



COLETTE BARON-REID'S
INVISION PROCESS



Symbolism Inquiry with Student Avatar Nancy

Follow Nancy's example provided in the video segment to get the hang of how Invision® works and the power of the symbols that arrive. They may be similar or different, just allow whatever responses arise in you. Follow the Questions to help prompt you and study Nancy and your own answers for the rich symbolic details.

Question: "What emotions do I feel around my situation (e.g. stuck)?"

Answer: "Endless, exhausted, upset, trapped, dried up."

Question: "If these emotions and state of mind that I am in right now is a place, or location I inhabit, and I could see it as a place I am looking at, what place shows up in my mind's eye to represent this?"

Note: If you find this difficult, be patient, open and curious. Direct your mind to invite in the symbolic environment representing "stuck" that is personal to you. Ask, "What type of environment", or "Where am I?" when I experience the feelings of "endless, exhausted, upset and trapped?" Close your eyes and describe what comes to you. Don't try to force it; just let whatever comes to mind be there. Don't try to change it, everything you say will be 100% correct and have meaning.



Answer: "I see a desert with quicksand and an oasis far away. I can never reach it. I want to give up. There is nothing for me here. It goes on for miles. It's never ending, and there is no water."

Question: : "What else do I see? What's the weather like? Are there any other creatures there?"

Answer: "The sky is kind of dark, and stormy but no rain, there's a lion walking away."

Question: "What do I feel when I see the lion walking away?"

Answer: "Sad and worried"

Question: "If I could leave this place would I?"

Answer: "Yes!"

Direction: Summon a winged creature now and trust it to show up in the perfect form

Answer: "Vulture! – I would never have wanted that!", Nonetheless, I will accept it as symbolic and get on the back of the vulture.

Direction: "Allow the Vulture to take you high in the sky until everything you see is blue."

Answer: "I'm there."

Question: "How do I feel now?"

Answer: "Free, easy, happy, calm."

Question: "Am I still stuck?"

Answer: "Not at all."



Question: "Look over the side of the bird. What do you see?"

Answer: "Green, beautiful ocean, lots of things."

Question: "Where is the place I started from? How big or small is it from where I am now?" Answer: "It's a speck."

Question: Do I even *feel* stuck now?"

Answer: "No."

Question: Come back to the present moment savor the new feeling and integrate the experience through journaling and/or talking about what just happened.

(Once you are able to look up the symbolic meaning of Vultures, you will be pleasantly surprised to discover they represent the renewal you experience when you let go of something you don't want anymore!!)

Here are the elements that are important to consider upon reflection:

- The dry never ending desert
- No water
- Pockets of Quicksand
- Unable to reach oasis
- Stormy sky no rain
- Lion walking away that caused her to feel sad/worried
- Vulture



Review the internal dialogue from this example and keep the Symbols Guide we provide in the Resource section handy. Go through “Nancy’s” Invision® Process (and your own if you followed along), and reflect on or write out what each symbol means and what the interpretation might look like. What are the positive aspects of each?

There are no wrong answers here. How you apply the interpretation of a symbol to a current situation is partly dependent upon your personal perspective at the present time and may change. If something stands out to you, then it is meaningful; just keep in mind that the most appropriate interpretation for you would be the one that fuels movement and provides surprising, but resonant insight. Since we can’t know where each of you are in the present moment, we leave the interpretation up to you in this HomePlay practice. Different students will come up with different possible reasons for how they might interpret the symbols, and we allow for all of them to be correct. Enjoy the exploration!