



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



# Chatterbox

## Home Play for Lesson One | Chatterbox

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 experienter that identifies with a state of mind, to the observer who watches it.

**This is a fun exercise in mindfulness and one I teach in all my modules as a daily exercise.**

- Imagine you are sitting on a log on a beach.
- It's a beautiful place.
- The sand is white the waves are calm.
- A box appears in front of you.
- Allow your awareness to adopt a neutral sense of curiosity.
- All your continuous mind chatter is contained in this box.
- Notice how the thoughts and chatter wants to escape?
- Perhaps the box is moving? Or?
- The thoughts want to come out.
- Open the box and let your chattering thoughts out.
- What happens?
- How do you feel?
- Since these are your thoughts and no one else's and they are connected to you they must obey you when you tell them to go back inside.
- Touch the box lid and say "come"!
- Watch the thought symbols come back in the box at your command.
- Close the lid.
- Lock it.
- Now how do you feel?
- Breathe deeply and bring your awareness to your body to notice anything different?
- Compare the 2 experiences in as much detail as you can.
- Which part of your self is aware? Which is neutral? Which reacts?
- Write about this.



- Consider as you're writing that there is a part of you that is observing your writing without judgment. Just a neutral observation- The Observer is the source of awareness, of curiosity and of detachment.
- The Observer allows you to respond consciously rather than react automatically.