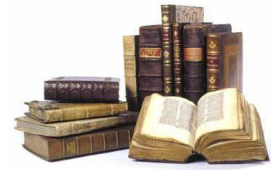


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The Voice Dialogue Series

Article 2: The Voice Dialogue Series DVD and CD Set

The Voice Dialogue Series DVD and CD Set

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The Voice Dialogue Series is produced by Wiseone Entertainment and is composed of 6 DVDs and 8 CDs, it is presented and directed by Michael Domeyko Rowland who acts as our guide throughout the series. The CDs do not duplicate what is on the Videos but offer deeper explorations of the Voice Dialogue system.

The first thing I notice is the presentation. The Voice Dialogue Series comes in a superior quality presentation case with introduction papers, printed copies of the Summary Screens as used in the DVD series and Guidelines for using the course.

The DVDs offer a solid foundation in Voice Dialogue; they are edited in such a way each one builds on what you have learnt in the last. Rather than just being a solid "blast" of information, the presentation is well paced with summary screens being regularly used at around 20 minute intervals. I found this especially helpful as it brought together all the ideas being presented in a condensed fashion on a regular basis.

Program One

Program One is a simple introduction to sub personalities and goes for around 11 minutes. It is worth watching a couple of times as it forms the foundation of Voice Dialogue. This section uses 3D computer graphics to help us visualize the basic structure of the psyche and how the sub personalities work. It is well presented, easy to understand and a superb introduction to this new way of understanding ourselves.



Program Two

Program Two is a longer presentation (about an hour) which examines the primary sub personalities, for ease of use it is sub divided into sections on How the Personality Develops, The Major Primary Selves and The Major Primary Selves continued. These are sections from a live workshop by Hal and Sidra Stone, which are edited with further explanations presented in interview format and summary screens. The further explanations are highly significant as they offer very direct explanations of the key concepts which are then again emphasized by the summary screens. I really like the combination of live footage from a workshop, direct interview footage and summary screens this makes this package very user friendly.

This is a very good way to learn, the series is structured in such a way that it is nearly impossible to misunderstand any basic concepts and difficult to miss key ideas since they are so clearly explained. Having undertaken many training courses via DVD, this is one of the best formats I have seen, using a combination of methods to offer a balance of a clear and precise presentation of the Voice Dialogue system coupled with enough detail and personal examples to make it interesting.

Program Three

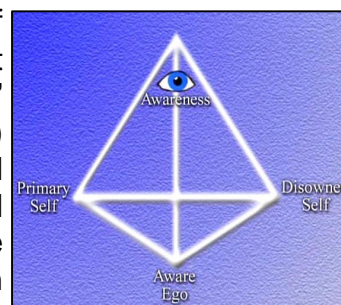
Program Three explores the effect that disowned selves and sub personalities in general have on health. This is a very important discussion as it avoids allowing the course to be purely “cerebral” and helps us see practical ramifications of these theories. This includes some very pertinent issues which are again presented in bit size pieces. The first section explores what disowned selves are, how they operate and what they can teach us. In the second section we get more insight into these disowned selves as well as how they function within a family unit and how the dynamics of that family help create those disowned selves. There is also a significant discussion of how embracing doesn't mean becoming and that while we need to own our sub personalities it doesn't mean we have to follow each of them and become what they represent. Just because we, for example, face our selfishness, doesn't mean we have to be selfish, just that we need to appreciate that it exists inside of us.

This is a very important aspect of Voice Dialogue, that there are no “good or bad selves”, “selves” are not judged, but owned and accepted. While we may choose to not express a given self, it is imperative that we appreciate all aspects of ourselves.

This is followed by a fascinating discussion of how illness can be caused by disowned selves, one classic example offered was a woman racked with gastro intestinal pain. When this was explored using voice dialogue it was found that her sub personality known as the “Pusher” was keeping her so active, so busy, so constantly on the move that she was unable to relax and simply “be” and this was causing the symptoms she was experiencing. Indeed when she dealt with these issues her pain subsided.

Program Four

Program Four introduces another of the key concepts of Voice Dialogue, The Aware Ego. This is a highly significant concept since it is The Aware Ego which learns to “manage” the various selves (a bit like a conductor of an orchestra) and co-ordinate their many abilities. This is then followed by explorations of the ego process, spirituality and related issues. The third section explores in some detail how we can live differently, how we can experience life as an “Aware Ego” and the ramifications that has. Again this program is divided into three bite sized sections and uses summary screens to help us understand the Aware Ego concept.



Programs Five and Six explore the nature of bonding and relationships and these are certainly very insightful and meaningful discussions. When we begin to understand our own primary selves and disowned selves we can start to understand why our relationships function the way they do. In Program five we come to understand negative and positive bonding patterns especially in relation to the rejection of our own vulnerability. We explore the three aspects of the bonding pattern and how they apply to relationships. One of the most powerful concepts is that the things that we judge most harshly in ourselves is actually the self we disown! Program Six continues this exploration of bonding and relationships with many practical examples as well as deepening our understanding of the energetic levels of relationships.

Program Seven

Program Seven introduces the concept of Dreams and discusses their value within Voice Dialogue. As Hal Sidra so aptly states “Dreams are the dances of the primary selves and disowned selves”. This section offers ways to interpret dreams in light of these selves includes some fascinating examples of dreamscapes and what they can reveal if we examine them closely.

Part two of this program examines the role of symbols and themes within dreams and especially discusses the way we disown our instincts and how these may communicate within dreams. I especially like the dream Hal recounts of a woman in his class who dream she went into her basement and it was filled with wild animals in cages, which had all been put to sleep by new age music. This clearly being a message to her that her “new age” spirituality was imbalanced in that it was suppressing her natural instincts and desires.

Program Eight

Program Eight is where we actually start to examine how Voice Dialogue works. We get an introduction to where the system came from, the goals and benefits and hints on how to put it into practice. The first section is quite personal, discussing Hal and Sidra’s own work and experiences. This is one of the things that makes this whole series so powerful, there is a constant openness on the side of the teachers of



the system which allows us to see the working of Voice Dialogue from the inside not just as another “psychological system”. This warmth and willingness to share personal anecdotes makes this whole series quite unique as opposed to most other courses which have a strong “teacher-student” dynamic. The whole tenor of the work is much more like the sharing of wisdom from people who have learnt a lot about life rather than a didactic presentation of a new discovery.

Part three actually begins to outline how the Voice Dialogue system works and how it can be used in a practical way.

Programs Nine to Twelve

Programs Nine to Twelve offer practical demonstrations of Voice Dialogue in action. Programs Nine and Ten are one on one demonstrations with reference to specific sub personalities such as the Inner Critic, Nursing Mother and Free Spirit, Pusher and Lover.

Program Eleven gives demonstrations exploring relationships especially examining how “marriages” tend to be when a people marriages their opposites and partners hence carry the disowned selves of each other.

The final program Twelve gives examples of the use of dreams within The Voice Dialogue process.

The CD Package

We have examined in quite some detail the DVD program within this package as it offers a truly comprehensive guide to Voice Dialogue.

In addition to the DVD section, it also includes an eight CD set which offers over eight hours of material exploring in great detail a wide range of sub personalities, these include Rule Maker / Rebel , Special / Ordinary, Observer / Spontaneous , Spiritual / Earthly, Mind / Feelings, Patriarch / Matriarch, Control / Release, Sensuality and Sexuality, Pleaser / Selfish, Psychological Knower, What will people think Independent / Dependent, Pusher / Being , Invisible / Spacer / Chameleon, Perfectionist / Slob, Responsible Parent, Power / Vulnerability, Jungle / Victim, Personal / Impersonal, Abuser / Abusee, Critic / inner Teacher and Inner Children.

Included on the final two CDs are more in-depth explorations of the nature of dreams, the use of symbols and imagery within Voice Dialogue and practical issues such as the use of illness to learn and grow.

The Voice Dialogue Series is an extra-ordinary package; it would not be an exaggeration to say that it offers a truly revolutionary view of the human psyche which can radically transform how we live and work with ourselves. The Voice Dialogue Series is a truly comprehensive package. It will be of exceptional value to the therapist and professional as well as to anyone interested in psychology such as counselors, life coaches or teachers.

At the same time we should not discount its value for personal learning, the package will also be of great interest to any individual who simply wants to know more about their own inner work and how to get the maximum of their life. The personal

way the material is taught, the use of workshop footage and live interviews, regular summary screens and constant examples, stories and anecdotes means any moderately educated laymen can also use their package for their own development.

Considering the size of the package and the cost of workshops or courses in these such fields the \$395.00 AUD price is extremely reasonable and you have on hand a permanent reference you can use time and time again.

If you are interested in what other people think about the package go to **<http://www.bodymindinformation.com/>** and read the testimonials and get some further info.

If you are not sure, why not enroll in the **free five day Voice Dialogue email course** which also offers monthly tips on Voice Dialogue !!

Article Three will examine other Voice Dialogue products.

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