

Collaborating for Change

Inquiry Process

A process for listening more deeply to ourselves and to one another into deeper discovery and commitment

1. A question is chosen that has meaning for those involved.
2. It is articulated as a question that can be repeated over and over or as a statement that can be plumbed more and more deeply. (See examples below)
3. Two people sit together.
4. If the question format is used, one person asks the question; the second responds. When the initial response comes to an end, the first person asks it again and the second goes inside to see what response is surfacing now and shares that. When that response comes to an end, the first person asks the question again. This continues for the designated time, usually 10 minutes. A gong is rung or another indication that the time is up. The partners thank each other and then the process is done with the roles reversed.
5. If the statement format is used, the one sharing begins with the open sentence and completes it; repeats the open statement again completing it with what surfaces next; repeats it again and completes it with the next awareness that comes. This continues for 10 minutes with the second person listening deeply without saying anything. At the end of the time, partners thank each other and reverse roles.
6. This is often done in the context of a larger group and some time may then be given to sharing in the larger group what the experience/learning was.

*Sample question:

When you remember that everything you do affects the whole, how does that alter the way you relate to your life?

*Sample open sentence:

When I remember that everything I do affects the whole, I...