



COLETTE BARON-REID'S
INVISION PROCESS



The Bone Collector

Module 5 | IN-Vizion® Process 1 | Homeplay

Close your eyes and imagine you're standing on a bridge between the place that represents your life as it is now, and another place that you can't quite see.

In front of you is your goblin that is going to take you across to the Island of Broken Dreams.

The oldest woman you've ever seen waits for you on the other side. She knows the goblin intimately and loves it without conditions.

How does it feel to you to meet this ancient woman who knows you have always been whole and who has been taking care of all the things you thought you lost, waiting for you to be ready to reclaim them?

The goblin will show you around the island and lead you to find the lost pieces of you - the bones that hold you up that help you stand tall, and supple in the world - they are all here.

Take some time to gather them together, and when you are done, bring them to the Bone woman so she can sing them back to life and place them inside you.

All the parts of you are important. You are never lost; you have never lost anything – you are whole.

Breathe in wholeness, and experience how you feel a whole being fully formed, all the parts of you accounted for.

The goblin remains. He has a task; to remind you to stay aware, to observe, and when you forget your responsibility to steward light into the world, he will warn you by telling you that you're treading on the same path again.



All parts have value; all voices have purpose.

Allow the wise energy of the Bone Collector to settle into your body.
How do you feel as her consciousness and her wisdom weaves with Yours?

Just consider all this and write about what you've experienced.

Open your eyes and bring your journal into focus.

Questions for HomePlay:

Write this in your journal

- » How does the Bone Collector empower you?
- » How did the goblin help you?
- » What did you find?
- » How did you feel when you discovered that what you lost was never lost?
- » What was it like receiving the energy back from the Bone Collector?
- » How are you different now?