



COLETTE BARON-REID'S  
**INVISION PROCESS**



# Basic Invision® Process Steps

1. *Name the top three emotions you are feeling right now without any details or story.*
2. *Take a few deep breaths and allow your awareness to drop down into your body. With your next breath, give yourself permission to let any lingering thoughts go. Take a moment here to feel into these emotions you named and then invite a landscape that represents these emotions to show itself to you.*
3. *Describe what you see, sense, feel or intuit. It can be a place, a color, a feeling or just a sense. Anything at all that comes to you, just begin describing what it is.*
  - a. *Take notes or record yourself as you go through this if possible. The details contain symbolic meaning that may prove insightful to consider once the process is complete. Try not to get lost in the details of what is seen, but rather pay attention to the overall sense of what is being described and what you make of it.*
4. *Are you able to see that you are now observing your emotions and that the emotions are not You? Are you willing to be a bit curious and explore this place a little more? What else do you see? Where are you drawn? What do you see if you turn around?"*



5. *Would you like to leave this place? Great! Let's call in a winged creature. We are going to let your intuition determine what comes. Who shows up for you? Describe this creature a bit. Does it have a name? A gender?*
  - a. Most students will get a bird, but anything that flies is acceptable. A ladybug, a bumble bee, a helicopter, a pterodactyl, etc; they all work.  
We'll just refer to it as a bird for ease as we move forward.
6. *Climb on the back of the bird. The bird will either get bigger or you will get smaller, whichever feels right. Are you on? Ok, now fly straight up into the clear blue sky. How does it feel up here? (This should provide instant relief.) Let's look over the side at the landscape below. Describe it. How big does it look now? What do you notice about it from this perspective? What borders it?*
7. *Now that you are feeling better, let's go to a landscape that represents the feeling of safety and security. An internal place that represents a feeling of sanctuary for you. Your bird will take you to a landscape that represents feeling safe, secure and protected. Where does your bird take you? Have you landed? Let's have a look around. Tell me what you see here. Would you like to stay here? Great! Let's leave you here and you can spend as much time as you'd like in this place of safety anytime you want!*
  - a. Notice how far away the new landscape is, how difficult it was to find, and any other symbolic meaning you find telling.



- b. In your first Invision Process, it is helpful to invite your mind to take you to a place that represents safety. Many of us struggle with chronic fear, so discovering an internal place of safety, a Sanctuary that exists within can be incredibly helpful. You can then revisit this place that represents internal safety anytime. Once a sanctuary is established, any number of landscapes representing more positive states of mind can be explored, such as joy, freedom, peace, love, etc. Sanctuary becomes just one of many landscapes, but ensures a safe place is established from the very beginning.
- c. Any emotion you would like to experience in greater depth is fair game with the Invision® Process and does not require that you first begin in a state of discomfort. You are free to explore the landscapes of joy, abundance, self worth, confidence, leadership, etc. You get the idea. Decide on a sensation you would like to experience more of or get to know more intimately and go exploring! Don't be afraid to explore landscapes you have limited personal experience with. We are looking for all that we don't already know. Happy traveling!