



## Trusted Advisor Dialogue Process

Welcome, and thank you for choosing to receive this free gift.

I most enjoy working with visionaries – people who know this world is at a turning point and are committed to being part of helping it change for the better. Visionaries come in all varieties including people who are just starting on their spiritual path and those that are quite a ways down that road. You might already be in action helping to change things for the better or maybe you're someone who finds themselves at a crossroad, wanting to help but just not knowing how. But visionaries in all forms have two things in common; they are passionate, and they care deeply for this world and the people in it.

If this sounds like you, and you're like most of the people I work with, then to some degree you're probably struggling in the areas of personal, professional, and spiritual fulfillment. Well I think it's about time to change that. To do so I believe it's important that you begin to integrate and realign your higher self and your ego so that you can become more confident, more effective, and finally contribute to the world in the big way that you were meant to. I'm here to help you do that and I'm committed to your success.

I hope you enjoy this process and that it supports you as much as it has me.

With love and an open heart,

*Beth*



## Returning to Our Divine Design

Have you ever had a decision to make but you just couldn't make up your mind because you wanted to make sure you made the *RIGHT* decision? If so, it's time to Upgrade Your Understanding.

Most of us only use our mental capacity to make decisions; this can leave us doubtful, confused, and hesitant. The truth is, our thinking mind isn't the only resource we have. When you start understanding and using the full spectrum of the resources at your disposal while making decisions – mental, emotional, physical, and spiritual – you'll start feeling more confident and comfortable during the decision-making process and you'll enjoy the outcomes whole lot more.

There's a great quote that says, *"There is more wisdom in your body than in your deepest philosophies."* ~Unknown

We've all had flashes of insight, inspired ideas, and those little feelings that we should either do something or not. All these are your internal wisdom trying to get your attention. But usually this information either goes unnoticed or it comes and goes so quickly we forget the ideas or insights and they are never to be heard from again.

Do you ever wish you had a full-time trusted advisor who could just give you all the right answers whenever you wanted them?

If so, the good news is that all the answers you will ever need are already within YOU. The reliable and accurate guidance you want comes by cultivating and nurturing a relationship with your divine source. When this guidance is honored and trusted you will be on your way to creating a, rich and joyful life. I'm here to help support you in asking the right questions and learning how to interpret the answers you receive, but the answers are yours. When you learn to access and trust your own inner wisdom you'll have the confidence to move powerfully into action. Then you can start contributing your gifts to the world and create the life you've always wanted.

I teach several ways to tap into your internal wisdom. Here is one of my favorites.

### Look Within

*"There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle for less."* ~Kurt Hahn

If you only knew of all the love and support you have available to you, you'd be in tears.

In each and every moment you have all the answers you need within you. To help you reestablish connection with that part of yourself that can easily access these answers, and

to begin the process of bridging the conscious with the the superconscious mind, I'd like to introduce you to a practice that helps guide me. This has been extraordinarily meaningful in my life.

## [Active Imagination](#)

As developed by [Carl Jung](#) between 1913 and 1916, [active imagination](#) is a meditation technique wherein the contents of one's unconscious are translated into images, narrative communication, or personified as separate entities. It can serve as a bridge between the conscious 'ego' and the unconscious or superconscious "higher" mind.

Many have taken this original work of Carl Jung and developed techniques to incorporate this valuable skill into our everyday lives. My favorite version of these is having a dialogue with your inner voice or higher mind. This is similar to what Neale Donald Walsh did in his book, [Conversations with God](#), and what Tim Kelly talks about as 'trusted source' in his book [True Purpose](#).

First you have to decide who you're talking to. Who would have the answers you seek? If you believe in a higher consciousness, or source, or God, then that is who you talk to. If you believe your subconscious mind would have the answers you need, then talk to your subconscious mind. Or perhaps you believe there are guardian angels, master teachers, or dead relatives that would have important and reliable information for you. Then you would ask them your questions.

I'm not here to tell you what to believe, and it makes no difference for this process to work. All you have to do is decide who or what would be your most trusted source of the information you need.

### **Here's the process:**

- ❖ Get out a piece of paper and pen and find a quiet space where you won't be disturbed. (I like using a journal because I do this every morning.)
- ❖ Name your trusted advisor. For me it's God, for you it's whatever feels right, just figure out what you'll call them.
- ❖ Get into a meditative state. Quiet your mind by focusing your attention on your breath for at least 3 or 4 minutes.
- ❖ Then begin a dialogue that looks something like this.

**Beth:** (Ask a question.)

**God:** (Write down whatever response or answer comes. Do this without hesitation or second guessing.)

As an example, here's the beginning of my first dialogue with God.

**Beth:** What would you like me to call you?

???: Anything you want.

**Beth:** For me you are "all that is."

???: True.

**Beth:** But that's not a name--it would be strange to say, "Hi there All That Is."

???: I see.

**Beth:** I'll just call you God.

**God:** Good.

**Beth:** But that seems separate from me & I know there is no separation.

**God:** True, and it matters not.

**Beth:** I want to feel comfortable with what I call you because I will be using your name a lot.

**God:** Comfort is an issue to look at.

**Beth:** It's better to feel uncomfortable?

**God:** No--it's better not to spend your time trying and striving to be comfortable when there are so many things--so many wonderful things to enjoy.

**(continue ...)**

Just stay relaxed and keep asking all the questions that occur to you during the dialogue, and don't hesitate to ask any skeptical or doubtful questions you might have about this process. Your trusted source will answer them and if the answer is not to your satisfaction, ask another question.

Have fun with it! About 80 percent of all people who try this process find it be valuable and many times quite profound. If you do this process with an open mind and an open heart I promise you will get the answers to important questions that you may have been struggling with up till now.



## My Guarantee to You

If you try this out and you receive answers, I assure you that if you continue to implement this practice it will help finally be able to relax, enjoy your life fully, and begin the process of reestablishing your divine design. If you know in your heart that it's time to stop struggling, to feel more confident, and to be more connected to your Source, then start applying this practice right away.

## What's Next for You?

Another set of practices that I find essential are meditation, soul contemplation, and mindfulness. As a bonus for signing up for the Trusted Advisor Dialogue Process, you'll also begin receiving my weekly e-tips series, ***Be Still Moments***, which focus on these practices. To support your spiritual journey, I'll also include excerpts from my latest book, [\*\*\*Interviewed by God\*\*\*](#).

If you do not yet meditate or if you'd like to go deeper with your meditation and mindfulness practices, I've written a set of books on the subject called, ***The Meditation for Life Series***. If you're interested you can find these here.

[\*\*\*The Meditation for Life Series\*\*\* by Beth Banning](#)

<http://bethbanning.com/interviewed-by-god/other-books/>

With love and an open heart,



A handwritten signature in black ink that reads "Beth".

PS, If you have any questions or would like to contact me, you can do so using my [\*\*Contact Form\*\*](#).

<http://www.bethbanning.com/contact/>