



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



# Observing Thoughts Mindfully

## Home Play for Lesson One | Observing Thoughts Mindfully

Here is the Observing Thoughts Mindfully Home Play suggested exercise for this week to do on your own. The objective is for you to connect to the subtle yet profound shift from experiencer that identifies with a state of mind, to the observer who watches it.

- Choose 10 minutes for this exercise.
- Close your eyes (after you read the instructions)
- Imagine your thoughts are like leaves on a river.
- Without attempting to change them at all, allow your mind to “see” them
- Floating by • Can you hear them?
- Allow them to just be heard and pass along.
- Allow your awareness to just be present.
- Observant
- Without judgment.
- Pay attention to the lack of judgment, the ease of awareness, the neutrality.
- This is the Observer.
- Write in your journal about this experience as best you can. How does it feel to be in the position of the awareness of the Observer.
- Describe as best you can the position of being in the place of watching the river and the “thought leaves”.
- If you are not your thoughts, where are you in this context?
- Can you sense a spatial distance if you are the one looking and the river is outside of you, your thoughts are represented by leaves, can you see yourself as apart from this scene? Describe this.