOT react, not by voice, by expression, not approving, not disapproving, the **only** thing you do is listen. Give your partner to possibility to feel and to inquire, to express.

(Partner 2 :) Give answers. In short, clear sentences, don't go into storytelling. find / speak out as much different answers as you can. Even when you don't know it (unconsciously) there are so much more answers, thought, feelings, that can come up if you take your time.

Phase 3: (Partner 1 :) Maybe after some time your partner fall silent. Then repeat the question. Repeat it a few times. This helps your partner to go deeper, bit by bit.

(Partner 2 :) Probably at first the answers will come from your mind. But try to go on. What does your body tell you. Do you have physical reactions? Pain somewhere? Then go deeper.... Listen to your heart and let it speak. Speak out your hearts feelings, longings, your heart pain. What makes you happy, what makes you sad. All related to this topic of course. And maybe, when you feel your heart, emotions come up, look deeper....and find more answers. Not from your head, but from your heart.

Phase 4: (Both) Take some time to feel how it was. To speak out, to listen....

Now repeat phase 1-4 while changing roles.

And in the end, thank each other, for the trust, the care...!

