



COLETTE BARON-REID'S
INVISION PROCESS



Module 3

Complete Transcripts for Module 3

Diving Deep into Question 2 of the Invision Process®: “When Am I?”

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M3 L1 | Invision Process® Module 3 Welcome

Hi there. I'm Colette Baron Reid and I'm so happy to see you here again! We are now on Module Three where we'll be exploring our second question of the Invision Process®, "When Am I?"

I guess the easiest way to sum this up is "If you're not present and in the now, you're some-when else!" You might still be reacting to something that happened in the past that's unresolved, or not yet integrated in the now, or you're nostalgic for the "good old days." You also could be lost in the future, where you are so focused on the possible failures that haven't happened yet, that you remain frozen in fear.

Projecting fear into the future ends up influencing your experience today, and you actually set the stage so that your fear could materialize. You could also be overly ambitious and far-reaching; so exceedingly optimistic and fixated on a future date that you can't see the small steps that are necessary for you to take today to produce the results you want. Have you ever known someone like that? The armchair astronaut who dreams big, but never gets out of their chair? Someone always fixated on the arrival of an event somewhere down the road that never comes?



Asking the question: “When Am I?” gently brings you back to present time awareness. If you are in a repetitive phase and you are dumbfounded as to why you feel a certain way, the most natural question is: “What does this remind me of?” It’s not important to analyze this too much, as the story of origin isn’t as important as removing you from it.

This is where we actually enter our story in a very direct way. We pay attention to the clues that tell us we aren’t present, and help ourselves to create a state of openness that’s brimming with potential and power. You might be someone who wants to build a coaching practice and you are doing your best to dream big. However, if you skip the steps of learning and crafting your skills, enlisting or hiring the right support team, creating valuable content and resources and putting yourself out there to be seen, nothing gets built, and all you’ve done is fantasize.

We want to move toward successful outcomes, but we need to be mindful that we will never be able to do that if we’re fostering ourself as an armchair astronaut who finds the dreaming more interesting than the doing, as we project our arrivals as always still being down the road. So, in this Module, our focus will be more on the HomePlay, and less on theory. This way, you can catch up and really immerse yourself



in connecting to the Observer and exploring the first question “Where Am I?” as you integrate Invision’s® second question, “When Am I?” into the process..

In addition, you can concentrate on the landscapes that show up as you go through your list of emotions and common states of mind. Pay close attention to the ones that seem to repeat. That’s when the question: “When am I?” comes in to play.

Remember the HomePlay is where the Invision Process® will come alive for you. So enjoy this Module, dive into the exercises, and don’t over-analyze. Just allow your intuition and creativity to flow, and allow the process to sink in and do its magic. It will!

M3 L2 | Overview and Review of Modules 1 & 2

What you will learn

In Module Three you will learn:

- How the Invision Process® is effective in bringing you into present time awareness
- Why remaining in the “now” is important
- How the past informs our present
- Why seeing our patterns is important
- How we project our past into our present and future



- How recognizing when we are not present is so powerful
- How we can equally get lost in the future
- How the question, “When am I?” can stop a repetitive pattern through cultivated awareness
- The importance of soft attention for intuition
- How to effectively create an experience of the future now
- An example of the second question of the Invision Process® “When Am I?”
- HomePlay exercises – the most important part of Module 3!

Before we start this next Module, let’s briefly go over the main premise and objectives for the first two Modules and review what you have learned about the Invision Process® so far. We’ve introduced you to the theories of the Invision Process®, showed you the most important foundational parts, and introduced you to the concept of the Observer – the first step to the process.

Even though you might take one element out to study, you will not fully recognize the impact of the Invision Process® through its parts alone. You will recognize it by its whole. Active imagination on its own is not the Invision Process®, although it is a function of it, nor does ecopsychology equal the Invision Process®, etc.

Here’s what I mean.



Let's pretend the Invision Process® is a radio. Imagine I took it apart and put all its essential pieces in front of you and told you what each one was. Did you know that you could pretty much use all the same parts, add a couple more and make a microwave? Say you had never seen the radio in its whole state, but came in and saw a table of separate parts. Until the parts come together and lock in place, you're really just looking at a bunch of different electronic components that have specific functions, but no overall purpose. But, when they're assembled properly and are working together, voila! A radio!

The most amazing function of a radio is that when you turn it on, it activates a receiver. The receiver connects to the invisible waves of energy that transmit music; and when we listen to that music, it can have a deep effect on our mood. What comes through can be truly transformative.

Imagine that the Invision Process® is like a radio that, when you turn it on, is capable of connecting to the music of universal wisdom relayed via the receiver of the Unconscious. Kind of like Soul FM! It takes on a life of its own when you work with it, enabling you to clearly hear through any static to discover a signature symphony. It's also rocket fuel for your own personal transformation and development, too!



So here's how the tuning in part works. The most important skill you'll learn to develop is that of soft attention. The Invision Process® is unique in its ability to tap into your intuition, even if you don't consider yourself to be intuitive. The students who are most successful are the ones who feel for and follow the energy of each process and use their own intuition to guide this flow.

The more your own intuitive capacity grows, you will increase your ability to quickly sort through the ideas that come to you about the information you notice, so that you find the magical Aha! Your own intuitive access helps you move forward with ease, and you will find that with little effort, you can disconnect from the old patterns that compelled you to return to the same undesired places over and over. Transformation!

The Invision Process® also points to a different kind of understanding. First, it enables you to know that something meaningful has happened for you as you experience your epiphanies. You feel this. Then, through a refreshed left brain experience you return to an intellectual reflection about next steps, and instead of analyzing how you got to where you are now, which won't be your aim, you look at what the symbols are telling you about how you might move forward. Now that you have this deeply meaningful and personally helpful information; you can navigate through your choices and create action plans with greater awareness.



You will become more aware as you become more tuned in – just like the radio – so remember, this is why doing and practicing these Modules as often as you can, will create the best results and ease of use of the Invision Process®. It will help you to develop and learn how to trust your own intuition as well as engage you in your own personal transformation and development. You'll worry less about doing it "right" and concentrate on staying tuned in as you move fluidly along.

Ok, so here's what you can expect moving forward. The Invision Process® is not a linear journey; so with each new Module, We'll be spiraling back to add pieces to what you've already learned, show you how the next piece of the puzzle fits and how it can bring deeper meaning to the process for you.

We'll circle back to the Observer, and the primary question "Where Am I?" in the next lesson. Then, I will explain the basic premise and objective of the second question: "When Am I?" I'll give an example or two, and provide you with some HomePlay exercises to do on your own to practice. We all learn best by doing!

M3 L3 | The Observer and Mindfulness

The premise of the Observer is that when we get into a neutral state of mind, we can disengage from our attachment to a story and the feelings we identify with. We step back, or up and away, into a state of mindfulness, allowing the integrity of whatever it



is we're seeing to exist without judgment. We allow it to be, without trying to change anything about it. In doing so, we discover that it is not the unexpected bill in the mail, the deadline at work, or the uncooperative family member that is causing our discomfort; it is our attention to our feelings of discomfort and our thoughts about what we think it means!

The specific Observer exercise called The Chatterbox serves to underline that although our thoughts, feelings, and beliefs can be unruly, we can detach from all judgment, observe these parts of our minds metaphorically, and "Put them back" into their box. We don't analyze them to decide whether or not they are useful to us. We simply acknowledge that they are there, that they exist, and we practice dispassionately observing them and putting them away. We can do this because they belong to us.

The Box is symbolic of the mind, our mind, sometimes referred to as the monkey mind, and is where the constantly chattering narratives run chaotically through us most of the time. Mindful observation is an effective method of quieting this cacophony of voices without trying to control the actual thoughts, or the content of the box.



Using the Chatterbox exercise, you may find that, depending on the day that you practice mindful observation, your thoughts can appear in widely different forms. One day you might get stick figures; another, tiny crab creatures; and today, screaming leaves! The goal is to not be concerned with what any of the forms are saying, because whether or not the thoughts are critical or supportive is not the point. They can be telling you – or yelling at you – ten different things in ten different ways.

Your objective is to just pay attention to the fact that they exist without analyzing their content. Once you step out of your personal identification and enter the position of neutral witnessing, your thoughts lose their power to influence you. This takes practice. Colette studied mindfulness meditation for years; however, she wanted to create something that would work quickly, so she created the Observer exercises as a way to engage active imagination within a mindfulness practice. This is what occurs with the Invision Process®.

Often when you first try this type of exercise, you can be genuinely shocked and amused at the effect, which tends to be immediate. This is a great way to get focused, if you feel scattered or overwhelmed. Relief in a short period of time? Now that ought to get everyone's attention!

Ok, so let's circle back to Module Two, (Question 1 of the Invision Process®), for a bit.



The primary question “Where Am I?” enables you to recognize a state of mind as a place you inhabit. You’re able to move away from an uncomfortable place by accessing the position of the Observer. Since we are utilizing the map of our lives and the environment for context, the Observer can become a traveler! If you are not the landscape that you see, then you’re free to go anywhere. This allows you to move out of your emotional state by transcending the need to discuss the details that triggered the emotional experience. Since, in the Invision Process®, we distill to the basic feelings, we’re able to reduce the impact of the story details; and instead, by focusing on the core emotions – the feelings – we deliver tremendous relief without ever talking about what triggered us to begin with.

Once we observe the feelings as they’re represented by a place, we are immediately transported outside the experience. We look into it instead of identifying with it. We are no longer our feelings; we’re the ones looking at them. As I mentioned, we’re able to move away without changing anything other than our position and perspective. That’s how we become travelers. I am sure you can see that by recognizing we don’t need to change the “external” environment in order to be free of our attachment to it, we are releasing our victimization and dependence on outer circumstances to determine our future!



The Observer is the Self, (you may even refer to as the Soul) – the timeless detached you that is above the personality driven you. You know when you're there. Although subtle, you can feel the difference when you're witnessing the contents of your mind as they appear as landscapes, places, or even structures. The first question, Where am I? Is the foundational practice of Invision® that brings everything into present time awareness.

- You feel the feelings now.
- You summon the bird now.
- You move now.
- You recognize you are far away from the starting point now.
- You see other possibilities to experience from this higher vantage point now.
- You choose to explore another place now.
- You experience Sanctuary now.

You could actually only do this one part of the Invision Process® without ever engaging with the second two questions and still be profoundly effective in transforming your interaction with life and your choices. Yet, the second question: "When Am I?" is important if you continue to replay old patterns that prevent forward movement. It's also beneficial in helping you to identify either:



1. When the sabotaging story comes from, to show yourself when you are not present; the objective being to disengage from the feelings of the past and empower the potential of the now, or
2. When you are projecting too far into the future; either by losing touch with present time by too much focus on ambitions not yet realized, or by too much focus on the fear of a replay of old expected failures.

We'll go into more detail in the next lesson about how this works.

M3 L4 | Working with Question 2 "When am I?"

"When Am I?" invites us to become aware of whether or not we are fully present. In order to make clear decisions unencumbered by our past conditioning, we need to find a way out of the past and into now time.

We have all experienced being triggered by a past memory stored in the subconscious, often held as a "truth," and may even wonder later "Why did I overreact?" Our physical body stores information about the past, and it reacts automatically to present experiences that remind you of something in your personal history. We're also wired with prehistoric conditioning, e.g. the hormone response engages automatically when you react to feeling threatened. We are literally wired to



notice what we already know, that which is stored as memory, both consciously and subconsciously.

Objective of working with Question 2 “When Am I?”

It’s important to note that both Question One, “Where Am I?” and Question Two, “When Am I?” deliver you into the power of present time awareness. Each question just goes about it a little differently.

“When Am I?” asks that you become aware when you’re reacting through past conditioning that may be repetitive or when you are projecting. “Where Am I” invites you to view your feelings as a landscape, which can only be done by engaging the Observer. The Observer is already always in present time.

Using the “When Am I?” question in an Invision Process® helps to identify the tense you are in. Listen to the language you use. Words like always, forever, or never might be clues to indicate that you are replaying old pain and projecting. Our aim is to bring you back into now time, in order to restore a neutral yet alert and engaged present moment awareness.

We are directly addressing the element of time with the question “When Am I?” Are you in the present or are you projecting from a past experience onto the present, or



projecting from a past experience into the future? Are you overly concerned with the future, thereby forgetting you have things to do and accomplish now? Are you paralyzed by immobility due to projected fear of what might happen in the future? The main objective of this question is to bring you into present time awareness, remove the projections of familiar challenging memory patterns, and help to become grounded without the burdens of those two illusions: past and future.

Colette calls this “wandering in the ghostlands” because we are ghostlike, without real substance, when we’re reacting to our present as if we were still in the past. We sometimes hear echoes, and react to those instead of what’s actually in front of us. Your husband may be saying one thing, but you’re hearing your father’s critical voice and reacting to old pain rather than what’s actually being said, indeed you may not even be hearing him accurately.

This ability to sense the past can be good if we recognize red flags, for example, but not so good when we decide that we’re going to march right past them, because of our subconscious preference for the familiar. How often have we seen ourselves do this? We re-enact a part in a play with others in our life that is inappropriate to the reality that’s actually available.



This question “When Am I?” addresses “when in time” I am stuck in my story. What is true now? The feelings are a real experience, yet you may be experiencing feelings that have little to do with what’s really happening now. You may have an unexpected financial burden for example, but your reaction may mercilessly propel you into major fear of financial insecurity. Colette likes to call this the bag lady syndrome; the feeling that the current financial stress will not only be like this now, but will continue to get worse and worse, until you are out on the streets, homeless, etc.

When you are in a state of unreasonable fear, you won’t be an effective discerner of what steps to take next until you can move out of that state of mind into a safer, calmer, more receptive state. This is achieved by bringing yourself into present time awareness, which can easily be accomplished using the primary question: “Where am I?” Remember how the Observer is always in now time? Asking the next question “When am I?” then serves to identify the core beliefs and the genesis, or the beginnings, of the narrative that is replaying. It shows you that the old story is not essentially what’s happening now.

Once the mind grasps this, it’s then free to choose a new narrative. effectively guiding you to co-create your best reality is the goal of learning and practicing the Invision Process®. Whatever the situation, there will always be moments where this question



will come in handy, especially when one has a strong reaction to something that reminds you of some other time in your life.

The Invision Process® guides you to co-create your best reality and the foundation of that is to continually bring you back into the present moment.

M3 L5 | Memory: The When of the Past

We all know the sense of being “back there,” where we feel the same feelings as an initial event, even if there is no logical reason for these feelings and reactions to arise, given the current situation. The example I gave regarding the stress response from prolonged empathy overload in Module 2 showed us that we could be sent over the edge by a critical comment, and that our bodies could react to the resulting stress as if we were being chased by a T-Rex. This can happen anytime we’re exposed to a continuously stressful situation.

Chronic stress will induce a prolonged state of fight or flight that causes problems. As humans, we are designed to automatically react to events, if they seem to conflict with our sense of emotional safety, our boundaries, and our sense of security.

Programmed, automatic reactions are set in motion to protect us from acute danger, even if they then work against us long term and cause us harm, such as the health



issues that can occur, for example, when we are exposed to constant, prolonged stress.

Our bodies seem to remember prehistoric moments and can react to these “echoes” rather than the truth of what’s really in front of us. So too, we sort our experiences subconsciously and choose them because they’re familiar, being compelled by the seeming fate of oddly similar circumstances to relive time and time again, even if they are the exact things we’re wanting to avoid.

There is a kind of determinism when someone is unaware of their pattern, consequently seeing themselves as being a constant victim. What works in our favor is that we always have an opportunity to change since we’re also built to evolve. If we’re willing to transform and become conscious and aware of our patterns, we can. Everything we know is constantly changing, in flux. Even our genetics are not fixed. They are shifting pockets of information.

It’s important to note that within all life there is a kind of tension between freedom and control, creativity and determinism. The Invision Process®’s purpose is to focus on freedom and creativity while respecting that control and determinism is also part of the dance. We cannot deny their value once we’ve chosen a new path, as this is



when we want some control and determinism shaping our life, moving it into a new empowered direction!

Yet all these things are but moving parts in our whole development. Memory is incredibly powerful. It's how we know who we are, how we're ourselves. It shapes what we believe, and what we expect. Our entire being is defined and informed today by who we were yesterday. That's not to say new experiences are any less important, but the pull to do and experience what we know and recognize is the challenge we all have for forward movement.

We talked about that in Module 1 when I went over the relationship between coherence and the subconscious. You may feel that you are stuck now, but this may be a place you have been before, and will likely visit again, especially if this trait or expectation relates to a family or cultural story, or a catastrophic event.

It takes effort, will, and awareness, as well as surrender, to create sustained and powerful change. Be mindful when reviewing some of the challenges in your life that led you to be interested in this course. Anytime you think, "I always "x" when "z" happens. Or "When I step here, this always happens." know you are projecting or rehearsing a past onto your present. The Invision Process® provides you with a new, alternative approach to old patterns.



If you're interested in finding a relationship, for example, and you know you've heard yourself say, "This is how it always ends up and will never work out." If you find yourself chronically "disappointed," yet you are frequently the one "doing all the emotional work," etc., chances are you're witnessing the results of a program behaving exactly as it was first initiated. Whatever is hidden in the subconscious continues to repeat symptomatically, like these repetitive disappointments.

You're actually seeing perfection in the relationship between what you expect and look for at the subconscious level, and what you truly believe even if you deny it wholeheartedly in your present list of desires. Of course, no one logically or consciously chooses to repeat the past, especially if they wanted to get away from it, so please don't take this as a criticism. It is simply an accurate observation of an on-going repeatable dynamic that happens to the best of us! Without a shift at the deeper layers, bringing patterns into awareness, it's likely you will experience versions of the same theme to reinforce an expected part of their worldview and pattern.

The subconscious pays attention to what it knows as familiar. Familiarity is based on habituation and reinforcement as well as situational experience that's solidified by a strong emotional context. We could be experiencing something that reminds us



strongly of the past, and so we're reacting as if the past is now, or we are paralyzed and lost in the unwanted potentials of the future.

Our sensation of the physical world in present time comes to us through the five senses. We feel a breeze on our skin now, if the wind blows now. We sense the distance between our chair and the wall we face, when sitting in a room when we're there. If we touch our child's hand now, we experience the sensations now. When we leave the breeze, leave the room, and leave the child, these become memories, and our attention moves to our next physical environment. Even though our awareness shifts to something new, we've already stored the data and the subconscious files this data.

We're not cognitively capable of experiencing, understanding, knowing, measuring, sensing, and remembering all at once. We need the subconscious to sort and tell us what to pay attention to. With respect to time, most of us see the past as behind us, the "now" as directly in front of us, and the future out there, somewhere down the road. Time is taught as a linear experience.

We're told that once the past has occurred, it's no longer redeemable. How often do we hear, "We can't change the past. It's gone." Yet, that is not quite accurate. We have lessons learned or not learned, memories and all the experiences that shape us



as human beings. We take on certain truths due to what we've learned from our families in our formative years; and our strong personal experiences as we mature.

We also model others we come into contact with, even if we don't realize it. We are highly influenced by the cultural context we were raised in. Every family has its own unique culture. So the question becomes: how do we change? How do we reach the outcome of happiness, for example, if we've been taught that "happy" has to look a certain way, and any other way is to defy the family? How do we do this, if we've been taught that to be an empowered woman is to defy a culture, or to be a creative, unique being if we've been taught that to do so we would have to remain out on the fringe of society?

There are so many variables in our lives, especially those of us with a rich history that provides tons of information that can be reflected upon. Since the Invision Process® isn't therapy, the goal remains to be mindful of this while continuing to keep ourselves out of the repetitive narrative to avoid re-anchoring the very thing we're trying to avoid. Remember, If you're not now, you're some-when else. History is a story of chronology, events that lead to other events sequentially, but based solely on the perception of the experience at the time. One might consider that cause and effect would be centered only on the event, but unless the experience is fully integrated its residual effects show up at the most inopportune times.



Many of you know Colette's story as she has written about it in her books. After she was raped when she was 19, she was unable to connect in a healthy way at all in romantic relationships. The event taught her that she was not safe; that sex accompanied violence, and that if there was violence or the potential of it, she would be expected to lose a piece of herself as well as protect herself by playing possum – which she had done.

Colette now tells us that this is something she sees today as a good thing, but she had deep shame about her actions (or inactions) for many years, as it appeared that she went along with it when she was just trying to survive. The deep shame was a driving factor on her choices for years. Not just in romantic partnerships either – it spilled into her business, friendships, and choice of mentors. She recalls that what she found fascinating was the terrible anxiety she would have around anyone who had a temper, yet she always had one female friend whose personality was dangerous for her. Now, she still has triggers, but today she has healed and accepted all the parts of the experience. Colette no longer sees herself as a victim. She has no shame; and she has a great, healthy marriage with a man so far removed from the origin story, it's amazing. She has learned to set healthy boundaries, and manages the triggers as they arise. She may still hear the echo around people who have the same resonance, but today she doesn't react the same way.



So just like Colette, we can change, if we're willing to integrate our experience and look at the shadows cast by our wounds. When we're stuck in repetitive patterns, they typically show up in our lives in similar ways rather than exact ways. If they were exact, you could imagine we would all be going in circles. However, if you could imagine a pattern more in a cycle, each time a bit different, not exact, you'd see the progression of the pattern more like a spiral.

Each time you hit the point in the spiral that is brought about by conditions that trigger a learned response, you also have a moment of recognition. That's crucially important, as it's an invitation to evolve and to be able to move out of the pattern by making a new choice in the now. These moments can be seen as doorways back to the point of origin, or genesis of the issue which either began in your early childhood or during other events later on, which made a huge impact on your belief systems. Only awareness, and the willingness to become the person who acts in ways that lead to achieving the desired outcome, rather than constantly seeing the outcome as out of reach, will create sustainable change.

To do this, we need to be fully engaged in the now, disabling the programming, and engaging the freedom to make creative choices that would create a new evolved and improved future. The more you bring yourself back into the present moment, the



more power you have to set a new path for a fulfilled future. Remember, today is yesterday's tomorrow. If we're mindful of our thoughts, feelings, beliefs, and our reactions today, we become more and more empowered as we travel through life.

M3 L6 | Expectation: The When of the Future

This is an interesting subject, and a seeming paradox. As much as staying in the "now" is what we're looking to do, we all have to make plans, set goals, and dream! Hope and aspiration are crucial to our ability to transform and make positive changes. Inspired ambition is important to all of us as we can use our imaginations to dream of better lives, improved life experience, happiness, and love.

In your HomePlay this week there are some powerful exercises to bring the desired future into the now, and we all want to practice those as often as we can. We won't venture too deep into a rabbit hole through quantum physics, but if you're interested, please read Stephen Hawking's book *A Brief History of Time*. It will surely expand your thoughts about how time operates.

Suffice it to say, that although we're taught time is like an arrow, where the sequence is from left to right; yesterday being at the left, today in the middle, and the future to the far right, etc., it's much more complex than we can fathom. Our possible experience of tomorrow is influenced by more than just the experience of today.



There are many factors that influence events that we're not going to cover in this class.

What I mean is that what we experience today will directly affect tomorrow; but so will many other things too numerous to consider. What we can do is pull back from the state of longing and yearning for an out of reach outcome; by releasing expectations, we bring ourselves into a state of present awareness. How do we do that?

When setting goals and intentions for ourselves, it's not enough to talk about the details of a desired event; we need to connect with the feelings associated with its fruition. It's not the amount of money that's the important piece to focus on; it's the experience you're hoping the money will provide. It's not just the book deal that's important; it's the way you want to feel when this happens. This is where a future focus is encouraged; we remove the desire for something that hasn't happened yet, and bring the feeling of it into a current experience as if it was true now.

You see, too much wanting will create more wanting. When the focus is always that something is not available now, it's easy for us to lose power when our eyes are down there knowing we are not there. Without realizing it, we are practicing the experience of wanting instead of the joy of having.



Many years ago, Collete worked with an Olympic athlete who came to one of her workshops, and later mentioned that the visualization exercise she led the group through was exactly what he did as he began his routine. He saw in advance the whole thing as a completed experience. He would rehearse how he would feel when he hit all his marks, and saw himself always a winner at the finish line. Because of confidentiality, we can't say who he is, but I can say he's won more than one medal using this method of living the future as if it were now.

So rather than allowing the flames of desire to consume us with the experience of too much anticipation, there is a way to balance that energy. We'll go through this in the HomePlay lesson.

M3 L7 | Invision Process® Example Using "When Am I?"

Tina is two years into a messy divorce and starting a management consulting business. She is free for the first time in 25 years. Her husband had an affair with a younger woman, and left her for that woman. In the 25 years, they had three kids, and he became quite wealthy as a hedge fund broker. She had always been in this business, but worked for a large company. Now she wants to do her own consulting business. Her husband was an excessive drinker, womanizer, and workaholic, a charismatic man whom everyone loved. The betrayal was devastating. They went to marriage



counseling while he was having the affair. She's done therapy and wants to achieve more than self-understanding. She wants results. She has had another short-term relationship with a similar man, but cut it off after six months, when signs of the new man's behaviors that were completely unseen and unnoticed by her in the beginning, took on an eerie familiarity. Prior to her husband, she had dated two young men with similar tendencies; although none of the men were alike in looks, ethnicity or professions. She does not want to keep repeating the past. She is about to make a commitment to a business partner. She wants to meet her soul mate.

Her parents were loving, conservative religious people; working class. Her mother was a child of an abusive, alcoholic father. Her father was very hard working, and yet never seemed to get ahead. She feels they were a loving, happy family. When she was 12, she was molested by her uncle; something everyone covered up and never spoke about. No one was to ever speak about it. She has had a "problem with trust" her whole life and expects to "do it all" herself. She has a brother who is constantly in trouble and was always the center of attention. She became professionally successful, but not so in her personal life. Why not? She is clearly happy about most of her life, but depressed about her personal life. She is intelligent, attractive, well off, youthful appearance for her age at 52.



What clues do you see in this example as to where to begin with the Invision Process®?

Using Tina as an example, here is how the process may go to reveal when we are not in the present moment.

- Beginning with Where Am I? Tina begins to tap into the feelings she currently has.
- Tina's feelings are angry, empty, disappointed, lonely, and wanting.
- Inviting a landscape that represents these feelings, Tina sees a barren landscape surrounded by trees that appear to have been burnt in a fire.
- She is highly uncomfortable and wants to leave. She summons a winged creature and receives a Ladybug.
- Despite the presence of the Ladybug, Tina feels resistance to leaving, so she considers there may be something she needs to find or discover in the landscape.
- She directs the Ladybug to wait and begins to look around.
- Uncertain what she is searching for, she surprisingly discovers a piece of jewelry.
- It is a tiny "hope chest" on a string.
- Now she feels she can leave.
- She wants to visit a place that represents her future relationship



- She has the Ladybug take her there, yet is surprised that she is now in a dark place like a cave, no light, and suffocating. This is unsettling and surprising to her.
- She realizes that this is a very familiar feeling, one she has experienced many times in her life. She realizes this is a “When am I? Moment, So she asks herself when was the first time I felt this feeling?
- She realizes this is exactly how she felt when she told her mother about the molestation. Here she can acknowledge the integrity of this memory, but not get stuck in the details or feelings. It is time to have compassion for herself and realize she has projected this past experience into the potential new future. Up until now, she wasn’t clear that this was her internal expectation.
- Knowing she has the power to choose, she decides she would like to go somewhere else and decides her Sanctuary would be the perfect place.
- When she arrives in her Sanctuary, she is able to anchor the feeling of safety that is the appropriate response to telling the vulnerable truth about a violation.
- She spends time over the next week connecting the new feeling of safety with vulnerability until it feels more natural to her.
- She has begun to rewire her expectations for the future instead of repeat the past!



- Now she can decide what feelings beyond safety she would like to feel in a new relationship. She can explore those and create a sense of familiarity with them through the Invision Process®!

What did you learn about Tina? She has an expectation of her future that is represented in the cave and the accompanying feelings. This is what she's subconsciously projecting onto her potential relationships. Using the Invision Process® she is able to stay focused, out of the details of the story and keep progressing, gathering information and insights along the way.

Tina is a representation of many people's story, I'm sure. Being able to surrender our identified subconscious expectations enables us to create healthier, new ones!

When someone has a recurrent theme like this, like Tina, like any of us, it's an avoidance of intimacy. You can hopefully see that simply intending to find a different kind of man won't work to achieve a better relationship.

Colette has told us that she met her husband not by denying her past, but rather by loving the parts of herself that came from her old pattern, (we'll talk more about that in Module Four), recognizing the recurring feeling atmosphere, and spending time considering how she would want to feel and what was best for her. She spent a year



rehearsing the way she would want to feel in a relationship and became the woman who expected those things because she had made them her reality through daily mindful attention. She made them her Now by assuming that she was worthy. It was intimacy she was after, and no matter what, she would be OK. Colette knew that if the man felt too familiar, that was not a good sign, and so lo and behold, after saying no to six guys, she met Marc!

So, Back to Tina: Tina needed to know what she wanted to experience in the future, and then make it her reality. She was more comfortable knowing what she knew, than making herself vulnerable to real intimacy. That turned on the light bulb. There is no way that was acceptable! That's when the change began to take place.

The men she would have thought were weak because they were gentle and respectful began to be attractive to her now. One exercise called The Rescue Mission that you will experience for yourself in the HomePlay section was incredibly helpful for Tina and helps tremendously in liberating us from old memories. Tina eventually met, and is now engaged to a lovely man who adores her.

Take some time to reflect on this example to see any parallels in your own life. When you have them, use them during your HomePlay practice.



M3 L8 | 3 Recap

In Module Three, you learned that

- The question “When Am I?” is a tool to restore present time awareness
- Present time awareness is where all the power is
- We can get lost in the past or future without realizing it
- We’re wired to do and choose what’s familiar
- We’re also wired to evolve
- Time is not truly linear, rather it’s more cyclical in nature
- Each time we repeat a pattern it’s an invitation to do something different to alter it
- Inquiring “When Am I?” is an effective way of identifying that there is a pattern that is repeating, thereby creating awareness
- When am I? Further allows you to disengage from the whole pattern, by identifying the origin, then recognizing that you are not at that point in time at all
- Awareness is sometimes enough to make a change
- Creating a feeling atmosphere in advance of a desired outcome, and reinforcing it by habituation, helps you to become the person that expects that scenario, because it will become familiar.
- No matter how ingrained a pattern, eventually it can be disengaged and replaced by a new one



- If you aren't present now, then you are some "when" else – past or future
- The question "When Am I?" may be applied when you
 - feel familiar feelings and sense you are not present,
 - when you know you are not completely aware of your repetitive patterns,
 - when you are worried about the future, or obsessing about the past.
- The sole purpose of the second question of Invision® is to bring you back into present time awareness.

It is an abstract question, and not meant to solve a long-standing problem or heal an event, etc.

M3 L9 | HomePlay Exercises and Resources for Download

For this Module's HomePlay I'd like you to listen to the provided Invision® audios and record your experiences in your journal. All of them will support your practice of developing present moment awareness. We've provided the following Audios:

1. Ghostlands recording - to help us recognize the problem of not being in the now.
2. Rescue Mission – to rescue the younger self that first experienced a strong emotional event that became a pattern.



3. Forgiveness – an older recording of an exercise accompanying Colette’s first book Remembering the Future. Its purpose is to help you detach from resentment.
4. Sanctuary – to find and spend time in a Sanctuary or safe place
5. *Being in Now Time (Theta) – a process to help you stay present
6. *A Day of Magical Recreation (Theta) – a process to enable you to have a future experience now.

Do these in order, they’ll help you really connect to the fluidity of the Invision Process®.

*Audio tracks 5 and 6 have underlying binaural beats and should not be listened to if you have epilepsy or a history of seizures.

We’ve also provided a quick present moment exercise to try called, “Naming or Counting” that I encourage you to try.