

The Chatter Box

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 than 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 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.