Transcript

The

IN-Vizion®

Process

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Transcript

Segment 6

IN-Vizion ® and its roots in ACTIVE IMAGINATION

In this segment you'll learn:

- Why coaching with IN-Vizion® isn't therapy but has therapeutic value
- Jung's influence on IN-Vizion®
- How active imagination works as the "chief operating engine" for IN-Vizion®
- The unconscious and the collective unconscious
- The language of the unconscious is symbol and metaphor/pictures and images rather than words
- How the unconscious is engaged in IN-Vizion® coaching
- The use of active imagination 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 IN-Vizion® is the "Ah HA!" – epiphany
- A method of transcending a problem or pattern rather than solving it

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At this stage I have to talk about the biggest inspiration for IN-Vizion®.

The way the container for IN-Vizion® is filled is through active imagination. This was a term coined by Swiss psychiatrist and founder of analytical psychology Carl Gustav Jung. Although there are copious amounts of information and explanation of Jung's work, Marie Louise Franz is one author I highly recommend studying, should you choose to dive deeper into this work. (It's pretty dense, but worth it.)

Coaching isn't therapy; but real change is made by the IN-Vizion® process by entering into the realms of the unconscious via imagination, intuition and creativity, and Jung's influence is undeniable when applying IN-Vizion® in a coach-client dialog.

For now, let's explore exactly what is active imagination, and why and how it works as the "chief operating engine" in IN-Vizion®.

Ever hear the phrase "a picture speaks a thousand words"? This is the most important piece of coaching with IN-Vizion® as we seek to move away from the part of the mind that is concentrated on logic, reason, and language.

IN-Vizion® as a process was created to defy language, which, although necessary for us to communicate and understand our place in the world of form, so we understand each other, actually serves to limit things so we can make sense of them by creating a "name."

Limiting through language before exploring metaphor, allegory and a more abstract and broader perception is like seeing only the tip of an

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iceberg. We know its 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, it's influence on the life beneath the sea or the displacement of water.

To make a change for a client, we look at the deeper, wider, 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**. One is the programmed, automatic; and the other has access to meaning and the collective wisdom accumulated in the race mind. This 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. Jung saw active imagination as the most direct way of relating to the unconscious.

However, IN-Vizion® gives active imagination a set of limitations to contain it so you can have a consistent and continuing dialogue with the unconscious. This is really important and powerful, and can be seen as a living relationship with this part of ourselves that is engaged in evolving.

This dialog between the unconscious and self-awareness remains essential to what Jung saw as the process of individuation. This process is about becoming more aware of who and what we are at many different levels.

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Jung also saw this as being about finding a deeper connection between Ego and **S**elf.

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 and can be experienced and re-experienced in differing ways over the course of a lifetime.

I found in my research of active imagination and Jung's sou
rces of inspiration, that active imagination has a long history. In some form or other, it's probably as old as the earliest efforts of humankind to relate to forces greater than themselves.

A form of active imagination in ancient history would be the very early representations of animals in prehistoric cave art. They were not only drawings and paintings of animals, but also of the power and magic they were felt to possess. We'll talk about this in Lesson two, but for now just understand how old and powerful this is, and how even if we have no clue how it works, we have access to ancient ancestral memories of this process 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. Active imagination engages deep feelings and nurtures the growth of consciousness as well as the creative awareness of all states of being;

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creativity, joy, anger, shame, suffering, etc. It's all about enhancing the development of the human personality.

As a coaching tool, it serves to help develop the consciousness of understanding and success.

Active imagination has 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 process. We are not working factually, not looking at facts or date 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.

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

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poetic or allegorical way of representing a known fact.

If they were, the IN-Vizion® process wouldn't feel so powerful and personal.

So 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.

Well talk more about this in Lesson Two.

During the first step of working with 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, but not filtering anything out; a state that could be described as being somewhat similar to the alpha state of unfocused attention.
This first step is about noticing and becoming more aware of the activities of the mind. Then just allowing ourselves to let our mind relax into a state of "play."

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.

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You'll notice this class has Home Play not Home work.

The second step moves on further to giving expression to the inner voice of the unconscious, either in writing or talking. It is always essential to give outer form to whatever comes up, otherwise it gets lost and can't be fully used.

This is why it works in a coach/client dialog. You can discuss what comes up, and then have the client write about it after the fact.

When you do this for yourself it's always important to keep a journal record.

Active imagination is defined by the relationship between ego and unconscious. It bypasses the subconscious mind, yet delivers the meaning and the patterns you're being affected by, through observing symbols that you request.

IN-Vizion® 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, and bypass it.

Once the voice from the unconscious has been given form, the ego can relate to it. The ego needs to recognize that the inner event - whatever has come out of the unconscious - is just as real as any outer event, even if it exists in a different space. Inner events have real effects.

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Dr. Joe Dispenza is writing a book called You are the Placebo. We have a great video for week one to share with you that will give support to this concept.

Inner events have real effects!

IN-Vizion® was created with this in mind: providing 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 I spoke about earlier. We see landscapes and places, aspects of nature that we recognize.

It's important to distinguish between creative visualization and active imagination.

It's not the same as guided imagery. Guided imagery offers particular images for the client and ways in which to proceed. With IN-Vizion® the client has a specific glossary of possibilities that the unconscious allows. Then they open up to their own images and respond to them in ways that are consistent with their own view of reality as well as what the traditional meanings of 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 for your client.

Epiphanies are the goal of IN-Vizion®.

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In the end, it is less about the factual solving of problems than becoming able to transcend or circumvent them, and find ways around them. IN-Vizion® was created as a method to shift without ever dealing with them head on; we simple accept and move. Remember, we're assuming we're working with clients who have already done therapy or aren't dealing with any pathological emotional patterns that need a therapist.

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