



COLETTE BARON-REID'S
INVISION PROCESS



Introduction to Question 1: Where Am I?

Homeplay for Module One | Exercise

This Homeplay exercise will introduce you to the idea of using your Inner Observer to see a landscape, where you will discover: “I am not my feelings.”

Ask yourself this simple question: What is the primary emotion I am feeling? Use the resource handouts we’ve provided. Then ask yourself, “When I feel this emotion, (for example, sadness or fear or unworthiness) what does this emotion look like if it were a place I was in, rather than a feeling I was feeling? For example, if I am feeling sad, I might see that for me, sadness looks like I am in a foggy bog, like in Old England, and I can’t find my way. Everything is wet and gloomy. But the more I look at this wet gloominess, the more I am able to see myself as separate from it. I am looking at my sadness, but I am not my sadness. I am no longer identified with my sadness. Here are linear steps to help:

1. Feel an emotion you want to work with or shift. (see the Feelings Wheel or Feelings Inventory lists for help)



2. Tune into your inner Observer, your higher self who is not the feeling and ask the question, if this feeling were a place I inhabited **"Where am I?"**
3. Ask the question as a form of invitation and be open and curious as to what your Observer mind shows you, what it "sees" or " knows" as representative of this emotion for you.
- 4 . It's a simple invitation to begin prompting the mind to show you images. Don't try to project, just notice what shows up. It is fun and surprising, so play around with it.
5. Pay attention to the difference of being identified with the feeling and looking at the place representing the feeling. It is a subtle shift that gets you right away into the position of the Observer. Have some fun, be patient and see what comes up for you.