



COLETTE BARON-REID'S
INVISION PROCESS



Module 1

Complete Transcripts for Module 1

The Observer

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M1 L1 | Invision Process® Welcome

Hello everybody, It's Colette Baron Reid – but you know that! I am super excited that you're here and even more excited to provide this training for you. I developed the Invision Process® to help myself, and others, access the infinite wisdom in the Unconscious in both moments of stress and moments of creation! It is all about



connecting with the truth that the most consistent and influential place, or landscape, that we live in is that of our own minds! As we connect with this awareness and bring in creativity and the unlimited resources of the universe, we are able to more safely and playfully explore and make choices that free us from within rather than from without! I love sharing this tool with both creative thinkers and more left brain analytical brains to help further open up what is possible to engage with, play with and change. Indeed, the Invision Process®'s most profound lesson is restoring your own awareness of your power to choose. Together with my fabulous certified Invision Process® Master Coach and Master Trainer, Sara Dougherty, I will provide five comprehensive Modules, one delivered to you every week. Each Module will contain videos with slides of the progressive steps of learning to use Invision®, scripted HomePlay exercises to practice with, audio HomePlay exercises to follow, and informational resources.

The Invision Process® is a skill that must be learned experientially rather than theoretically. The more often you practice with it, the deeper you go. Practice means progress, and engaging fully with the material will also result in your having FUN, too. I want you to be able to make a difference in your own life and adding the Invision Process® to your resource tool kit will do just that! It holds immeasurable value and practice is your key!



The Invision Process® is all about perspective, and over the next 5 weeks, you will learn that perspective is everything, a foundational concept that can only be known through doing. Invision® enables you to learn how to play with your right brain creativity and receive the most treasured gift of experiential learning, the synthesis of true success!

Using this process successfully is about flow, imagination, intuition and play, but rest assured, this is not a technique you need to be perfect in. I provide you with the structure, but I also encourage individual styles to develop as you become more proficient. I invite you to stay curious, allow, receive and be loose while learning and working through the exercises. I guarantee you will fall in love with this process and you'll have more fun exploring the inner landscape of your mind than you ever thought possible.

A special note (darn legal): When can you use the Invision Process®? This is a trademarked process. One that is a unique method of energy psychology specifically created to be used in a one on one dialog process! Feel free to play around with it, pair up with study buddies and practice! However, you are not allowed to teach the Invision Process® in a group, or create a derivative of it without my permission.



So let's get started. I am so excited to share this with all of you! Hold on to your hat, as transformation is on its way!

Much love to you from me!

(END: Sara will do the next part) Not for Transcript

M1 L2 | The Invision Process® Module 1 Overview:

In Module One, you will learn:

- What the Invision Process® targets and why
- The role of the subconscious in the InvisionProcess®
- The relationship between the subconscious and coherence with the outer world
- The role of The Observer and How to Connect with it
- HomePlay Exercises and Resources for Download

In this first week we'll be going over some of the theory and inspiration behind the Invision Process®. Spend some time over the next five weeks with the resource materials provided to better familiarize yourself with some of the incredibly powerful influences that brought about the birth of this transformational tool. Although there are recognizable elements from other's work, the process is completely unique and therefore trademarked. Reviewing these foundational pieces is important to make



sure you understand each element of the Invision Process®, how it all comes together, and most importantly, how to confidently apply the process when you are working with your own discomfort. Utilizing Invision®, you will be learning how to harness the magic that creates miracles!

You will hear and read about how Invision® targets the programmed, or automatic, mind to reveal stuck patterns and create instant shifts in perspective. You will learn about the state of the Observer, or Witness, the higher more expanded mind of conscious awareness where you can make empowered choices, and from where you can then create and shape a more evolved reality.

You will find a video conversation between Colette and doctor Joe Dispenza and an article on the subconscious mind in your homeplay and resources section at the end of Module 1. Each of these will give you some great insight into just what we are able to accomplish with Invision®.

M1 L3 | The role of The Subconscious in the Invision Process®

In this lesson you'll learn:

- Why Colette created the Invision Process® and what inspired her
- The role of the subconscious and its relationship to the Unconscious
- The nature of coherence



- How our worldview is based on memory
- How the Invision Process® targets the subconscious
- How the Invision Process® differs from therapy
- The three foundational questions of the Invision Process®

As Colette worked with clients over the years, she saw, both in their lives and in her own life, that sometimes, no matter how strong our desire for change and regardless of the level of awareness of the unwanted patterns that block new ways of being, lasting change remained elusive. Even the most successful people tended to bump up against the same walls. “Why is this happening again? Why do I keep doing this? Will things ever change?”

No one is alone in sharing this frustration. We all, even the most successful people, repeatedly encounter the same limitations in some area of our lives because we’re on automatic pilot and don’t know how to not be. Why does this happen?

Whether we realize it or not, the outer world reflects our inner, but often unknown, expectations. Our experience of the outer world is completely dependent upon our interpretation of what we see, and how we interpret our circumstances depends upon our currently held thoughts, feelings, and beliefs. Our currently held thoughts, feelings, and beliefs create an outlook on life called coherence, and it is a powerful



function of the subconscious mind. The subconscious mind automatically looks for external proof of what has been pre programmed into our minds as the truth about ourselves, about others and about life in general. It is a mechanism that occurs whether we are aware of these 'truths' or not. Simply put: we see what we expect to see!

The impact of coherence is then strengthened throughout our lives when experiences in our past are reinforced by strong emotions and repeated over time, either by exposure to an outer environmental factor, or by the recreation of an inner emotional and mental state. Because of this repetition, at some deep level we believe and expect something outside of us to prove itself to be true and so it does.

You may already be wondering... "But how can I change something I'm not even aware of?" This is one of the reasons I am so excited to share with you Colette's discovery: the Invision Process® changes coherence!

Ok, so let's look at this more closely. We are memory based creatures, and the world and our navigation through it literally reflects our memories. Our entire personal experience and worldview is based upon the past, and we build assumptions and place filters on our senses to make the world's stimuli manageable in the present. To not do



this, to not have filters, would be overwhelming! We'd go nuts, because we're simply not equipped to experience everything at once.

So how have we evolved to deal with so much stimuli? Most of the activities of the body and the brain occur in the background, without our conscious awareness; we don't tell our body, for example, how to digest a salad, nor do we tell it what it has to do differently to digest an egg. Our species learned how to perform these functions thousands of years ago, and the 'how to' specifics now reside as memory in our DNA.

This same memory-based mechanism governs our subjective experiences, too. In particular, the subconscious mind looks for things it knows. It's job is to sort, and coherence is the automatic perceptual experience that is set in motion by the subconscious mind as a filter of stimuli. The interview between Dr. Joes Dispenza and Colette we have provided in the Homeplay and Resources section at the end of Module helps solidify what can be achieved at the subconscious level with Invision® so make sure to watch it.

Here is an example: Say you were raised by an absent father with a bad temper, and a critical controlling mother who did not protect you when your father went into a rage. You may have experienced an emotional lack of safety growing up, and, as a result, became hyper-vigilant to the emotional temperature in the environment, a pattern



that continues to this day. You most likely and understandably concluded that the world is an unsafe place and that you'd better be unrelenting in seeing and sensing danger. Now, you're actually programmed to look for unsafe aspects in the world, as your mind seeks to find coherence with your core sense of what is familiar. Your mind will pass over nearly all of the evidence indicating a safe world, and key in on only the evidence of threat. Keep in mind that you're likely unaware that this is even occurring!

You're actually blind to these underlying patterns, which is why you experience outrage when something happens to "prove" that you are a victim, again, despite your best efforts to keep yourself safe. For example, You pick the same abusive boss, the same unavailable man in a different package, etc. You would NEVER choose to repeat these circumstances intellectually with your self-conscious, thinking mind, right? Of course not! This is why the Invision Process® is so powerful. It targets the subconscious and gives you the ability to bypass the thinking mind, which has very little influence over these pre programmed patterns. It connects you with the part of the brain where the unwanted patterns are actually stored, and where true change can now occur.

Remember, coherence connects us to a sense of familiarity, and our natural need for certainty invariably leads us to roads that double back to similar, if not the same,



experiences. In order to interrupt that pattern, it is time to create a new definition of “familiar,” for ourselves. What most of us label as comfortable is actually familiar. We interpret highly uncomfortable feelings and situations as “comfortable” simply because we are so familiar and used to them!

People purchase self help books and programs, for a variety of reasons, for example
they want help to: reach a goal
move past a block
stay on track with their current success and perhaps go further
Simply feel empowered to act and to choose
ensure that they move through a transition with clarity
Or want to manage risk while they move forward.

But even high achievers can get stumped, and so can teachers, coaches and counselors! Every human struggles with the same questions, over and over:

- How can I change direction?
- How can I forge a new path without reverting to the old?
- How can real change occur when patterns are so deeply ingrained?



If the subconscious program is the stumbling block, you need a powerful solution that targets this part of the issue. You need a tool that makes the quickest shift, you need Invision®!

Big epiphanies, spiritual awakenings, and impactful life events can change things on a dime, but these types of transformational triggers can't be forced to occur.

Affirmations are one tool that can help, but affirmations only work when the mind accepts them. So if you affirm "I am a success now," but your subconscious still believes, "You will be abandoned if you claim success, and therefore it won't be worth it" The subconscious belief is going to win.

Here is an example. You repeatedly affirm to yourself, "The perfect man is in my life now," but then end up being with another womanizer and you wonder why.

To discover the driver of this pattern, check your inner narrative and core beliefs. If you believe "all men are unfaithful," or "I will find the womanizer and make him be faithful therefore proving my worth," etc., then the very fact you've picked a womanizer who cannot be monogamous reinforces yet again the basic notion of your being unlovable or unworthy of a faithful man. It also relies on the external, or someone else showing up differently instead of us showing up differently! All of this lives in the subconscious, certainly not in the thinking mind. We don't make these



types of choices consciously; these are the things we so desperately want to leave behind!

And here's how we do that: we use the Invision Process® to access the unwanted patterns that are hidden in the shadows keeping us stuck, we must shift at the invisible level before the visible can change. This is key! Remember, this is about familiarity, so we must replace outdated beliefs experientially, using the Invision Process, with new ones in order to feel comfortable with a new reality. Applying effort to try to change outer circumstances yields temporary results at best, and contributes to mounting frustration. Creating internal changes with the Invision Process causes external changes that last and because we develop a new place of coherence!

All of us have had the experience of being stuck and then stuck again and again in an old story. It can be confusing and unnerving, especially if you're someone who is already self-aware, willing to see change, and wants change. The Invision Process® is a creative right-brained strategy that is here to help precisely this type of stuckness!

Although therapy has its place in helping us make shifts in our lives, it can sometimes take a long, long time to uncover the roots of shame, fear, anxiety, loss of self-worth and personal power that are affecting our ability to create happiness now. Generally,



in therapy, we talk about the details of our past story and search for reasons to explain why things are the way they are today. Colette spent years in therapy, and has said that it was one of the best things she ever did! Her favorite type of therapy was Jungian, which includes dream analysis, etc.; however, she is clear that she is not a therapist, and that Invision® is not therapy.

Working as an intuitive exposed Colette to a unique perspective on human potential. With her role being to show clients where they're heading, the following questions often arose: Why does the future unfold with similar challenges of the past, even if there is a real desire to do it differently? How do we change the story without getting caught in it? These dilemmas have been on her mind for the full 30+ years that she's been working with clients. She has worked with over 35,000 clients now, and Colette noted that they all want to know the similar things: where are they going, and how can they successfully meet their goals.

Colette's fascination with how the mind works and how synchronicity plays a role in reality creation led her to study philosophy, Jung, metaphysics, and indigenous spiritual traditions in search for answers. She studied with an eye toward how we could improve ourselves, and therefore the world, and how we could find new ways to better outcomes. She feels strongly that she discovered a solution with Invision®, a



solution powerful enough to override the powerful patterns we all feel we are up against.

The difficulty facing nearly all of us is how can we change fast enough, and with the necessary depth, sustainability and fluidity while the world around us is moving and changing faster than ever. You get that right? You can tell that it feels like we can't catch up with all the outer changes in the world. We need something that won't take forever to learn, something effective and easy to use. Something that can be used on the spot in real time!

In her research, Colette also began to ask even deeper questions about how we create reality, our accountability for it, the nature of co-creation, and how the subconscious plays a role in all of our patterns – both culturally and personally. And of course, she wanted to know how the Unconscious, which is the deepest layer of the mind, could help us.

Colette considered how indigenous traditions relied on their spiritual roots as connected to their relationship to Nature, and how we, as urbanized people, might somehow make this connection come to life for us too, and thereby maybe restore our lost connection to the Anima Mundi, or soul of the world. This would mean that because we have an influence on others, when we improve our own internal world



and become more successful and healthy, a wave of positive change grows and literally impacts the world.

This is really what the Invision Process® is all about: empowering ourselves and enabling us to take our rightful place in the Anima Mundi to better it for everyone. But how all of this could come together was beyond her capacity to imagine. She just followed the inspiration and asked a lot of questions and tried many things. Knowing these components will help you understand how the process works.

That's enough for now on the background of how Colette developed the Invision Process®. Module Two will provide even more.

Invision® is based on three questions.

1. Where Am I?
2. When Am I?
3. Who am I listening to?

The first question, "Where am I?" is both the foundation and most accessible aspect of the InvisionProcess® and can be used in infinite ways with almost any scenario. We will explore this more in Module Two, but first, we must learn how to connect with our Inner Observer, which we will do in the next lesson.



M1 L4 | The Role of the Observer

In this lesson, you will learn:

- About The Observer as a means to shift perspective
- The permanence of The Observer Self
- How The Observer exercises work

The Observer is the unchanging, internal awareness of you as a traveler moving through ever-changing circumstances. The best way to learn and understand this is to experience it for yourself, so we are going to play with it together first, then discuss the theory later.

Seeing Through the Eyes of The Observer

These exercises we provide are one you'll want to play with as often as possible as they will help you to assimilate all of the exercises in this class. Connecting with your Inner Observer is the first step toward knowing and experiencing first-hand how to create the container for the active imagination part of Invision®, as it signals the Unconscious to hold space for the images and information that the process requires.

The Observer enables you to experience the aspect of Self that is pure, unwavering awareness, the aspect that exists above and around the small self, or your personality



identified self that we refer to as the ego. For our purposes here, we will refer to the Observer as Self with a capital “S” and the ego as self with a lowercase “s.” Your Higher Self is not self-conscious, rather it’s Self-aware. I am going to say that again, as this distinction is very important. Your Higher Self is NOT self-conscious, meaning it is not judgmental of what it observes, nor is it concerned with what others think, it is simply aware of its Self! The Higher Self is the nonjudgmental Witness, or as we are calling it, the Observer.

Conversely, ego is made up of personality and self-consciousness and is busy with its never-ceasing activities of thinking, judging and worrying. Think of the Observer as the quiet background within which this busy-ness occurs. The Observer is pure consciousness, the awareness that transcends the identified self, and a vital element of the Invision Process®. Everyone of us has both an ego self and an Observer Self.

So let’s begin to explore how this works with an exercise in mindfulness. There is a more thorough recording by Colette in your resources section, but let’s try one together here. Start by first observing your physical surroundings, then ask yourself; “Who or What is aware of the part of me that is observing?” Now turn your focus to experiencing your five senses: Visual, what do you see?, Can you see a lamp or a phone or a computer, etc. Auditory, What do you hear?, Can you hear faint traffic in the background or a dog barking or the TV? Gustation, what do you taste?, Can you taste



this afternoon's coffee or lasagna still in your mouth, or perhaps toothpaste? Tactile, what do you feel in terms of external sensation, not emotion, such as a coolness in the air or the softness of a blanket, and finally, Olfactory, what do you smell? Can you smell the coffee, lasagna or even perhaps staleness in the air? From here, shift yourself again by paying attention to the thoughts you are having about what you are experiencing. Are there judgments or opinions about what you are experiencing?, such as I love the smell of coffee or I should have brushed my teeth! Silently make the voice expressing these opinions louder. Who or what is listening to the voice in your head? Who or what is able to observe the change in volume? Just notice, because as we notice and observe, we become present and mindful of what is occurring.

When we notice and observe, we experience a different form of identifying. Instead of identifying with the voice you hear all day, every day, you connect with the more expanded awareness within which this activity occurs. The more you practice, the more you'll recognize the subtle sensation of permanence that is associated with the Observer. This is the most important quality of the Observer Self: detached, neutral, and always there, continually stable and permanent, even as everything else changes.



M1 L5 | Ways to Practice with the Inner Observer

We are providing a number of exercises to help you connect with your Inner observer. In the first one, provided in the next video, Colette will lead you through a process called, "Connecting with the Observer." In this exercise, Colette will give you step by step instructions on how to identify this aspect of your mind. Listen carefully and follow along.

Following "Connecting with the Observer", Colette will take you through the "Chatterbox Exercise." Here is where you will use your Inner Observer to view your thoughts as something separate from you. It will give you the profound experience and visual of you not being your thoughts.

Not part of the video lessons, but available in your HomePlay Exercises and Resources section is an additional exercise to play with that will help you connect with your observer self called, "Observing Thoughts mindfully".

Finally, once you've connected to the Observer role and detached from your thoughts, Colette will introduce you to the first question of the Invision Process®, "Where am I?" so that you may begin to engage your intuition to show you things that haven't been suggested. Here is where the magic begins, so have fun with it and dive



right in! You'll get to see the flow of how this works and how powerful and untapped the intuitive mind is the more you do it.

Be gentle as you practice and simply allow what shows up as you practice each HomePlay. You are just getting started here, so simply observe and reserve all judgment. You might find one you like more than others, and that's ok. Your experience with every Homeplay exercise is meaningful, so I encourage you to keep a journal and record your experiences. Doing this will help you begin to get a feel for what's possible and help you better see the progression of your journey with Invision® as it unfolds.

Get ready for more fun with landscapes next week!

M1 L6 | Connecting with The Inner Observer

M1 L7 | The Chatterbox Exercise

M1 L8 | A Conversation with Joe Dispenza

M1 L9 | Module 1 Recap

In Module One, you learned how the Invision Process® works as a self development tool to help move yourself out of a disharmonious state of mind into a neutral one that will enhance positive forward movement toward a desired outcome. Being aware



of how coherence and the subconscious mind works, together with connecting to the Observer self helps to change your perspective and can get you unstuck almost instantly. You can see just by these first few steps that practicing the Invision Process® is like being an “epiphany midwife,” for yourself as experiencing a new vantage point and new perspective changes everything and literally births you into a new reality! Motives change; ambition becomes focused; solutions appear spontaneously; energy is restored, etc!

M1 L10 | RESOURCES:

I know you have your hands full with all of the Observer Exercise practices and the video with Dr. Joe Dispenza and Colette, but do set some time aside to read the brief article on the subconscious mind. We’ve also provided feelings lists resources and a comprehensive list of research and other articles that support the effectiveness of the Invision Process®. Some of the online links may no longer be viable, but a quick google search will help will you find what you need. We hope this treasure trove of resources will be a useful tool for years to come.