

Observing Thoughts Mindfully

Home Play for Lesson One | Observing Thoughts Mindfully

Every week you'll get a series of questions and exercises to do as you learn to apply the practical side of IN-Vizion®. This first week was mostly about theory, and looking at the puzzle pieces separately, seeing how they fit together, and understanding where my inspirations came from.

Truth is, IN-Vizion® can't be fully grasped by theory alone as it really is all about experiencing it. That's when it fully comes alive. The next five lessons will be more about the doing and less about the telling. So don't let this first week overwhelm you. It's mostly the stuff of the intellect. Yet it's important information for you to know especially if you're going to coach with it.

If someone says "how does this work?" You'll know how to talk briefly about its components- active imagination and the unconscious, the role of the subconscious, eco-consciousness and the effortless delivery of natural symbols in IN-Vizion®, the importance of the Observer etc.

Where IN-Vizion® is concerned the whole is much greater than the sum of its parts. You'll start to see the magic once we begin to add the elements that make this process come alive. You'll be learning this by being your own client first, and taking turns with the other students being the coach and being the client.

Most important is to play with it, and allow your imagination and intuition to lead your creativity where it wants to go. The unconscious knows more about this that you do and is dying to have a conversation with you! Remember the unconscious doesn't speak English or German or Chinese it speaks pictures! It's job is to provide you access to meaning. Meaning allows you to change and to make empowered choices that will inform the subconscious to look for a different coherence with the outer world more in alignment with your authentic mission.

You will benefit on your own and you will be able to support your client in a profound and most powerful way.

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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 experimenter 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.