



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



# Connecting To The Inner Observer

## Module One | Exercise

This exercise has a lot of steps, but by the end of doing this just once, you will know how helpful each step is in establishing the internal connection we are going for:

1. Sit quietly and relax your body. Look around and observe your physical environment through your eyes.
2. See it in all its detail, as clearly and as vividly, in as much detail as possible.
3. Take a few moments to do this.
4. Now close your eyes and breathe in slowly.
5. As you inhale recall this vivid visual awareness.
6. Recall what you saw in as much detail as you can. What did you see?
7. Then exhale and as you do, ask yourself, "Who is aware, and who is looking at this in my mind?" "Who is the one who looks?" "Who is the one who sees?"
8. With your eyes still closed, become aware of what you hear. Listen to the sounds around you.
9. Listen carefully to all sounds that reach your hearing.
10. Now, I invite you to become aware of the silence, there is a sound in itself between sounds.



11. Now take a couple deep breaths, and as you exhale slowly, ask yourself, "Who is aware within me? Who is listening? Who is both in and aware of the silence?"
12. Still with your eyes closed, imagine that you are drawing a circle with paint on a wall.
13. Look at the circle. Become aware of its qualities.
14. Take a deep breath, and as you exhale, ask yourself, "Who is looking? Who is aware that I am looking at the circle?"
15. Now let the circle fade away and, breathing slowly, stay with the awareness of your Self as the one who is aware.
16. Really experience connecting to your Observer. "I am the one who hears. I am the one who looks. Who is the one who looks through my eyes?" "I am."
17. Try to get as clear a sense as possible of this experience.
18. Now try to get as clear a sense as possible for what it is like to be embodied in your Higher Observer Self.
19. Allow yourself to become aware of the permanence of this Self, its agelessness, its timelessness, its consciousness.
20. Allow yourself to explore and experience the Observer as the reliable, consistent, and stable state of awareness that is always there and always neutral.



21. No matter what else changes, this stable Observer is always unchanging, and so it remains. Whether it is aware of something frightful or beautiful, it remains simply the observer of it.
22. It's always available, as a source of stability, clarity and neutrality in the midst of change.
23. Who is the one in me who looks? Who is the one who observes? Connecting with The Observer is your "go to" capacity for clear perception and perspective.
24. With the awareness of being in and looking through the eyes of your unchanging Self, turn your attention to your body. Notice your hands and their sensations.
25. Your body changes its sensations. Notice how the sensations are different now than they were a few moments ago.
26. Consider that they will be different again a few moments from now.
27. Conditions may change but your Self does not change.
28. Now, focus once again on the awareness of being your Self, the one who observes and is aware. The one with a capital S.
29. From that Position, as the Observer, the unchanging Self, become aware of your feelings. The Observer is a component of mindfulness, the most important component.



30. Your feelings are ephemeral, impermanent and also are changing all the time.

Even the depth with which you feel may change, but your Self, observing this, does not change.

31. Who is the “I” who notices my feelings? Who observes the feelings?

32. Just tune in again and Allow the Observer Self to connect again, and adjust your awareness.

33. As that Observer, become aware of your thoughts.

34. Just notice how our thoughts change with great rapidity. They jump around. They move and chatter.

35. However, your Self, your true nature, does not change.

36. Just imagine that you are looking at your thoughts as if they were leaves on a river. Don't try to change them, just look at them. Perhaps you'll see words or concepts. Or maybe you will hear them.

37. There is a part of you who observes this dispassionately and neutrally. This is the Observer.

38. Open your eyes.

Practice the exercise as often as you can (daily if possible) as a form of meditation to enhance your experience of connecting with the Observer part of your Self and becoming more familiar and comfortable in that place of perspective. With practice, you'll eventually realize that if you are observing your mind, you are not your mind. If



you are observing your emotions, you are not your emotions. It is a profound shift in perspective and really fascinating! It does take a bit to get into it, but the more you practice it the more natural it will become.

Do this daily until it “clicks.” The more you practice, the easier it becomes. Your goal is to know your own Inner Observer personally, so that when you need to quickly gain objectivity and look at situations with a new and broader perspective, you can connect with this built-in aspect of your own mind to find relief.

And with the Observer at your side, you will also be ready to work more easily with the first question of the Invision® Process: “Where Am I?”