



COLETTE BARON-REID'S
INVISION PROCESS



Symbols Guide

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The Symbols Guide for IN-Vizion®

This guide will give you a very brief outline of some of the elements of the natural world and their meanings. While the traditional meanings are implied here, you may have your own memory experience that will also provide alternate personal meanings to the symbols as they come up for you in an IN-Vizion® Process.

For example, a crab may represent the ability to side-step an issue, or the hard shell may symbolize protection. However, if you were born under the astrological sign of Cancer, a crab may indicate your birth month, an event close to your birthday, or the qualities of a Cancerian. The point is, you're invited to understand your own language living within the awareness and consciousness of the collective.

The implications are universal; all voices are heard and understood as many parts of one song, all messages are expressed in the world, waiting for someone to make contact to connect and hear their meaning. All of these images and their deeper meanings are part of the one common language in the collective memory of humanity.

Whether you physically encounter these in a synchronistic experience, such as actually meeting a wolf in the forest, or the essence of a wolf visiting you in the IN-Vizion® experience, to bring you its awareness, their messages share the same essence in the greater unified consciousness.

Everything is awareness. You are awareness. Since you observe the world, the world can exist and interact with you. Your awareness - your consciousness, is part of a larger and powerful "knowing" that we are for the most part distanced from intellectually, but closest to intuitively.

"Even those beings we consider non-animate things, like rocks, have life force energy. In this way all signs, omens, and oracle messengers, messages and divinations are part of the living language of universal consciousness. That is Spirit, the breath of the God behind all gods giving life to infinite possibilities. All are mirrors to reflect in. (Taken from



“Messages From Spirit, the Extraordinary Power of Oracles, Omens and Signs” by Colette Baron-Reid.)

Purposely, I’ve accompanied each living symbol with the minimum of words. This is to allow these words to be like keys to the doors within your own awareness, to find the depth of meaning to your personal experience as well as the universal experience.

As you become more adept at working with IN-Vizion® you’ll notice that certain other animals may show up in a landscape that will be noticeable. You can refer to the guide below borrowed from my book Messages From Spirit, as I’ve separated them into categories according to where they’re placed in the terrain you’re exploring.

These require interpretation by you, the coach, in conversation with your client after you’ve taken them through the process. Plus, when you do this process yourself, you can find something symbolic for you. You’ll find lots of fascinating conversations will ensue, accompanied by statements like:

“Wow! That’s amazing!” or “That’s incredible! How did I do that?” Etc.



Animal Archetypes and their Symbolic Meanings

In the Air (these are key)

- **Bat:** transformation, death and rebirth, facing fear, time of transition
- **Bee:** luck, industry, sweet victory, hard work paying off
- **Blackbird:** desire, uninhibited, hidden potential, being well defended, spiritual awareness over ego
- **Butterfly:** beauty, fragility, joy, transmutation
- **Blue Jay:** family bonds, loyalty, fearlessness, learning true use of power
- **Canary:** singing, music, clear communication that is heard and accepted
- **Cardinal:** leadership, self-worth, vitality, creativity
- **Chickadee:** playfulness, cheerful, industry, adaptability, optimism
- **Chicken:** sacrifice, abundance through fertility, inner potential
- **Crane:** longevity, legacy, watchfulness, fidelity, protection
- **Crow:** death, innovation, higher law, creation,
- **Cuckoo:** change, transformation, prophetic, leads you into the unseen
- **Dove:** peace, serenity, love, grace, marital happiness, blessings
- **Duck:** comfort, emotional support, ability to weather any storm, partnerships, connection, wisdom, emotional balance
- **Dragonfly:** connection to realm of fairies, seeing through illusions
- **Eagle:** Great Spirit, higher mind, the I Am, overview, big picture vision
- **Egret :** stability, beauty



- **Falcon:** perception, balance, directed power, efficient
- **Finch:** activity, happiness, vitality, wealth, joy, abundance
- **Flamingo:** cooperation, balanced, grace, endurance
- **Fly:** lower ideas, unworthiness, resentments to be healed, clearing emotional garbage
- **Flea:** parasite, taking without giving back, opportunism
- **Goose:** fertility, teamwork, commitment, marriage, positive and successful partnerships
- **Grackle:** determination, aggression, breaking illusions
- **Grouse:** higher awareness, acting on connection to source, personal enlightenment
- **Gull:** the capacity to harmonize potential reality with material success, freedom, resourcefulness, clarity
- **Hawk:** messenger, letter, phone calls, answers received or on their way, guardianship, sharp vision, observation
- **Heron:** self-reliance, concentration, independent thought, patience
- **Hummingbird:** accomplishing the impossible, sweetness of joy, fun, energy management
- **Ibis:** connection to the sacred, writing
- **Kingfisher:** good timing, fortune, luck, calm
- **Ladybug:** happy go lucky, a sign of good luck, release worries



- **Loon:** hopes and dreams rekindled, rejecting compromise, dreams come true
- **Magpie:** opportunities for advancement, impetuous, scruples, reveals hidden power
- **Mockingbird:** humor, improvisation, reflection, communication
- **Oriole:** creativity, successful new projects
- **Osprey:** great success, perception
- **Ostrich:** staying grounded, unwavering courage, quiet steady resolve
- **Owl:** wisdom guards against self deception, self-denial, intuition, seeing in the dark
- **Parrot:** individuality, creative self- expression
- **Pelican:** devotion, new life, strong parenting, charity, self sacrifice for the highest good
- **Penguin:** endurance in spite of conditions, lucid dreaming
- **Pigeon:** cooperation, community, collaboration, resourcefulness
- **Puffin:** being true to yourself, authenticity
- **Quail:** caution, tenacity, courage, nourishment, fertility
- **Raven:** insight, luxury, adaptability, keen intellect, magic and synchronicity
- **Robin:** new growth, positive opportunities, safe progress, Christ
- **Sandpiper:** quickness, insight, playful, seeking below the surface of things



- **Sparrow:** companionship, sharing, self worth, survival
- **Stork:** babies, new life, successful birth
- **Swan:** clairvoyance, true inner beauty, transformation
- **Swallow:** hope, renewal, courage
- **Thrush:** message, voice, beauty, commitment
- **Turkey:** sharing, cause and effect, the flow of energy to ensure prosperity
- **Vulture:** resourcefulness, never wasteful, improvement and strength of overall well being, conservation, death and renewal
- **Wasp:** anger, retaliation, warning to protect oneself, ability to defend one's territory successfully



On the Ground (*other animals that can show up in a session*)

- **Ant:** patience, teamwork, industriousness
- **Antelope:** action, energy, grace, swiftness
- **Armadillo:** boundaries, protection, armor, defense against invasion
- **Badger:** digging deep, indirect communication, difficult to injure
- **Bear:** meditating, awakening inner power
- **Beaver:** completing, building or finishing projects, acting on dreams, manifesting
- **Beetle:** good fortune, renewal, resurrection
- **Buffalo:** answered prayers, gratitude, abundance
- **Bobcat:** listening with intent, discretion, secrets, keeping secrets
- **Bull:** stubbornness, rigidity, gaining through sacrifice
- **Cat:** independence, grace, agility, another chance
- **Cockroach:** indestructible, succeeding against all odds
- **Cougar:** responsible leadership, king of the mountain
- **Coyote:** trickster, laughter, pranks, good humor in friendships, hidden lessons
- **Cow:** nourishment, getting needs met, maternal love
- **Cricket:** invitation to speak, making a phone call
- **Deer:** diplomacy, gentleness, soft bearing, kindness
- **Dog:** loyalty, decency, unconditional love
- **Earthworm:** enjoying the lessons after the storm, opportunities in adversity
- **Elephant:** memory, good fortune, strength and power in community, royalty



- **Elk:** stamina, strength, calm nobility, self-respect
- **Fox:** camouflage, charm, wit, flirtatious, invisible/visible
- **Gerbil:** rest, retreat, solitude for regeneration
- **Giraffe:** far vision, tall, high achievement
- **Goat:** ambition, upwardly mobile, sure-footedness
- **Groundhog:** transformation, death without dying
- **Horse:** power, accepting help from others, delegating authority, foreign travel
- **Jaguar:** integrity and impeccability, clear intentions
- **Kangaroo:** getting to the goal, progress assured
- **Koala:** sensitivity, need for isolation
- **Leopard:** swift justice, clarity of vision
- **Lion:** pride, proud accomplishments, generosity
- **Lizard:** detachment, dreamer, creative vision
- **Lynx:** see Bobcat
- **Moose:** long life, mediumship, cycle of life and death
- **Mouse:** scrutiny, attention to detail, focus
- **Monkey:** ingenuity, curiosity, versatility
- **Opossum:** pretending, appearances, masks and facades, seeing through them
- **Panther:** letting go of fear, embracing the unknown, welcoming uncertainty
- **Pig:** confrontation, arguments resolved through intelligence
- **Porcupine:** innocence, wonderment
- **Rabbit:** fear, running away, needing to trust, not trusting
- **Raccoon:** resourcefulness, theft, thievery, disguises
- **Ram:** ego centered, self awareness, initiation of new beginnings



- **Rat:** intelligence, success, shrewd, calculating
- **Rhinoceros:** ancient tradition and wisdom, seeking answers in the past
- **Skunk:** self respect, self esteem
- **Snake:** healing, letting go of the past, renewal
- **Spider:** creativity, writing, sewing
- **Squirrel:** preparing, saving, storing, resourceful
- **Tiger:** energy, passion, solitary devotion, independence
- **Walrus:** tangible things, money
- **Weasel:** slyness, stealth, calculated movement, behind the scenes
- **Wolf:** teacher, good social order, team leader, fair decisions



From Water

- **Alligator:** flexibility, non-judgmental, thoughtful integrative action
- **Chameleon:** adaptability
- **Crab:** indirect action, hidden sensitivity, avoiding issues
- **Crocodile:** death of the old, regeneration
- **Dolphin:** playful, flirtatious, spontaneous, telepathic communication
- **Fish:** abundance and prosperity assured, dualism
- **Frog:** cleansing, cleaning house—literally and figuratively
- **Turtle:** slow and steady, connection to Gaia (mother earth) energy
- **Octopus:** possessiveness, dexterity, ability to multitask
- **Otter:** playfulness, affection, loving nature, femininity
- **Sea Lion:** masculine strength, swimming through turbulent times
- **Seal:** imagination, focus on manifesting dreams, clarity of purpose
- **Sponge:** education, learning, absorbing new ideas
- **Whale:** connection to ancestral memory, collective unconscious



Here are is a list of trees and flowers that might be significant in an IN-Vizion® process:

Trees

- **Oak:** endurance, successful manifestation
- **Olive:** peace and harmony
- **Orange:** letting go of fear, heals deep emotional wounds
- **Palm:** protection
- **Peach:** artistic beauty, longevity
- **Pine:** far-sightedness and the need for objectivity, awakening the heart, releasing guilt, awakening the inner Divine
- **Poplar:** help coming to manifest dreams
- **Redwood:** timeless wisdom, new perspectives out of ancient vision
- **Rowan:** self-control, developing discernment, wise discrimination
- **Spruce:** calming, the need to soothe and protect
- **Sycamore:** nourishment, beauty and admiration
- **Walnut:** freedom gained by initiating transitions
- **Willow:** surrendering to emotion, releasing sadness, blocked emotions need for expression reveals obscure hidden things, awakening the subconscious
- **Yew:** transcendence, resurrection, rebirth, sum of all wisdom



Here are is a list of trees and flowers that might be significant in an IN-Vizion® process:

Flowers

- **Aloe:** time to heal, capacity to heal others
- **Angelica:** angelic communication
- **Baby's Breath:** gentleness, modesty
- **Basil:** discipline and devotion
- **Begonia:** commitment to enriching activities
- **Buttercup:** self-worth, empathy and compassion
- **Carnation:** new love, deepening affections
- **Chrysanthemum:** vitality, youthful life force
- **Corn:** new abundance and prosperity assured
- **Daffodil:** inner beauty, self care
- **Daisy:** spiritualizing the intellect, connection to fairies and nature spirits
- **Dandelion:** looking beyond the surface
- **Frangipani:** need to set higher goals
- **Gardenia:** telepathy
- **Garlic:** psychic protection
- **Geranium:** new happiness
- **Goldenrod:** positive focus, energy to complete projects
- **Hibiscus:** libido, sexual energy
- **Hyacinth:** overcoming jealousy
- **Iris:** birth, peace restored



Common Objects and Recognizable Symbol

These are self-explanatory. As you begin to understand the symbolic metaphoric language of the Unconscious, your awareness will expand and reveal a much deeper aspect of life than you're used to seeing when you see reality only in the material. Remember the entire world is ensouled.

There is a greater energy of Consciousness implicated even in man-made objects.

This is a very short list of examples of possible shapes and images or real objects that may reveal themselves within an IN-Vizion® Process. You might like to write your own list of objects that have special meaning to you, in addition to what's here.

- Ace, Altar, Amethyst, Anchor, Ark, Ax, Apple, Airplane,
- Bags, Baby, Balloon, Ball, Basket, Bed, Blue, Book, Bottle, Boat, Boots/Shoes, Boulder, Building, Brush, Bridge
- Caution sign, Car, Cape, Candle, Castle, Cave, Cemetery, Church, Clock, Cliff, Cobwebs, Comet, Crown, Crystal, Cup
- Door, Drum, Dunce cap, Dungeon, Doormat, Desert
- Earthquake, Egg, Emerald
- Fire, Forest, Feather, Flood, Flowers, Food, Fog
- Garden, Garbage, Glasses, Guitar, Gun, Glove, Gold, Green
- Hammer, Harp, Heart, Home, Horn, Happy Face, House
- Indigo, Indicator light, Interior (of a place)
- Jail, Jewel



- Knife, Key, King, Kite, Knot
- Letter, Ladder, Lake, Logs, Lighthouse, Lightning
- Musical instrument, Music note, Magician, Mermaid, Mirror, Moon, Money, Mountain
- Numbers (see section 11:11 for meanings)
- Ocean, Orange, Oyster, Obelisk, Opal
- Pearl, Pink, Piano, Pills, Pond, Purple
- Quartz
- Red, Rope, Rock, Ring, Radio, Rainbow, River
- Scissors, Statue, Shovel, Stop Sign, Shoes, Sun
- Telephone, Train, Tracks, Treasure, Trees
- Umbrella
- Violin, Violet
- Water, Watch, Wallet, Wheel, White, Window, Wine, Wings
- X-Ray
- Yellow, Yield sign



Sacred Symbols

- **Ankh:** spiritual wisdom, longevity
- **Arrow:** clear direction
- **Celtic Cross:** illumination
- **Christian Cross:** redemption through sacrifice, necessary death of the ego
- **Chalice:** sacred, holy, spiritual abundance and joy
- **Circle:** boundless unity
- **Hch'ai:** life force energy
- **Hexagon:** divine mind, healing star, absolute balance
- **Infinity Sign:** infinite endless perfection
- **Om:** sound of eternal life, four stages of consciousness: awake, sleeping, dreaming, transcendence
- **Pentagram:** forces of the earth
- **Red Cross:** altruism, help
- **Square:** earth
- **Spiral:** path to wholeness, continual change, evolution of the universe
- **Star:** guidance from above, ideas and inspiration revealed, hope
- **Triangle:** trinity, stability



Magical Creatures

- **Angel:** protection, guidance, sign from Spirit
- **Cupid:** romance, love, partnership
- **Dragon:** strength of will, protection, opposition
- **Dwarf:** solid foundations, slow movement
- **Elf:** fun, light heartedness
- **Fairy:** inspired ideas, spending time in nature
- **Goblin:** wounded ego, negativity
- **Phoenix:** rebirth and great strength after loss
- **Unicorn:** innocence, belief and faith in the Unseen



Summary

So now you have a brief introductory guide to some of nature's messengers as they may appear to you and your client in working with IN-Vizion®.

Ancient and indigenous cultures have rich traditions that honor the highest and deepest meaning in all things. If you want to learn more about this, and explore the subject of living sacred symbols in the natural world more extensively, there are many books to explore on the subject.

Most importantly, like learning any language, you need to practice the "words" and how that language is expressed. The language or "words" of IN-Vizion® are expressed as metaphor, allegory and symbol. Perhaps you've had personal experiences that may add to their meaning. Invite each symbol to reveal more of itself to you. Perhaps you will receive a flash of insight that may apply to you now. Always remember to keep a written record of your experiences.

This process can't be forced, and always reveals itself gently, surely unfolding as you allow. Just remember to slow down, breathe deeply, and be open to experience a greater awareness of the world within you. You'll be amazed at how, with time, the outer world begins to answer you with synchronistic perfection.

The wisdom hidden in the unconscious is always available. It just takes a bit of time to process, interpret and understand. IN-Vizion® is a bit like mystical revelation, and the transformation evolves and comes of its own accord as you go deeper in the dialogue, letting go of your old ideas, prejudices and limitations.

Patience and an open mind are the only necessary aspects you need to bring to the session. That, and a sense of playful curiosity and willingness to be open to discovery.