



THE INNER VOICE

By
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The man ordered me to take off my clothes. His friends in the back seat of the car snickered. My friend was sandwiched between them unable to escape. I could hear her quiet praying. Why couldn't she have listened when I told her to get out of the car? We had been hitching rides across Canada and it had been fun, smooth, and pretty safe. I had wandered down the road a little to look at the purple flowers in the ditch. The car stopped for her about a quarter of a mile behind me and she got in! I would never have gotten into that car. My radar knew they were trouble but she resisted my pleas to get out so I got in. I couldn't leave her there. The minute the driver turned off the highway to drive down a dirt road, my worst fears were confirmed.

I knew what was coming so I tried to make a deal with him. "You can rape me now but nobody touches my friend!" He agreed but I knew it was a pretty flimsy deal. I began to remove

my clothes but all of a sudden I was no longer in the car! I was outside looking down on the whole situation somehow! Then there was the voice. This voice filled my head telling me that they could, (they being people), burn me at the stake, spit on me, rape me, kill me, and that none of it could touch me. The voice was kind, loving and completely understanding. I don't know how long it took but it was not hurried. It was calm, relaxed even. The next thing I know, I come to and realize that I am really in the car with this big man in my arms. I am holding him and patting him on the back as I would a child in need of comfort. He is in tears telling me how beautiful I am, how he loves me, etc. I tell him that he is blind and does not know what he is doing. The rape never happened. We eventually were let go and we continued on our journey unharmed.

I have no doubt that this was my inner advisor that came to the rescue. I have no idea what happened to the man to cause such a shift but the transformation was astounding. I can only assume that he somehow picked up something from my altered state or help from the other side intervened. Which it was, I don't know. What I do know is the security I found in that voice and the realization that that voice has always been with me whenever I have needed it: car accident, medical emergencies, or any other major trauma.

I don't always get an image although there are several times when I have gotten very powerful ones like the captain and the medic who came to me in a dream to tell me how to heal my broken leg or the ancient but childlike being on the bow of a small sailboat who came to teach me about life. These images were so strong that in my consciousness, they are real encounters with real beings!

All of my life I have been guided and protected in remarkable ways. Until this course I never contemplated the ability to initiate this. All of these experiences in the past, just came to me. I never called on it or asked for it. I assumed that I had no control of when this experience happened but now I see that I can take an active role. By asking for a connection and using evocative imagery this one-sided relationship can now become two-sided. This is amazing!

Other Voices

I am intrigued by the implications in this course. I know from past experience that the inner advisor and inner critic are available and I am fascinated by the techniques used to *contact* the advisor. I want to learn more about that for my personal use but also with clients. I also wonder how these techniques can be used to contact other specific parts of the personality. In therapy situations other archetypes like the child or the parent can be contacted but what other archetypes can be addressed? I know that when working with multiple personalities different personalities can be called out. I suspect that the same thing can happen with integrated personalities depending on what aspect needs to be addressed. However, maybe that would all fit under the advisor umbrella.

The main tool consistent with this method that I appreciate the most is the focus on process instead of content. Leaving the content up to the client is such a better approach. I like the holistic attitude of this method and the power it gives the client. By teaching the client how to

access their advisor, they can begin to take responsibility for their own psychological and physical health.