The Playbook

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CHAPTER 1: UNCHARTED WATERS AND HIDDEN MAGIC

- To fulfill your potential, you are called into the unknown—to sail into uncharted waters where you feel uncertain. That is where you discover your most authentic version of yourself and unlock the infinite possibilities for your life.
- To navigate, you need a different kind of map, not one that tells you where you have been but one yet to be drawn—a map of the soul.
- If you try to travel forward consulting only the familiar map of what you have experienced, you will stay stuck in old patterns and wonder why you feel unfulfilled and frustrated.
 What you create for yourself won't feel right, because you aren't yet the person you need to evolve into.
- If you do what you did, you'll get what you got, so if you want something different, you have to think, choose, and act differently. That requires stepping into the unknown.
- At times in your life, circumstances or your own choices will send you inward on a spiraling journey of self-discovery and self-evolution. This journey to the uncharted can feel disorienting, but you have a navigation tool: intuition, which is your first sense.
- Intuition is your direct line of communication with Spirit, who is always present with you, even when you are unaware of this. When you ask Spirit for help, intuition allows you to understand Spirit's response. Intuition is a tool for dialogue.
- The Realm of Spirit is your true home, where you will find sanctuary and be reminded that Spirit supports you. You "go home" by consciously choosing to feel gratitude.
- Your small self—your ego—identifies with being human and is driven by fear because
 it has spiritual amnesia: It doesn't remember your true nature as an eternal soul. It
 doesn't remember that the universe is abundant and that there is always enough.
- When you overcome this "spiritual amnesia," you can still develop spiritual narcolepsy and forget once again that you are a spiritual being, here to play and co-create the world you experience, playing your unique note in the symphony of life!
- In the Realm of Spirit, you can use intuition to consult your soul's map. There, you can see the pattern created by your soul in its quest to have experiences, and you can decide what actions to take to fulfill your soul's longings.



CHAPTER 2: AT HOME IN THE REALM OF SPIRIT

- All of us agreed before incarnating into human form that in this lifetime, we would spend much of our time asleep to our spiritual nature. We agreed that our job would be to remember who we are and to remain awake as much as we can. Life is an adventure and a game—one that you agreed to play. Fred, the chorus of spirits, says we have to lighten up and remember to be joyful.
- The small self has two purposes: to try to keep us safe from harm and hurt and to help us express ourselves in the Realm of Form, in our lives on earth, in a unique way.
- The soul is aware of the small self, but the small self is usually not aware of the soul. Whenever the "observing self"—your ability to see what you are experiencing as you experience it and not feel anger or fear—dominates your consciousness, your small self remembers that there is a soul it is integrated into. Then the soul self can aid you in co-creation.
- To awaken your soul, which serves as the Observing Self, bring yourself home to the Realm of Spirit. Then this wise, powerful, impersonal self will guide you and help your small self evolve.
- Everything is always changing. The real safety and security lie not in knowing the future, but in knowing your true nature and knowing that your home is in the Realm of Spirit.
- Home is not a physical place but a state of being in which you experience and are aware of your soul and your connection to Spirit. If you have spiritual amnesia, which happens when you don't "check in" with Spirit using spiritual practices, home is hard to find.
- When you have spiritual amnesia, you start wandering in circles, feeling lost, caught in old patterns and not seeing your role in co-creating what you are experiencing. You feel disconnected from Spirit and forget that you have a home.
- Your small self needs to align with your soul self instead of trying to run the show all on its own.
- As soon as you orient yourself in the Realm of Spirit, you still see the dangers that the small self was frightened by, but you feel safe.



AWAKENING THE OBSERVING SELF

Sit comfortably and close your eyes.

Tune in to your current state of mind. Without any judgment of yourself—without trying to figure out what you should be feeling or thinking—just describe your state of mind in three adjectives (for example, happy, mellow, tired or angry, fearful, blaming).

Now, ask yourself, "Where am I?"

Let a landscape comes up in your mind's eye and simply observe it. You might see a meadow Filled with poppies and chirping birds—or, conversely, a volcano beside a burneddown forest.

Then open your eyes and write down a description of the place you saw or sensed. You might have seen it vividly, or if you're less visual, you might have gotten an instant knowing that the place would have certain characteristics. Let your imagination wander and deliver you images or information that you just somehow "know." Don't try to force anything. This process requires your unconscious to be actively engaged in showing you symbols and images, and when you relax, it will.

Close your eyes again and allow the place to come up again in your awareness. Now that you're looking at the place rather than being focused on your feelings, pay attention to how your attention is shifting. Notice what is changing.

Then ask yourself, "Who is the one looking at this place?"

Tune your attention to the one who is looking—your Observing Self.

How does this self feel different from the self that sat down at the beginning of this exercise? What words or images come to mind to describe the difference?

Open your eyes and write about what you just observed.



EXERCISE: AT HOME IN THE REALM OF SPIRIT

When you feel at home in your skin, safe and secure, you are in the Realm of Spirit. Pick a time when you are feeling relaxed; then sit comfortably, close your eyes, and focus on your breathing until you feel even more relaxed. Choose to create a feeling of security and safety within yourself. Then ask yourself, "Where am I?"

What image or idea of a landscape comes into your mind? Pay attention to the qualities of the place you see. What is it—a temple? An open field? A beach? Is there a breeze? What does it feel like against your skin? Is there greenery—grass, bushes, trees, flowers? What is the quality of the light?

Bring your attention now to being in the position of Observing Self. You should immediately begin to sense a calm, mindful detachment as you witness the place from a distance—pull back from it, like a camera backing away from the scene. As you pull away from identifying with the place and the feelings you are experiencing in this landscape, imagine that you see this place is sitting in the hands of Spirit, whose giant hands are made up of sparkling light energy and unconditional love. Pause there for a moment, enjoying the beauty and the grace.

Now allow yourself to move back into the landscape and relax into this unique sanctuary. Wander around the landscape exploring, taking in all that you see and hear. When you are ready, come back into your ordinary consciousness.

Afterward, write down your experiences while exploring this place.

Did you see anyone there?

Were there any animals or objects that stood out for you?

What was it like knowing you were always in the hand of God?

Write about your feelings, or draw a picture to show what you experienced.



CHAPTER 3: WHEN YOU END UP ON THE SCENIC ROUTE

- When you take a "wrong turn" and end up in a situation you didn't plan for, don't worry. You are just on the scenic route in your soul's adventure.
- When you find yourself on the scenic route, go home to the Realm of Spirit and remain fully present in the situation to see what you can discover. Let intuition be your guide.
- Rushing through life, taking only familiar roads, denies your soul the experiences it seeks.
 Your soul may intervene so that it can get to its destination—not a place but an experience.
- Your soul yearns to co-create wholeheartedly, mindfully, and respectfully, in community with others.
- By nature, you are creative, even if you are not an artist, because creativity is the essence of the life force itself.
- Tragedies and traumas are not blessings, but blessings can come out of them.
- Scarcity is dispelled when we connect with others and share wisdom and support. Then we remember we are interconnected with Spirit, the source of endless abundance.
- The small self worries about temporary conditions, not realizing they were set in motion by conditions of the past and are already beginning to change.
- The small self is impatient and scared and wants certainty right away. It has trouble accepting that things happen as they are meant to happen.
- Slow down, be curious, and feel grateful. Miracles are on the way and Spirit is by your side.
- You can create success in the material world by working hard and being smart, but if
 you're not authentic within that success, the experience will eventually be unsatisfying.
- Your soul has its own lane, but you are probably tempted to switch lanes in order to conform to others' ideas about what you should do and experience. However, anything that isn't true to who you are will be very hard to sustain.
- When the small self is open to hearing the soul, it serves as the soul's paintbrush.
- Journaling helps you remain open and present instead of becoming distracted, so it is a good tool for keeping your fears about the future and past at bay.



EXERCISE: WHAT'S ON YOUR MAP?

To do this exercise, take time away from distractions and begin by spending a few minutes simply sitting comfortably with closed eyes, observing your breath as you inhale and exhale. Don't pay attention to any thoughts or images that come into your mind as you focus on your breath—just let them go. When you feel a shift in your energy—a greater sense of calm—open your eyes, take out a journal and pen, and answer the following questions.

Who do I need to become to live the life I desire?

What do I need to let go of in order to become that version of myself so I can live that life?

What are the stories I've believed and accepted about myself based on how I was wounded?

Have I accepted certain things because they're familiar, rather than because it's how I chose them to be? And if so, how have those stories I've believed held me back?

If the person who wounded me were to make amends and set me free from the old story, what would I have to do differently?

What have I gained from the old stories about myself (seeing myself as flawed, unlovable, stupid, unteachable, unworthy, etc.)?

What have I lost from seeing myself as so flawed? When faced with a new opportunity, how do I behave automatically?

What am I willing to sacrifice to become the person who is worthy enough, smart enough, etc., to achieve my dreams?

What is my "lane"? Why do I believe that is my lane?

When you are finished, sit for a minute or two. Notice any feelings that come up. Write them down, along with any thoughts you have about having answered these questions.

Now write your answer to this question: Where do I want to go?

And to this one: What is my "lane"?

If you don't know the answers, that's okay. If you have answers but they're vague, that's okay too. You are starting to discover what your soul knows. You now have deeper insights into where you have been, where you want to go, why you want to take this journey, and what you have to discard or take up in order to reach your destination.

You are closer to understanding you and the calling of your soul. Your soul's map is starting to become more visible.



CHAPTER 4: THE UNCHARTED JOURNEY

- The uncharted journey you are on (whether you wanted to take it or not!) is not necessarily a hero's journey that is external, although it can be. It is predominantly a heroine's journey that is internal.
- The internal heroine's journey is one of self-discovery, in which you quell your fears, find your strengths and weaknesses and inner resources, and transform yourself.
- Changes you make in your life after taking a journey to the uncharted will stick, because going there and integrating what you've discovered ensures you will have evolved into the person you need to be.
- When you feel scared and uncertain, quiet your mind, reduce distractions, and "phone home": check in with Spirit, using your intuition and spiritual practices for opening a channel of communication.
- Don't rush the self-evolution. It takes time for a caterpillar to transform into a butterfly
 in the chrysalis. Begin to imagine what you want to claim for yourself and co-create for
 yourself. When your motivation is the highest good for all, miracles happen quickly and
 effortlessly.
- If fears are getting in your way, which happens for most of us, you need to learn to overcome them by "taming your dragons"—owning your personal power and trusting yourself to use that power wisely and ethically.



EXERCISE: HOW DO YOU TELL YOUR STORY?

Do you know that most of us don't realize that who we are today is a result of who we were? The way we self-define actually either supports us or thwarts us as we lead with the stories of our small self. In order to connect with the power source of Spirit we need to learn to "wear our stories loosely."

The purpose of this exercise is to help you see what binds you to old stories that aren't real for you anymore, to reinforce the stories that are still supportive, and to free you to explore what new stories you could write for yourself to experience.

In this exercise I invite you to explore the many ways you have defined yourself. I encourage you to "Know Thyself," which was the inscription at the ancient temple of Delphi. It's important to be without judgment and approach this with curiosity. This is not an easy process, so don't think too much about it; just let it flow from the deepest part of you.

There are 15 questions to answer about love, Pear, sex, money, and God. After you work through all the questions once, I suggest you return once a month to see what has shifted within you: if you've changed, and if the outer conditions of your life have changed too, or if your perspective on your conditions has changed since you began working with this book.

When you get to the visualization part of the exercise, let your imagination be playful. Everything that comes up is correct. Don't try to control it, just let it flow, even if feels bizarre. This part of the exercise is symbolic; everything in it means something. After you've done the exercise, you can look up the meanings of the symbols on the Internet: type in "symbolic meaning of a pine tree" or "symbolic meaning of an elephant" and see what you discover:

- 1. What event or events have led to your core ideas about Love? What story do you tell about Love? Is it still true for you today? Write it down.
- 2. Now imagine this story about Love is an environment you inhabit. Allow your imagination to show you a place that represents Love. What does that place look like? Write down any details you think are pertinent. For example, you could be looking at a forest, or a swamp, or a beautiful meadow, or a busy town. You are the one observing the place. Write down what you see.
- 3. If you could write a new story for yourself and Love, what would it be? Who would you need to become to tell that story? If that story were a place, what would the new place look like?

- 4. What event or events have led to your core ideas about Fear? What story do you tell about Fear? Is it still true for you today? Write it down.
- 5. Now imagine this story about Fear is an environment you inhabit. Allow your imagination to show you a place that represents Fear. What does that place look like? Write down what you see.
- 6. If you could write a new story for yourself about Fear, what would it be? Who would you need to become to tell that story? If that story were a place, what would the new place look like?
- 7. What event or events have led you to your core ideas about Sex? What story do you tell yourself about Sex? Is it still true for you today? Write it down.
- 8. Now imagine this story about Sex is an environment you inhabit. Allow your imagination to show you a place that represents Sex. What does that place look like? Write down what you see.
- 9. If you could write a new story for yourself about Sex, what would it be? Who would you need to become to tell that story? If that story were a place, what would the new place look like?
- 10. What event or events have led you to your core ideas about Money? What story do you tell yourself about Money? Is it still true for you today? Write it down.
- 11. Now imagine this story about Money is an environment you inhabit. Allow your imagination to show you a place that represents Money. What does that place look like? Write down what you see.
- 12. If you could write a new story for yourself about Money, what would it be? Who would you need to become to tell that story? If that story were a place, what would the new place look like?
- 13. What event or events have led you to your core ideas about God (Source, Spirit, Higher Power, etc.)? What story do you tell yourself about God? Is it still true for you today? Write it down.
- 14. Now imagine this story about God is an environment you inhabit. Allow your imagination to show you a place that represents God. What does that place look like? Write down what you see.
- 15. If you could write a new story for yourself about your relationship with God (by many names), what would it be? Who would you need to become to tell that story? If that story were aplace, what would the new place look like?



CHAPTER 5: ABOUT THOSE DRAGONS...

- A "dragon" is a metaphor for your personal power, which you may fear because you do not feel capable of controlling it and using it wisely and ethically.
- Fear and anger can awaken you to the fact that you have power you don't always use the way you should. Tame your fears to start to train your dragon.
- Fear from the small self shuts down your intuition and your ability to reconnect with your soul, know Spirit, and co-create what you long to experience.
- Three common fears are admitting just how afraid and vulnerable we are, not belonging, and being unworthy of our power.
- Fear takes us out of the present and into the past and future as we remember old suffering or fear what might happen to us—or what we might not be able to experience.
- Some of our small self's fears are not even ours, but ones we inherited from our past or even our parents and grandparents.
- When we accept a story about ourselves even though at some level we believe it to be wrong, we unknowingly sabotage ourselves in order to be in alignment with the original story.
- The universe will always reflect back whatever we repeat and reinforce over time. To change our lives, we have to evolve within.
- We try to resist the call to evolve because we're afraid of what we'll lose.
- The small self has to be right-sized, in service to the soul and to Spirit.
- When we identify with me and not we, driven by human wants, and forget there's a greater spiritual viewpoint, small-self fears take over and we abdicate our personal power.
- Small-self fears dissolve when we practice compassion, radical self-acceptance, and gratitude, which take us back home to the Realm of Spirit.



EXERCISE: GET ON THAT WINGED CREATURE!

Sit comfortably and breathe deeply and slowly, inhaling to a count of six. Gently exhale, and allow your body to relax. Keep breathing slowly and deeply, and notice where in your body you are feeling fear. Is it in your chest? Your throat? Shoulders?

Now ask yourself, "When I feel this way, where am I?"

(In other words, if this feeling were a place you were temporarily inhabiting rather than an emotion you identified with, what would you be looking at?)

Notice what the place looks like as you allow your mind to reveal it to you. It could be a swamp, an old warehouse, a charred forest—whatever it is, trust that your unconscious knows exactly how to show you what you need to see. You may only get a glimpse of a landscape, or you might see a constant image with lots of detail. If you're not very visual as a thinker, you'll just know what the place is. You might get a flash of an image and some descriptive words that tell you where you are emotionally—"in a stifling, hot schoolroom from my childhood," or whatever it is.

Notice how this place is not you, but you are the one looking at it. Then, when you are able to shift from feeling the stress to looking at the landscape that represents the stress, pay special attention to the distance you sense between your Observing Self and the place.

Call on a winged creature now to come to empower you to leave this place. This is your dragon!

Don't try to force this—if a sleek green dragon is what you think you should see, but a chubby purple one appears, let it be what it wants. This process is about receiving images as opposed to creating them, so whatever shows up will be what you need to see.

Imagine yourself getting on the back of your dragon and flying high into the sky until all you see is blue surrounding you.

Now look down and see how large or small the original place is from this vantage point. Remain aware of being the observer of the scene rather than being in it.

Now allow your imagination to see this place you were just in as a place inside a snow globe, contained in a ball of glass, sitting in the hands of God, or Spirit, or the Divine—whatever name you give this loving Consciousness. Where are you in this scene?

Can the place in the snow globe affect you in any way now?

Compare your perspective now with how you felt when you began.

Would you make the same choices, behave the same way, or react the same in that place as opposed to outside it? Or would your choices and actions be different? If so, how?

Come back into ordinary awareness, and write about your experience.

Then choose a current life experience that causes you stress and describe how you feel, think, and deal with things while you're "in it," fully immersed in the stressful situation. What would happen if you were to awaken your Observing Self, the way you did in the exercise? How could your Observing Self help you?



CHAPTER 6: HOW THE REALMS OF CO-CREATION ARE INTERCONNECTED

- On the map of the soul, there are five interconnected realms. The Realm of Spirit is a
 center hub that transcends, infuses, and unites four other realms—Mind, Light, Energy,
 and Form.
- The Realm of Spirit makes itself obvious to you once you learn to align with it, dialogue with it, and decipher its messages. Spirit will reveal itself through signs, synchronicities, messages, nature, and people.
- Our problem with co-creating what we want is that we start in the Realm of Form, the last of the realms, when we should be starting in the Realm of Spirit and doing the work of the other four realms, working our way around to the realm where manifestation happens.
- Wish well, from the Realm of Spirit, before trying to manifest what you thin you want. It's important not to be too attached to the exact form it will take. Spirit might have a much better version for you. The essence is more important than the form.
- From the Realm of Spirit, you enter the Realm of Mind and begin to transform within. Remember that thoughts are powerful when you are co-creating. The right use of thinking is essential: As we think, so shall we be.
- Next you go to the Realm of Light and take a fearless inventory of what lies in the shadows of your awareness. What you once feared or hated can become what you love and celebrate, and what you thought could never be yours can turn out to have been yours all along.
- Next in the sequence comes the Realm of Energy, where you harness the force to bring your dreams into being as possibilities begin to coalesce into will. Finally you get to the fifth realm, the Realm of Form, where all that occurred in the other three realms unified within the Realm of Spirit is made manifest in the world of the senses.
- When you invoke Spirit, your soul's map appears and you head in the right direction to have the experiences your soul desires.
- Listen to your intuition and know the limitations of your analytical mind. Using the analytical mind to decipher signs from Spirit is like trying to turn on a light with a blowtorch. You're not working with the right toolbox.



CHAPTER 7: THE REALM OF MIND

- The Realm of Mind is the meeting point of your consciousness and Spirit's consciousness, where you form intentions that are guided by Spirit and your soul, not your small self.
- The mind is designed to be efficient and lead you back to familiar territory again and again. You have to get beyond the limits of the small self's thinking.
- Awareness is the gift of the Realm of Mind. Take ownership not just of your conscious choices but of the unconscious ones you make.
- Your small mind filters out a lot of information. The subconscious takes in everything, holds on to some of it, and moves much of it to your mind's deep storage space.
- To break free of the familiar patterns, commit to changing your thoughts, let go of your fears of messing up, and reprogram your subconscious mind, which is not smart like your conscious mind is. It's an efficient autopilot doing what is predictable.
- Your subconscious doesn't know that what it's experiencing in the present as you use
 your imagination to create a new memory or revise an old one is not real. Identify your
 story so you can stop identifying with it and free yourself from it! If you stick to your
 story, it will stick to you.
- The ability to co-create a new story for yourself is your superpower.
- Linking your imagination with the deepest layers of the personal mind—the unconscious, the collective unconscious, and the soul self—is the purpose of the Invision Process.
- Ego, subconscious, and unconscious are all interconnected and a part of the Great Mind, where every memory and possibility exist.
- Your small mind draws a big, dark curtain between itself and the Great Mind when you
 give in to the string of negative chatter it creates and you forget to meditate and
 become quiet.
- Your soul is like a membrane made of energy, a portal through which you can actually dialogue with Spirit and be a conduit between your small self and the Great Mind.
- The Great Mind has patches of awareness that are individual minds, just like a map has many roads. All roads lead to the Realm of Spirit.



EXERCISE: IMAGINING YOUR CONNECTION TO THE GREAT MIND

Think of a talented musical artist you admire and imagine this person is sitting on a bench in meditation, feeling emotions about a life experience of hers (or his). This artist is thinking, and pondering words that could express this personal experience.

Now imagine this artist is tuning in to the experience, which is in the form of energy. The energy is swirling around her, and you can observe that her mind is tuning in to the symbolic aspects and translating it into sound.

But beyond the personal energy field you will notice a greater field, one you might imagine as being wider and farther reaching, that moves through and into the energy closest to the musician. This is a universal field she shares with others.

Now the artist is inspired (Filled with Spirit) and energized to take action to co-create the music that spills out of her and into her instrument and voice. The personal becomes universal, and the soul that knows no separation shares this with others.

Now this song ends up at a radio station that will beam it outinto the energy field.

You turn on the radio. The song is playing. You listen withyour hearing and feel with your heart. You become one withinthe invisible artist, the invisible inspiration, the unified self, the impersonal self, and the Great Mind. As the notes tug at your heartstrings, you feel the resonance of the words, and you are changed as a result: you too are inspired.

Just imagine that you're able to see the energy of the Great Mind as waves of light that flow around and through the artist, and through the invisible world, and into you and every person who is inspired by it.

Now ask yourself this: If the delivery system (radio) stopped functioning altogether, would that change anything in this scene?

Would the life experience of the artist change?

Would the inspiration disappear?

Would the song still be written?

Would its existence cease?

If you think hard about this, you'll realize that the radio being on or off doesn't change the frequency of what's been co-created, nor the actual existence of the song. The song exists somewhere whether you're listening to it or not.



EXERCISE: OBSERVING THE RIVER OF THE MIND

Set a timer for 15 minutes to do this exercise. Find a spot to sit comfortably in an upright position with your back straight and both feet on the ground, shoulder-width apart, or sit in the yoga position if that is most comfortable.

Close your eyes and breathe deeply in and out six times. Just allow your body to relax with each inhalation and exhalation, paying attention only to your physical body. If there is any discomfort in your body, send a golden light into the areas where you feel tightness or pain, imagining that the light releases the tension and sends warmth and soothing energy to those spots. Then move on, allowing your awareness to scan your body, toes to head, for any other spots you may have missed that need healing light brought to them through the power of your awareness.

Now imagine a river in front of you, appearing as if your seat of awareness moved with you there. The water is flowing from left to right.

Imagine now, every thought you have now, no matter what it is, appears as a large leaf floating on the top of the water, moving to the right, each leaf disappearing down the river with the current, one after the other.

Let go the need to assign meaning to any of these thoughts that appear as leaves. Imagine they just come and go, floating by, and watch them with interest but detachment. They are just thoughts, just words, just memories, just images, just feelings, just leaves. They are all just leaves moving along a river.

Imagine that all of this is flowing out of you, out from around you into this river—just water and leaves pouring into the river. You are emptying your mind. Once there are no more leaves and the river's current begins to slow down, imagine the water begins to shimmer with light. It is the light of pure potential. The river is calm, natural, flowing. You're just watching it all.

When the timer goes off, come back to everyday awareness and write in your journal about your experience.



CHAPTER 8: THE REALM OF LIGHT

- The Realm of Light is where you connect with the light energy of Spirit, who knows and sees all, even what is in the dark corners of your awareness—and loves every part of you.
- In the Realm of Light you do a fearless inventory and consciously choose what to reclaim and what to discard as well as what to repurpose.
- Also in the Realm of Light, you begin to reprogram the subconscious so that it stores memories differently and attaches new emotional energy to them.
- Your task in the Realm of Light is to practice radical acceptance and forgiveness of yourself and others. This is the place of freedom and creativity.
- Because light shining upon an object always casts a shadow, in the Realm of Light you
 have to face some darkness. You illumine parts of yourself you see as ugly and shameful,
 but you observe that these qualities can also be positive.
- In the Realm of Light, you start to conceive of how you can work differently with the memories and emotions and information in your subconscious.
- If you do not enter the Realm of Light, but instead try to skip ahead to co-create something new, you may find yourself stuck in Ghostlands where you fall back into the old patterns and nothing new can come to be.



EXERCISE: MULCH FOR THE GARDEN, ART FOR THE SOUL

For this exercise, you'll need a journal, some basic drawing or painting or sculpting supplies, and some meditation music. You can do this on your own or with a Priend. This exercise is in two parts. The Pirst part is symbolic of how we can use the pain of the past as Pertilizer Por the Puture. The second part uses the process of creating art to express something beautiful from something ugly that you found through the exploration in part one. If your small self is yammering on about how you aren't a real artist and you have no business picking up a piece of modeling clay to work with, tell it thank you for its concern but you are going ahead with this exercise to see what you can discover about yourself and your power to co-create!

You will need one full hour for this exercise.

First, choose your favorite meditation music that is soothing and calm and set your timer for 15 minutes, which is the time you'll need for part one of the exercise—the part that uses the Invision Process.

Imagine you're soaring on the back of a beautiful dragon high in the sky. It's a beautiful day, and you are relaxed and secure on the dragon's back.

Imagine that you fly down to the ground and now find yourself in front of a building that represents the place where all your memories are stored. Allow your mind to show the place to you rather than trying to create it through your directed imagination. Don't try to choose what the place will be or look like—your unconscious will provide the right image. Just allow it to be what it is even if it's an image that is unexpected.

Now you'll be drawn to either the attic or the basement. You're there to discover things from your past that have been hidden, broken, discarded, or left behind—things that you can use again in a different form. The objects will have stories that chatter away like music boxes or faraway voices; they echo the experiences that no longer serve you yet remain energetically within you, taking up space but without purpose.

Gather up these objects, or whatever you find, and join your dragon in the backyard.

You will see a beautiful garden. It is your Field of Dreams, where you've planted your intentions for a better today and a fruitful tomorrow.

Place what you found in a pile on the ground, and notice the things in it that may be decayed or dying. Remove them from the pile until all you have left are the objects that still seem interesting or useful or that call to you. Imagine you place those to the side.

Now bless all of the objects with love and thank them for their service to you. Then instruct your dragon to light a fire of hope and optimism, and burn the things you can't use until everything is ash.

Now sprinkle this rich ash across the garden.

Before you open your eyes, imagine how this rich mulch has helped your Field of Dreams grow with purpose and beauty.

Choose one object from the remaining pile. Then open your eyes.

Begin part two of the exercise: Using your drawing, painting, or sculpting supplies, draw a picture of what that one remaining object represents, or create a sculpture about it. If you prefer, you can write a poem or song about it, dance a dance that expresses it, or just say a few words about who you have become as a result of it.

Be creative and allow inspiration to move you to create the symbol of your experience or to create a work of art from it. What you create will represent your wisdom crystalized into a sacred talisman, an object of symbolism to show how you've been shaped by your past and empowered to move forward into the uncharted map waiting to be discovered.



CHAPTER 9: THE REALM OF ENERGY

- In the Realm of Energy, ideas and intention become infused with energy that you direct consciously so it can coalesce into form.
- Stewarding energy involves releasing it as well as drawing it in.
- You don't want to become overstimulated by all the energy in you—you have to be able to rest.
- Remember that you are co-creating, living between the pillars of what you can change and what you can't, but using the map of your soul as your guide reduces unnecessary suffering and softens its intensity.
- In the Realm of Energy it is important to release emotional energies, letting go of what you don't need, bringing in the inspiration, creativity, and passion that have been stuck and unable to flow through you.
- You must release the energy of your emotions, which can be more difficult than simply
 finding a new perspective on what happened, because emotions have energy and even a
 physical reality in your body.
- Intention is, properly, made up of individual will, soul intention, and the intention of Spirit, all in alignment with one another:
- In the Realm of Energy, you sync up with Spirit and all who participate in our sparkling dance of creation.
- Do not force matters—this rarely produces desirable results. Avoid excess in all areas of life. Say no to drama.
- Thinking about how you ought to meditate or journal to get in touch with Spirit won't cut it. Your gas tank doesn't get filled just because you know where the gas station is!



EXERCISE: BODY SCAN

Scanning your body to see where energy may be stuck and needs to be released is a simple technique you can use to steward energy effectively

First, sit comfortably, relax, and breathe deeply and slowly. Tune in to the Observer within you and imagine that this Observer hovers a foot outside of what you perceive to be the boundary of your physical form. Ask yourself these three questions:

Where in my body am I contracted?

Where in my body am I neutral?

Where in my body am I expansive?

Now draw your attention to the soles of your feet. You will feel it right away as your awareness scans your energy. You might begin by sensing whether your feet are neutral or have a tense area, such as a tight spot in your arch. When you discover an area of your body is neutral, bless this area with gratitude and respect. Then, when you come to a place that feels expansive, allow that energy to move to areas you've just brought gratitude and respect to. And when you come to a place of contraction, imagine you are flooding that area with light and life force energy, breathing deeply until you reach a neutral zone. Why you're contracted in that area isn't important. Stay out of the story of what happened when and why, or you'll actually anchor the energy there so it can't move freely. Just observe the constricted spot and fill it with an expansive, loving energy. Now you can observe your situation with detachment and let it go.

Continue the body scan, working your way up your body, observing the spots that are neutral, constricted, or expansive, and switching the energies as instructed. When you've finished scanning the area at the top of your head, you're finished and can open your eyes.



CHAPTER 10: THE REALM OF FORM

- In the Realm of Form, co-creation happens as you immerse yourself in the flow of the Divine with feet firmly planted on the ground. Life becomes easier because you notice you have a manifesting partner in Spirit.
- The universe is starting to reflect your new story and your higher vibration. It is catching up to where you are inside.
- You now realize that your soul's ideas about what to co-create, which are informed by Spirit, were far wiser than your small self's ideas.
- Having taken the journey, you make better decisions and feel more clarity and joy and lightness of being.
- Now, whenever spiritual narcolepsy kicks in, you will be asleep to your spiritual nature for a
 much shorter period, and with self-compassion, you'll easily return to an integrated state.
- Because you have done the work of self-evolution, you feel comfortable in your own skin and in the life you have chosen for yourself. You receive signs that Spirit is continuing to work through you to make the seemingly impossible possible.
- If you get what you want, even right down to the last detail, but find you are disappointed by what you attracted and manifested, it is because you skipped the work of the journey through the five interconnected realms.
- Spirit is numinous, but some places feel exceptionally sacred and some bear painful memories. Visit sacred spaces and reclaim any spaces where you have bad memories by transforming the energy there. Love the ghosts away so the spaces or the people associated with them no longer have a charge for you.
- Remember that while there is competition in the everyday, natural world, underneath it is connection and collaboration.
- Communicate with the consciousness of the earth through gardening, touching the earth, spending time with her, breathing in an exchange with plants—and not living in your head so much.
- Banish fear by remembering that the forms you see before you were set in motion by our old selves, and new forms are already being co-created by you and others.
- In the Realm of Form, rest at times, play at others, and dance when you can. Enjoy the game and lighten up like you're supposed to do.



EXERCISE: RECLAIMING THE SPACE

You can do this exercise for changing the energy of a space where you were hurt, either by using your imagination or by going to the actual space. Be sure you have some privacy, and have a pen and paper or a journal ready so that you can write about your experience of this exercise either during it or afterward.

Take a few deep breaths and allow your mind to slow down in meditation. Let your body relax. Draw your attention first to your breathing and then to how you feel in this place.

What comes up for you emotionally?

What do you remember about this place and the things that happened here?

What meaning have you applied to the events of this place?

Now imagine the place has an ancient residing Spirit that lives there and knows the stories of the events that have taken place there. Imagine you are approaching this place as you are now, today, and you greet the residing Spirit, who is holding a beautiful box. This box contains the essence of your memories of this place. This Spirit has been holding it for you until you were ready for this moment. Now you are going to change the quality of your memories by bringing new energy to them.

Imagine that the Spirit waves a hand in the air and a table and two chairs appear in Front of you. The two chairs are facing each other. One chair is empty, and in the other sits your past self—the you who experienced the original event. Sit opposite this past self.

You're meant to go through the box of memories with this past self to help yourself see who you were and who you have become. You're there to offer love and compassion and support and to set your past self free so the form of the place can take on a new energy and a new meaning.

Hold the box in your hands and peer into it. You will see a stack of memories, like postcards or snapshots. Take one out and talk to your old self about it. Tell your old self, "This is what happened then, but because that happened, something very good happened too." Tell your old self about the wisdom you acquired or the qualities you developed that made you a better person or helped you better understand yourself.

Express love to your past self. Watch as the postcard turns into a sparkling butterfly that floats away from your hand up into the sky. As it goes, pay attention to how you feel and how the energy surrounding your past self changes too.

Continue to go through the postcard memories in this way, expressing love to your past self, explaining how each memory led to something good, then watching it turn into a butterfly and fly away. When you are finished, look at your past self and express love.

Who could this past self become now within you?

Notice how the Spirit of the place changes, and how the place itself changes. Notice what you perceive.

When you feel complete, imagine the Spirit of the place takes a ball of pure light and energy and places it on your head as a blessing and a benediction—and then does the same for your past self. Embrace your past self and let it know how much you love it.

Say the following words over and over until you are ready to open your eyes and end the exercise: Spirit is everywhere. Only Love is real.



CHAPTER 11: OFF YOU GO!

- Spiritual narcolepsy is incurable but manageable if you use spiritual practices to reopen the channels of communication with Spirit.
- Regular spiritual practice looks different for everyone. "Phone home" to Spirit as you come into consciousness in the morning, as you move into dreamland at night, and throughout the day at any time.
- Don't be afraid to use your power to express yourself and make changes in your life. You can trust yourself because your small self is no longer dominating you.
- Co-create something new that reflects the best of who you are and who you can become. Remember that if you do what you did, you're going to get what you got.
- To "love your enemy" is hard, but it's completely necessary. Understand that your "enemy" is not separate from you but a mirror reflecting back to you what you need to transform in yourself.
- Miracles are invoked and called into form, not forced. We are called to co-create magic: to self-evolve and, as a result, help everyone evolve.
- It's time to step joyfully into the magical world of the uncharted. Infinite possibilities are waiting for you!