



COLETTE BARON-REID'S
INVISION PROCESS



The Gentle Gardener

Module 5 | IN-Vizion® Process 2 | Homeplay

Settle into your chair and breathe deeply and surely, filling every cell of your body with light and energy.

Imagine you're sitting on the side of a hill looking out into a place that represents your Field of Dreams.

This is where every thought, every feeling, every motive, every intention can take root and grow.

This place is a garden, and you've been planting here since you were Born.

What have you planted here?

What is healthy?

What is unhealthy?

Don't try to change anything. Just explore and notice what you see.

An ancient woman greets you here.

She is the spirit of this place. The Gentle Gardner doesn't care what you plant. She is the embodiment of integrity, and she is there to ensure that



all things you've planted come to fruition.

She will show you six different plots you've been planting in with themes: One for Family, one for Career, one for Spirituality, one for Health, one for Love, one for Art.

Let's begin with the Family Garden:

What do you see in the plot of Family? Is there anything you'd like to change? Is there an animal in the garden? Is there a message? Does anything stand out?

What do you see in the plot of Health? Is there anything you'd like to change? Is there an animal? Is there a message? Does anything stand Out?

What do you see in the plot of Spirituality? Is there anything you'd like to change? Is there an animal in this garden? Is there a message? Does anything stand out?

What do you see in the plot of Career? What do you notice here?

What's growing here? Is there anything you'd like to change? Is there an animal? Is there a message? Does anything stand out?

What do you see in the garden of Money? How does this garden look to you? Is there anything you'd like to change? Is there an animal? Is there a message? Does anything stand out?



What do you see in the garden of Love? What grows here? What do you see? Is there anything you'd like to change? Do you see an animal? Is there a message? Does anything stand out?

What do you see in the garden of ART? What have you created here?

What's growing here? Is there anything you'd like to change? Is there an animal? Is there a message? Does anything stand out?

Everything you continue to send out into the Field of Dreams eventually becomes something in the world of form.

The Gentle Gardner is the one who waits between the dimension of your consciousness and the dimension of potential, gathering the strong seeds of your desires and all the thoughts you repeat; the ones that are fleeting, and the ones that send weeds into the garden.

Keep what you want. Be accountable for that which you don't want. Be willing to change. The Gentle Gardner will show you everything you've planted, and will make the changes you desire. You need only to be mindful of your thoughts, feelings and beliefs today. Those will be the seeds that bear fruit in the tomorrows that follow.



Questions for HomePlay

Write this in your journal:

- » Write down whatever stood out for you in this process.
- » You can do this numerous times, only focusing on one subject to see if there is anything you need to prune or remove.
- » Where are the weeds?
- » Which plot was the most beautiful?
- » Which plot needed the most work?
- » What did you learn from these?