



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



# Module 2

## Complete Transcripts for Module 2

### **The Essential Elements of the Invision Process® and Question 1: “Where Am I?”**

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## **M2 L1 | The Invision Process® Module 2 Welcome**

Welcome to Module Two of the InvisionProcess®. Last week you were introduced to some of the theories behind the creation of the InvisionProcess®, and hopefully, you watched the interview with Dr. Joe Dispenza and myself and are now sharing my excitement to know that the fundamental principles and theoretical structure of my process are rooted in psychology and proven neuroscience. You received the list of resources and suggested reading – it's a lot, so take your time with the extra resources. Just know that – bottom line – this process works!

You were also briefed on the relationship between the subconscious mind and the experiences we have that seem to repeat in varying degrees. You were told how coherence between what is automated in the subconscious and what we see, expect, and therefore choose in the outer world, suggests that we create our lives from that place within us. You learned why the InvisionProcess® targets the subconscious so that we can align with a new coherence of a more empowered experience in the outer world.

You also learned that to begin the first step of “seeing” with the InvisionProcess®, you need to find a place of neutral detachment. To do this, you practiced the profound experience of shifting from the identified self (the self that you are



probably most familiar with) to the Observer (the Self that is neutral and detached). You started to then use this perspective to practice finding your state of mind and “seeing” that you inhabit a place that could be reflected back to you as a natural landscape.

Now, we will dive further into both question one, “Where Am I?” and more of the theory behind the InvisionProcess®. You will learn how the Unconscious, or the dreaming mind, can dialog with us about the things we can’t quite put a finger on because they are happening at the layer of the subconscious. You will learn that because of eco-consciousness, your Unconscious will effortlessly be able to converse with you via symbols of nature because you exist within the consciousness inherent in nature. You are nature!

We’ll then immerse you into more experiential learning – because pretty much the only way you’re going to understand this is through practice!

## **M2 L2 | Overview and the role of the Environment in the Invision Process®**

In this lesson, you will learn:

- How the Invision Process® uses symbol and metaphor



- The importance of by-passing factual data, opinion, and historic language when working with the Invision Process®
- Emotions as key descriptors for the Invision Process®
- How we inhabit the environment of our mind
- Epigenetics and Dr. Bruce Lipton
- The effects of belief on well-being
- How everything is connected
- How to describe the environment of the mind in environmental terms
- How indigenous traditions are eco-spiritual and how we inherently connect to them

The Invision Process® was created to be a transformative dialogue process to help people make changes in their lives. We call it a dialogue process, because it literally gives you another language that you can use to converse with the deeper layers of your own mind (the subconscious) and also the greater Universal Mind (the Unconscious). It uses the powerful language of symbol and metaphor to help you tap into and more clearly see the patterns of your inner thoughts and subconscious mind that lead to your experience with the outer world. The goal of the Invision Process® is to quickly change the challenging, sabotaging patterns into affirming, supportive ones. We bypass data and historic language in favor of preferred states of being.



Many of us have developed the habit of thinking about and experiencing the world through an external lens. For example, we think in terms of phrases like, “He did this to me, therefore I am this way now,” or “This awful thing happened to me, and I’ll feel like this always.”

While these things may be true, they are not helpful to the process or our growth. That said, knowing and being able to describe your feelings, thoughts and beliefs are exactly what will help! Owning how you feel and experience life is what will help you shift your feelings and experience with life! We know this inner world is where the action is. So when asking the first question in the Invision Process®, this is where you are! You inhabit the environment of your thoughts, feelings, beliefs, and your automatic expectation of the world.

In the Resource section of Module One, we learned that research has shown that we all live up to 95% in the domain of the subconscious and deeper layers of the mind without ever being aware of it, whereas the thinking and language part of the mind – which we believe to be the greater influence – is likely as little as only 5%! If this is true, our thinking mind and our sensory awareness allow us a very limited capacity to effect lasting change and transformation on their own. We need something powerful to get into the hidden places where it counts in order for change to be inspired and sustainable.



In a long and wonderful conversation with cell biologist and expert in the theory and research of Epigenetics, Dr. Bruce Lipton, Colette found an answer and a bridge between two crucial components of the Invision Process®. In brief, Dr. Lipton's book *The Biology of Belief*, talks about how the environment of a cell is more important to its health than its DNA. It was discovered that the "brain" of the cell is actually the membrane surrounding the cell and not the nucleus, as previously thought and accepted by the scientific community. The correlation with our minds is evident when we remember that the membrane of the cell is in charge of the health of the cell because it is in charge of what is allowed in, and what is released out.

This discovery has led to an entire shift in how science deals with genetics. In that conversation, Dr. Lipton and Colette spoke about how both belief and thought affect the health of a cell as well. The mind – the programmed mind in particular or the subconscious – would have the greatest effect on the health of a whole person, as well as have a direct effect on the person's outer world. Seen as such, everything is in relationship to everything else, constantly communicating with it energetically via the environment.

You feel this every day. You get "vibes" about people, about the environment, etc. It means you're tuning into their vibration which will resonate with you or not. There is



always a conversation going on between your thoughts, yourself, and the energy in the outer world.

Dr. Lipton proposed that our beliefs would actually have the greatest effect on our experience; our neurology, our biology, and our physical well-being in general, could all be shifted with a shift in the mind. So then they talked about Colette's theory: if the environment of the mind is where we experience the world and its energy, and where we filter and sort stimuli via the subconscious, we could also conclude that this was a "place" we inhabited. Could we 'see' this inner world that we inhabit, by using our imagination as a way to find ourselves when we felt lost, for example?

There is evidence that others have thought about this, too. Renowned psychotherapist Carl Jung suggested that all of life's experiences could be represented by archetypal symbolism and metaphor that would come to us in dream states that could then be analyzed. Think about the statement: "A picture speaks a thousand words." Indigenous peoples practice a form of eco-spirituality where Nature's elements and creatures have symbolic meanings, and can engage and guide us through dream states, and also provide us intuitive guidance in conversation with the outer world.





We have access to all of these archetypes and symbols via the Collective Unconscious, the glossary of all imagery that provides meaning to us. So Colette asked Bruce if the place we inhabit could be coaxed into conversation with the Unconscious to deliver images of itself in environmental terms. After all, it's our primary environment, so why not? The key word here is "environment." Enter Ecopsychology which we will discuss in the next lesson

## **M2 L3 | Invision and Ecopsychology**

In this lesson you'll learn:

- Ecopsychology and its inspiration for the Invision Process®
- Eco-consciousness and why we all have access to seeing our states of mind as a "place" mirroring aspects of Nature
- The Map – Colette's book where the Invision Process® was first introduced
- Joseph Campbell and The Hero with a Thousand Faces
- Seeing through the eyes of the traveler provides instant access to detached observation
- The transformative power of observation vs. personal identification
- Finding another puzzle piece for the Invision Process®



Let me share with you a story Colette has shared about when she moved to Sedona, Arizona from Toronto. She went from being urbanized to living smack dab in the middle of the most exquisite natural environment she'd ever seen. There is no wonder that native peoples from all over the Americas believe this is sacred healing ground. Immersed in this environment, she really got the spiritual connection that she had lost to nature and that she found again so easily there.

She started studying books on a new earth based psychology aptly named ecopsychology. That's when her theories began to really gel as she found another bridge to the concept of the mind as being places we travel through. She began to wonder if we could explore these places with a level of detachment instead of being psychologically or emotionally identified or attached to them. We'd always be in a position of observing something, instead of being that something.

For example: We could replace "I am afraid" with "I see a place representing my feeling of fear."

She wrote her book *The Map*, now in 27 languages, based on this idea. Ecopsychology suggests that we have an inherent understanding of nature because we are nature. We have an eco-consciousness that is forgotten and lying dormant that needs to be awakened. None of us would deny that our civilization has long lost its spiritual and



psychological roots in nature, especially when we consider the way we commercialize food and treat animals. Ecopsychology is about healing this gap.

So that got her thinking: Would the Unconscious just deliver these symbols of nature to speak to us without being told what to deliver specifically, even if the person experiencing the process has no clue what these mean? Why not? Of course it would, and that's exactly how the Invision Process® works, as ecopsychology is its foundation and basic structure.

### **The Invision Process® and The Hero's Journey**

Colette isn't the first author to explore mythology and storytelling as a basis for human development. Professor, writer, and lecturer Joseph Campbell has been a huge inspiration to her, and his book *The Hero of a Thousand Faces* lives in her house, as do many of his lectures and videos. You'll also recognize this "Hero's Journey" through archetypal mythology in works by authors such as Carolyn Myss, Debbie Ford, Clarissa Pinkola Estes and others, and now there is Colette (and you), too.

The Invision Process® answers the question that Colette posed in response to the Hero's Journey. If we were all heroes on a journey following a particular mythic storyline as we found ourselves, and became who we were meant to become, where would the journey take place? If we had a thousand archetypal faces, wouldn't we also



travel through and be reflected by a thousand archetypal places? We wouldn't be sitting down the whole time staring at a mirror wondering, "Hmm. Am I a Victim or a Warrior today? Which contract am I playing a part in today?"

The Invision Process® is a way of looking at the human story through the eyes of the hero as he or she moves through the places that represent the ever-shifting states of mind. Instead of a warrior, we see and explore a battlefield; instead of a victim, we see the prison we're confined in; instead of being trapped, we see there is an option for a key, etc. By maintaining a position of looker, Observer, or witness, we immediately have a greater sense of freedom and power. Why? We connect to the looker, the witness, the Observer as the constant, the unchangeable part of us, rather than identify with the oscillating emotions and experiences that do change.

Identification feels permanent, as if it will always be that way; whereas, observation sets you free from the illusion of emotional permanence. This is the key to the Invision Process®'s three questions: detachment rather than identification.

Detachment from, or looking at, vs. being, or identified with or as. After all, it's easier to leave a landscape or place than it is to shift an archetypal persona. So Colette tried that, and another bridge appeared as if by magic to link these puzzle pieces together to form the container for the Invision Process®'s first question "Where am I?"



## **M2 L4 | Invision Process® and its roots in ACTIVE IMAGINATION**

In this lesson, you will learn:

- Why working with the Invision Process® isn't therapy but has therapeutic value
- Jung's influence on the Invision Process®
- How active imagination works as the "chief operating engine" for the Invision Process®
- The difference between the subconscious and the collective Unconscious
- How the language of the Unconscious is symbol and metaphor/pictures and images rather than words
- How the Unconscious is engaged through the Invision Process®
- How active imagination is used in shamanism
- How earliest cave paintings suggest this is an ancient method of understanding the meanings inherent in life
- How we have everything we need to reach our desired outcome
- How inner events have real effects
- How the goal of the Invision Process® is the "Ah HA!" epiphany
- How the Invision Process® is a method of transcending a problem or pattern rather than solving it



At this stage, we have to talk about Colette's biggest inspiration for the Invision Process®. The way the container for the Invision Process® is filled is through active imagination, a term that was coined by Swiss psychiatrist and founder of analytical psychology Carl Gustav Jung. Although there are copious amounts of information and detailed explanations of Jung's work, Marie Louise Franz is one author Colette highly recommends studying, should you choose to dive deeper into this work. (It's pretty dense, but worth it.)

The Invision Process® isn't therapy, but it brings about similar results. Real change is made through the Invision Process® by transporting us into the realms of the Unconscious via imagination, intuition and creativity. Let's first explore active imagination to discover why and how it works as the "chief operating engine" of the Invision Process®, and Jung's undeniable influence when applying the Invision Process®.

Active imagination is defined by the relationship between the ego and the Collective Unconscious. It bypasses the subconscious mind, yet delivers the meaning of the hidden patterns you're being affected by. The Invision Process® uses a specific structure to contain the images for discussion. We can identify what's happening in the subconscious automatic mind via the dreaming mind, as once the voice from the Unconscious has been given form, the ego can relate to it.



Ever hear the phrase “a picture speaks a thousand words?” This is one of the most valuable elements of the Invision Process®, as it enables us to move away from the part of the mind that is concentrated on logic, reason, and language. The Invision Process® as a process was created to go beyond language – meaning, language limited to words – which, although necessary for us to communicate and understand our place in the world of form, and also necessary for us to understand each other, actually serves to limit our capacity to “know” something’s true nature due to our need to label and assign “names.”

Limiting through verbal language before exploring metaphor, allegory, and a more abstract and broader perception is like seeing only the tip of an iceberg. We know it's an iceberg because we see the top jutting out of the water, but we can't immediately know how deep it is, how large it is, its influence on the life beneath the sea, or the displacement of water. To make a change we look at the deeper, wider, and symbolic meaning that could give birth to an epiphany. That's what we're looking to make space for.

To do this, we go beneath the subconscious to the Unconscious. The former is the programmed, automatic; and the latter has access to meaning and the collective



wisdom accumulated in the universal mind. The Unconscious is the mind that delivers dreams.

Active imagination is a form of inner dialogue used and developed as a way of establishing a deeper dialogue with the Unconscious, and Jung actually believed active imagination to be the most direct way of relating to the Unconscious. However, the Invision Process® also dialogues with the Unconscious but gives active imagination a set of parameters in order to contain the conversation, so you can have a consistent and continuing discourse that is easy to follow and interpret. This is really important and powerful, and can be seen as a living relationship with this part of ourselves that is engaged in our evolution. The Invision Process® is the tool with which we make direct contact.

The dialog between the Unconscious and self-awareness remains essential to what Jung saw as the process of individuation, a process that is about becoming more aware of who and what we are at many different levels. Jung also saw this as being about finding a deeper, more meaningful connection between the Ego and the Self. Our journey is not about vanquishing the Ego; it's about integration and empowered choice, where we learn to use the Ego in supportive ways instead of allowing it to tear us down.





The term Self was used by Jung to designate the transpersonal centre and totality or wholeness of the human psyche. It constitutes the greater, objective personality, whereas the Ego describes the lesser, subjective personality that is our everyday self. Like all other archetypes, the Self is never completely knowable but can be experienced and re-experienced in differing ways over the course of a lifetime.

Colette found in her research of active imagination and Jung's sources of inspiration, that active imagination has a long history! In some form or another, it's probably as old as the earliest efforts of humankind to relate to forces greater than themselves.

We see an early form of active imagination in ancient history with symbolic representations of animals in prehistoric cave art. They were not just drawings and paintings of animals, they also indicated the power and magic that the animals were felt to possess. It reveals to us how very old and very powerful this process is; and even if we have no clue as to how active imagination works, we have access to ancient ancestral memories of it and its effect.

If any of you are interested, many shamanic traditions use forms of active imagination to develop their own inner process of individuation. It engages deep feelings and nurtures the growth of consciousness as well as the creative awareness of all states of being: creativity, joy, anger, shame, suffering, etc. It's all about enhancing the



development of the human personality, and as a personal development tool, it serves to help develop the consciousness of understanding and success.

Active imagination has also been described as a waking dream, or dreamlike state, when we become able to observe our conscious thoughts and actions and have access to thoughts and feelings not usually accessible to our regular thinking state. Relating to the Unconscious as it becomes expressed through active imagination is a symbolic and sacred process.

Remember, we are not working factually here. We're not looking at facts or dates or historic evidence, but using images that can represent living symbols. A living symbol expresses a part of us that is not fully conscious and can often be felt rather than rationally understood. We all feel or sense when we're "off" or "on," but we can't always express it with the right words to convey how we really feel, and it doesn't always make logical sense either.

The term symbol implies a transition to a new level of understanding, a new depth of consciousness. A symbol has the power to move and shift our consciousness because it connects us to a deeply unconscious energy field. Symbols are autonomous products of the Unconscious, and, in Jung's view, real symbols are never invented or



made up, nor are they only a poetic or allegorical way of representing a known fact. If they were, the Invision Process® wouldn't feel so powerful and personal. Trust this.

Active imagination can also be seen as a dialogue with archetypes of the collective Unconscious. In this context, it is always important to recognize that there is a great deal that is personal, and still more that is impersonal that we don't know, but which continues to have its effect on us.

During these beginning steps of working with your active imagination, it's important to let the conscious ego, personality, identified self, stand aside in order to feel freer from its constraints and limitations. The Observer Self just looks with neutrality, without criticizing what comes up, and also without filtering anything out; it looks with a state that could be described as being somewhat similar to the alpha state of unfocused attention. We are developing our ability to notice and become more aware of the activities of the mind, which is more than just allowing ourselves to relax; intentionally allowing our mind to enter into a state of "play" gives us access to deeper layers of intelligence.

Jung writes of how "the creative aspect of the imagination frees us from our knowledge of the 'nothing but,' and raises us to the state of one who plays." We need



to reach that place before active imagination can really begin, which is why this class has HomePlay not Homework!

From here, we move further toward giving expression to the inner voice of the Unconscious, either through writing or talking. It is always essential to give outer form to whatever comes up, otherwise, insights get lost and can't be fully integrated. This is why personal journaling is so important. When you do this for yourself as a personal development practice, it's always important to keep a journal record.

The ego needs to recognize that the inner event, whatever has come out of the Unconscious, is just as real as any other event. Even if they exist in a different space, inner events have real effects. Dr. Joe Dispenza wrote a book called *You are the Placebo* that I encourage you to read; and if you haven't watched it yet, the video interview from Module One will help you further understand this.

The Invision Process® was created with this in mind: to provide a structure and a container to allow only a specific shape to appear, therefore keeping the language of symbolism within a manageable form. This was the influence and connection to ecopsychology we spoke about earlier. We see landscapes and places, aspects of nature that we recognize.



And while we see and explore landscapes, it's important to distinguish between creative visualization and active imagination, as the Invision Process® is not the same as guided imagery. Guided imagery offers specific images for an individual to see and ways in which to proceed. Guided imagery is helpful and you will see examples of integrating it with some of Colette's provided guided meditations, so this isn't about comparing, it is about adding something more. With the Invision Process®, you have a specific glossary of possibilities that the Unconscious draws from to speak directly to you. You are able to open up to receive your own images and respond to them in ways that are consistent with your personal view of reality, as well as the traditional meanings that the symbols imply. Active imagination could be seen to initiate a deeper and more intense process of quick psychological transformation, and can sometimes bring about a profound understanding and change as it is experienced and integrated in the body as such.

Epiphanies are the goal of the Invision Process®. In the end, it is less about the factual solving of problems, and more about becoming able to transcend or circumvent them, and finding ways around them. This highlights a distinct difference between the Invision Process® and traditional therapy. Therapy often goes to the past to look for the "why," while the Invision Process® enables you to discover the "how" from where you are right now and enables you to move beyond something without needing to



fully understand it first. This process was created as a method to shift without ever dealing with past woundings head on; we simply accept and move.

## **M2 L5 | Why a Bird? The Power of the Bird Symbol in Invision Process®**

In this lesson, you will learn:

- Our ancestral relationship to birds
- How we've always viewed birds as messengers between heaven and earth
- Why Birds represent freedom
- Why Birds also represent survival
- How some tribes today still have their nervous systems attuned to the activities and sounds of birds
- Studies suggest birds' communications with all wildlife as essential to survival, warning about predators, showing the presence of water etc., and not just between other birds.
- How early humans depended on knowing bird language and developed intricate ways to understand their messages – the first record of this is called augury
- Because of eco-consciousness, we know the archetype of Bird and its importance to our survival, safety, and overall well-being
- Because of our ancestral mystical heritage, we recognize Bird as magical



- Since this relationship is so primitive, the subconscious will not deny it when a bird is chosen for transportation.
- The sacred experience of being “chosen” by a significant bird species.
- Why the subconscious will accept fully the experience of distance, even if it’s “only in the mind”
- You’ll have a reference guide to help you interpret the bird species that show up in an Invision Process® as well as 200 other potential animal and plant symbols.

Ok, so let’s talk about birds!

Why a bird symbol with the Invision Process®? Ancient peoples believed birds were the messengers of the gods and the Unconscious knows this. Early cave paintings gave us our first clues as to how ancient peoples saw the world, and most importantly, the higher forces within it, and our brains still carry knowledge of our most ancient ancestors as memory stored in the amygdala, or reptilian brain. At a deep level, our most primitive reactions to the world around us reflecting our earliest ancestors’ experiences can become activated.

We would all agree that our fight/flight response can bring on an inordinate amount of stress when we get overwhelmed by others, or frustrated by our conditions. The



internal responses become activated by something we interpret as related to the earliest experience, even though intellectually we don't recognize it, nor can we language it accurately. We can feel threatened, for example, if we're overly empathetic to others, feeling our boundaries are violated. Not knowing where we end and others begin, we'll seek protection.

We react as if we're being chased by a T-Rex, burning out our adrenals and padding our bodies with visceral fat brought on by a steady influx of cortisol if the stress is ongoing. Our primitive experience taught us that the monster could kill us; therefore, we had to run super fast, and then hide in a cave for maybe weeks, while our bodies used that stored fat to survive. Even if it's simply reacting to someone saying, "Should you be eating that?" the body can feel and react like it is back in the jungle with a spear.

This is just an isolated example. However, if you're subjected to a ton of prolonged stress, you may also be prone to carrying extra unwanted pounds. Why? The body stores memory, and our primitive memory and response reactions can get triggered by present time stressors. Who and where you are today is not just about your own short personal life, but all of life since the beginning of life. I know, sounds overwhelming, but remember, we now have a shortcut for bypassing old unwanted patterns just like this; we have Invision®! (The case studies and students who worked





with the Invision Process® in Colette's previous Weight Release Energetix® class were incredibly impacted by introducing the element of the Bird as rescuer, as a way to find relief from this difficult issue.)

Ok, so what does this have to do with birds? Just as our stress response triggers a primitive reaction based on a cell memory of being chased by a T-Rex, it is for the same reason that we know immediately the value of an encounter with the archetype of "Bird."

Here's what I mean. In our capacity for eco-consciousness, we have a sense of what a bird meant to our earliest ancestors. Nature inspires awe and reverence. We, our modern selves, know vaguely under the surface that birds mean something, and we add to this knowing by observing them in life today. They remind us by their habits and other details, about who and what they are, but also what their presence could mean in another dimension of consciousness.

In recent years, there has been a strong nature based movement to reconnect to this deep knowing. There is a fascinating book called, "What the Robin Knows" penned by naturalist and anthropologist Jon Young, who explores this fundamental relationship we have to nature, and specifically to birds. He's one of the leaders in the New Nature movement, the most recent extension of environmentalism and one of many studying



the interspecies relationships and communication within the unified field. When a person tunes into bird language, the sounds from the air, our original design is awakened.

For example: The Naro San Tribe in Africa have been in their lands for tens of thousands of years, living in a pattern deeply dependent on bird language for survival, and they still are today. The senses and nervous system of these people, as well as wildlife, is set up to be fully involved in the conversation of bird language, as is ours. What are the implications of stimulating the oldest part of our perceptions?

Through the research on the benefits of nature connection, apparently there are many, many benefits to triggering these ancient and fundamental responses from our original design. Through the Invision Process®, we connect both via nature and via the earliest sense of “Bird’s” more mystical dimensions as observed by our ancestors, and this awareness, though dormant or repressed today, reminds us of an intrinsic and dependent connection we’re wired to have to these magical creatures.

And why is this important to the Invision Process®?

Animals that could fly were the only ones that human beings could not mimic. We could climb, swim, forage, dig, burrow, and run, but we could never take flight into the



air. The sun, the moon, the air, the unreachable tops of the highest mountains and trees had a supernatural quality to them, and we viewed them as being closest to the gods or God (depending on the culture). As a result, any creature with wings that can fly represented the relationship between the ground and human life, and the unknown spiritual dimensions that winged creatures seemed to be able to reach where we could not.

The Unconscious will deliver a bird because it's directed to do so, and the subconscious will accept that this symbol will be able to move your awareness from one place to another. It will not deny it, as it remembers our wiring, even if you don't. The subconscious will also accept a bird as a vehicle for movement because, as I mentioned earlier, human beings have been wired to sense the movements and sounds of birds for survival since humans and animals have co-evolved. That very language triggers us to accept a more expanded awareness almost immediately as we open up in anticipation of what's next.

With that in mind, having a bird arrive during the process assists in guiding you out of the place representing the original state of mind in an effortless way, as we're all wired to accept the next step. So, since taking the highest view is necessary for creating distance from difficult repetitive states of mind, the bird (or dragon,



dragonfly, bumble bee, etc.) will be able to do this for you since this is its essential nature.

Moving to a high point in the process, where the suggestion is to allow the winged creature to take you high in the sky until all you see is bright blue is the first real moment of awareness that you've now created space and distance from the origin place. Lastly, there is an awe inspiring moment when you summon the bird, as it will choose you.

You might try to force an image, but you'll soon recognize that the image will come of its own accord and in the form it chooses. You might want to see an angel but a raven appears instead. Well the raven is way more powerful than you dictating that an angel is supposed to come.

In countless seminars and audiences when Colette leads people through this experience, there is always the sound of gasps and "Wow!" as people exclaim, "I did not think I'd see that!" While nowhere near the actual thing, this is similar to the sacred totemic experience of our ancestors when they went into the wilderness to request a vision and they were "chosen" by a bird or other animal that becomes their personal guide for their entire lives.



The Invision Process® invites the larger symbolic experience of entering the wilderness of the Unconscious, where you observe the territories and places you travel through emotionally, and connect to this winged creature that has “chosen” you to aid you in your quest for self-awareness and empowerment. Magical!

When doing a process, you may find it helpful to have your symbol guide handy (included as a resource for this Module), so you can easily refer to it when interpreting what just occurred.

## **M2 L6 | Spatial Distance and its Relevance in the Bird Sequence**

When you consider cognitive memory as well as stored memories, no matter how subtle, the impact of sensing Spatial Distance, meaning the awareness that “I am not that,” is undeniably powerful. Our senses tell us where we are in physical space by our ability to sense our location or orientation in the environment. We assess how far away we are from an object because we’ve been taught to notice the measurement of space.

The act of looking down from the bird in the sky is also a way to reinforce the more evolved modern brain state of Spatial Distance. Our ancestors could not know what it would be like to be soaring through the skies other than in shamanic ritual, even



though such profound experiences were deeply ingrained into our earliest spiritual earth based traditions. Yes, we could become the hawk, the raven, the eagle, but only in these sacred, altered states.

Today most of us know what it's like to fly. Every human being that has been alive since we first went to space also knows that that first photographic image of our blue planet has changed our perspective forever. Most of us also have a sense memory of looking out of a window of an airplane, looking down at the tiny buildings that, when seen from the ground, are impossibly high. So our generation accepts this shift in perspective and can't deny it as part of our collective understanding of space and distance.

Again, for Invision®, we're setting up an undeniable response of the sensation of separation and distance. The subconscious will file this, recognize it, and will continue to accept new prompts. Everything changes from up there.

So, although brief, when prompted to be shown a bird, then by allowing our awareness to move away from the first place and move to the sky, or the metaphor of the sky, our inner world begins to shift into an experience of freedom that creates a new sense of calm coursing through our bodies. In an instant when we're asked to look down, we remember that from where we are so high above, the place that



caused us so much difficulty loses all its power. It cannot affect us now that we are no longer close to or in it. We are not there anymore; we're somewhere else, and we realize that perspective changes everything.

Like the placebo effect discussed by Colette and Dr. Joe Dispenza, this begins to alter our perceptions, motives and behaviors, and we begin to engage the world in very different synergistic ways. We become aligned again. We've successfully moved out of being stuck. You can then reach into your tool kit and consider what's next in your discussion, and having avoided anchoring the pattern, you will feel empowered yourself. Success!

### **M2 L7 | Symbolism Inquiry with Student Avatar Nancy (and HomePlay Exercise)**

In this HomePlay, I will give an example of how to use Invision with an example of a student avatar named Nancy. I will show you an example of a relatable issue that arises for many people and provide steps and questions to ask along with "Nancy's" responses. You will then use this hypothetical session to practice interpreting the symbols using the Symbols Guide provided in the Resource section. We've provided a PDF of the Invision steps in your Resources section.

### **Invision Example using student Avatar Nancy:**



- Woman 45 wanting to leave corporate job where she feels disempowered and inauthentic in a male dominated finance industry corporation.
- Kids are grown, she's always wanted to start her own business.
- She has a dream that she wants to help people through transitions
- Maybe she wants to write?
- She knows she wants to help people.
- She's interested in non-traditional methods, yet afraid to voice what she wants for fear of reprisal in the conservative environment she's surrounded in.
- She feels ambitious for change yet unable to take the first step.
- She's in a transition and is unable to see her way out of where she is.
- How will she have the courage to make this change?
- What will she leave behind?
- What does she need to do to move forward with grace and ease?
- How will she make money?
- Can she do it? What if she fails?
- What if there is no security?
- She was raised to choose a secure mainstream job with a steady paycheck. This choice for independence is both exhilarating and terrifying as she wants to break a taboo.
- She is ambitious for change.
- She also has a pattern of not finishing anything related to herself.





- This is not the first time she's decided to make a change.
- Her identity is wrapped up in being proactive for others but not herself.
- This is foreign territory for her.

Sound familiar? Nancy wants help to become a more authentic version of herself, to empower her to finally take action and choose a new life, a career better suited to her true passion, skills and talent. Maybe she's excited about the possibilities, and is making headway, but just before real change happens, she feels stuck and can't seem to move forward or even see clear goals. Everything seems so far away! Her family may be pressuring her to stay where she is or reminding her of past failures. Nancy tends to get stuck retelling stories that support why she is the way she is now. The Invision Process® is the answer to movement here!

I am going to walk you through a dialogue with student avatar Nancy and I invite you to follow along to see what arises for you. We've also provided a PDF in the resources section of Nancy's example to help you get the hang of how Invision works.

Question: "What emotions do I feel around my situation of being stuck?"

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



Question: "If this state of mind I am in right now is a place or a 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?"

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 allow 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 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!

### **HomePlay Hint**

Every place has positive attributes, even the most difficult ones. The desert is dry. There is no water, and there are dangerous places represented by the quicksand. However, if you ponder the desert beyond the superficial dryness, what else would you know about it?

1. Are the creatures that thrive in the desert resilient? (The answer is yes)
2. Where could water come from? (The answer: digging deep)
3. What is quicksand caused by and what are its attributes?
4. What does an oasis represent?
5. What does a lion represent?
6. What might her reaction mean?
7. Why is the vulture significant in helping her out of this?



8. What impact does the meaning of vulture have on moving you from one state of mind to another? For example, Does this have a deeper significance to the story you are leaving behind?
9. What is the result of the pattern? The message ingrained in the pattern will also give you a clue as to what will be a recurring challenge. Knowing this, you now have a measure of your cycles, trigger points or scenarios that could challenge forward movement. You now have important information which will help you reach your goals more effectively.

Write this all out to help integrate the learning.

The Homeplay exercises that I will introduce next are PDF and audio downloads only.

## **M2 L8 | Going Deeper with the Where am I? Invision Process®**

Now that you have a tangible example of a process, and you've also experimented with "Where am I?" in the HomePlay example in Module 1, practice with the Basic Invision Process® audio and PDF provided in your resources section. Enlist a study buddy and practice together if possible! The steps and audio will take you one step further and help you create a safe place called Sanctuary at the end of the process. You'll be able to practice from this template for the next 5 weeks. Enjoy the transformation!



## M2 L9 | Module 2 Recap

So what did you learn in Module Two? Let's recap your progress.

- You learned that the Invision Process® uses environmental elements, ecopsychology, and bird symbolism to provide a container for the subconscious, where we engage in a dialogue with the Unconscious mind.
- You learned how the influences of Joseph Campbell's Hero's Journey and Carl Jung's active imagination form the effectiveness and universal appeal of the Invision Process®.
- You learned that your subconscious mind will accept all the steps in the Invision Process® sequence because of your original design, your ability to access collective memory, as well as your eco-consciousness
- You learned that when the Unconscious is invited to deliver its message in the form of a bird, the result is always inspired.
- You learned that birds have an amazing effect when re-framing the subconscious because of the way our nervous systems are hardwired. Due to our most primitive memory, we expect a level of magic that defies modern intellectual context



- You also learned that the Invision Process® will trigger a more recent collective truth that when you are high in the sky, you are far away from your starting point. This is Spatial Distance.
- You learned that the subconscious will always support an experience it already recognizes even if it's "only in the mind"
- You also learned that we are capable of instantly finding relief thereby changing our hormone responses, our bodies, our emotions, and thoughts, about what we used to look for in the outer world to prove coherence. The Invision Process® changes coherence.
- We recognize that all the steps are important, but the real epiphany begins with the introduction of the bird symbolism.
- You were introduced to the concept, as taught in ancient indigenous spiritual traditions, that the bird chooses you. It imbues you with powerful energy to aid you in self-understanding and transformation.
- You learned that while the Invision Process® is simple, highly effective and quick, it's actually very complex in how all its parts work together.
- We provided an example Process and invited you to interpret the session using the resources provided.
- We've also provided some great HomePlay for you to do to further your personal exploration of the process. By exploring various potential internal





landscapes, you are discovering how your own language and relationship with the collective Unconscious will begin to flourish.

- Colette provided a great step by step script for a Foundational Invision Process®.
- You also got an extensive symbols list to help you find meaning in what shows up in your Process.

## **M2 L10 | Resources**

We've provided you with 2 HomePlay exercises, one of client avatar Nancy and one of the Foundational Invision Process®, a HomePlay audio of the Foundational Invision Process®, a Symbols Guide for reference and a transcript of this session. All are available for download. Happy Invisioning and I will see you next week!