

*Creative Inner Vision is about the journey within, to find and access that of True Self. We all have our own Identity and who we Truly are, yet of the years of conditioning, we lose our True Identity and fall to the misconceptions and beliefs of others.*

*As such, this conflicts with our own Identity and True Self, therefore creating imbalance and ill effects within and around us. We then start to create and project into the world that of such conditioning and misconceptions, showing as the imbalance in which we perceive.*

*The aim of Creative Inner Vision is to help re-discover our own Truth and Identity, to remove the blocks of conditioning and free us from such misconceptions, via the Aid of Visual Projection & Internal Communication.*

*Creating a greater Awareness and Understanding, to open our Mind and Perception to our own Individual Truth. Allowing us freedom to embrace and enjoy life to our fullest potential in each moment.*

# Creative InnerVision

## The Items

### Interpretation of Communication



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*Designed, Created & Written by  
Sean James Monaghan  
@ Creative InnerVision  
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[www.creative-innervision.weebly.com](http://www.creative-innervision.weebly.com)  
[www.facebook.com/CreativeInnerVision](https://www.facebook.com/CreativeInnerVision)  
creative-innervision@hotmail.co.uk

# Contents Page

## Introduction:

- About the Items Page 1
- Choosing Your Item Page 2

## Item Interpretation & Communication:

- The Watch Page 3
- The Cloak Page 4
- The Sword Page 5
- The Orb Page 6
- The Scroll Page 7
- The Locket Page 8
- The Book Page 9
- The Mirror Page 10
- The Eyes Page 11
- Yin Yang Page 12
- The Butterfly Page 13
- The Key Page 14

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[www.creative-innervision.weebly.com](http://www.creative-innervision.weebly.com)  
[creative-innervision@hotmail.co.uk](mailto:creative-innervision@hotmail.co.uk)





# Creative Inner Vision

## Introduction

**T**he Items are a great way to start to, see and be aware of hidden qualities and aspects within ourselves.

No matter what the circumstances, whether it be about people around us, work, or certain situations. It is all relevant.

*'Create an awareness of true discovery'*

The items are an interpretation, they give you an insight and translation relevant to you at that time, helping to understand the internal communications of our thoughts and emotions, and how they project out as the imbalance of conditioning, in which we perceive. So that we may discover and access our own truth, freeing us from the restriction of such imbalance.

The Items are a creation and projection of the tools required, to access and equip us with all that is needed, to help at any given time.



# Items

*Choose which item you feel most drawn to and will best help you at this time:*

☆☆ Watch ☆☆

☆☆ Cloak ☆☆

☆☆ Sword ☆☆

☆☆ Orb ☆☆

☆☆ Scroll ☆☆

☆☆ Locket ☆☆

☆☆ Book ☆☆

☆☆ Mirror ☆☆

☆☆ Eyes ☆☆

☆☆ Yin Yang ☆☆

☆☆ Butterfly ☆☆

☆☆ Key ☆☆

*The Watch*

In the stillness of the now, allow yourself the time you require.

*The Cloak*

To be comfortable in your own space and energy.

*The Sword*

Giving strength to overcome the obstacles that stand before you.

*The Orb*

To energise, revitalise and bring back the joy of life.

*The Scroll*

To give path, purpose and direction.

*The Locket*

To find the love and happiness you seek and require, allow your heart to open.

*The Book*

Truth of communication, to self-talk and gather information.

*The Mirror*

A time to reflect and a reflection of self.

*The Eyes*

See through the eyes of truth, a whole new point of view and perspective.

*Yin Yang*

Find peace, balance and harmony.

*The Butterfly*

Times of change and transformation.

*The Key*

To unlock your true potential and that which is hidden from you.

# Watch

*\*Stillness & time for you\**

**Y**ou will be drawn to the watch when you feel like you have **no time**, you are **always full of busy** and don't allow yourself to **slow down and stop**.

*The watch represents that it's time to slow down,  
to give yourself some time for you.*

*In today's society we all have very busy lives, but there is always time for you, it's just making sure you allow yourself time.*



*It's time to look after yourself.*

*To know and feel that it is ok to give yourself time for YOU,  
you deserve this time to be still and in the now.*

***You require and seek time for yourself!***

*Be in the present, the here and now, so that you can fully enjoy all that comes your way. As you cannot fully enjoy life worrying about the past and what has been, nor can you enjoy life living in the future, what could or might be.*

*Don't miss out on the joy of the now.*



*I am the Watch, I hold the power of time, to be  
in the stillness of the now.*

*I see beyond the illusion of time, to enjoy the  
beauty that is the now.*

*As I stand in the stillness that is each moment, I  
allow myself to create the time that is my own,  
to be in the moment and make the decision that  
is my truth.*

*As I allow myself to slow down and be still, I  
allow myself the time I require, to catch up and  
truly be in the moment of my own creation.*

*As I stand in the stillness of time that is my own,  
I see the many wonders of life that would  
normally pass me by, taking in the true beauty  
of all that life has to show me.*

*I allow myself the time I need and require.*

*Time is mine, to enjoy, relax and be.*

*I hold the watch, I hold the power of time.*

*All there is, is here and now.*

# Cloak

## *\*Comfort in your own space\**

**Y**ou will be drawn to the cloak when you feel you are

*attracting or taking on too much, you become bogged down by many things in life (people, work, and situations).*

*The cloak represents that you need to be in your own space, the comfort of yourself and your own energy.*

*At times when you feel there is too much going on, and too many people just seem to come and attract to you, when you become bogged down with many problems.*



*You seek your own space.*

*It's ok to be in your own space, to have time for yourself.*

*Know and feel within that it's ok to enjoy the comfort of your own space, it's not selfish to give yourself some space from others.*

***Get away from it all, to be unseen.***

*Take yourself out of the equations and situations that bog you down, enjoy the comfort of your own space and your own company. Do the things that you want to do, the things that you enjoy and make you feel comfortable.*

*I am the cloak, I am the energy and space I  
require for myself.*

*I allow myself to be in the comfort of my own  
space and energy, to see and be aware of all that  
is around me, but in the knowing of my truth  
and who I am.*

*As I stand cloaked with the magic of invisibility,  
I stand surrounded by only that of my own  
space, energy and creation, to be in the moment  
of my own awareness and perception of my own  
vision.*

*As I step back and observe, I see the wonder,  
watching, observing and overseeing. It is my  
time and my space, I see with open eyes and true  
awareness.*

*I am in my own time and space, as I look on I see  
that which I did not see before. In amazement I  
watch, looking in from a whole new point of  
view and perceptive.*

*My eyes are open and perception is expanding, I  
am truly in the comfort of my own creation, in  
my space and in my awareness.*

*I am cloaked with the gift of freedom to just be.*



# Sword

*\*To overcome obstacles & strength within\**

**Y**ou will be drawn to the sword at times when there seems to be much obstructing you on your path, when many obstacles stand in your way.

The sword represents the *inner strength* to push you forward, to go for the things that you truly want, to make things happen.

At times when you just *don't feel like you're getting anywhere*, you just seem to be *moving backwards*.



*Find your inner strength.*

You have all you need and require to overcome all that stands in your path.

The sword will help you find that which is needed to *move forward*, to overcome all that stands in your way.

***See beyond the illusion of obstructions.***

Never give up on your truth, you have the power and strength for all that you need and that which is true to you. There is always a way to make it happen when it be that of your true intent.

*I am but a sword, forged in steel, with great  
strength of will.*

*Standing tall and proud, shining bright and  
reflecting great courage and honour.*

*I stand strong in my own beliefs of all that is  
true to me.*

*I walk through life, taking all in my stride, with  
the will, strength and understanding of each  
experience, challenge and obstacle, to strengthen  
my own knowing.*

*I move forward, continuing my journey of truth.*

*I do not fall, I do not fail, I continue on in life,  
strong, proud and the knowing of my truth.*

*All that comes my way is but a continuous  
development of myself and my soul, to  
strengthen the knowledge I hold dear, to help me  
grow, evolve and expand with each experience I  
encounter.*

*I am the strength that is the sword.*

*I stand strong in myself, I push on with great  
haste, always moving in the eternal journey of  
life.*

# Orb

***\*Energise, revitalise & joy of living life\****

**Y**ou will be drawn to the orb when you feel **drained, tired,**

**whacked, exhausted, like you have lost the joy and spark of life.**

*The orb represents that spark and joy of life,  
to energise and motivate you.*

*Sometimes we feel like it's all just very tiring,  
things take their toll and take the fun and energy out of enjoying  
life.*



***Bring back the joy of life.***

*Energise and re-vitalise yourself, enjoy life and all the joys that  
life has to offer.*

*Bring back the fun in and around your life.*

***Enjoy the gift of life.***

*Live life as you were truly meant to, embrace and enjoy all that comes your way.  
Life is for living, live life as you truly want to and feel yourself fill with energy  
and motivation to enjoy being you.*

*Allow yourself the true joys and pleasures of life, you deserve it.*



*I am but an Orb, a sparkly glimmer of hope,  
rising up like the mid day sun, shining bright for  
all to see my light.*

*Like the sun I shine brighter and brighter,  
healing and filling with warmth, vitality and  
energy, like a beaming ray of sunshine I glow.*

*I am the Orb, I am the light, I am the sun that  
shines so bright, I am the heat, the fire and I am  
life.*

*Within the flame of light, I find the energising  
life force within, glowing and vibrating,  
exerting such vibrancy, glowing with life,  
giving and creating life, as I shine so bright.*

*Filling with light I shine, releasing in bursts of  
energy.*

*I am filled with excitement, like a child out to  
play, free, innocent, beaming with joy, fun and  
laughter. Glistening and sparkling, shining  
brighter and brighter.*

*I am the Orb, filled with joy, filled with the life  
force of my own energy, as I shine brighter than  
the sun, for I am the sun, giving the life to live.*

# Scroll

*\*Purpose & direction\**

**Y**ou will be drawn to the scroll when you feel like you have **lost your way, you have no direction or purpose in life.**

*The scroll represents purpose and direction, to help you find your own way, the path which is true to you.*

*When you feel like you're not going are getting anywhere in life, as if life is very mundane and predictable.*



***You seek purpose and direction.***

*Shine the light of your true path, to help and aid in giving you the direction that you seek*

*The scroll contains that of your soul purpose, soul connection, knowledge, guidance of your true self and soul.*

***Life is what you make it, make it yours.***

*The scroll will help and guide you on your path, to find your way. So that you may access and connect to all the knowledge and wisdom within, so that you know which path is true to you and what direction to take.*

*I am the Scroll that shows me the way, guiding  
and giving purpose, to the ever unfolding  
journey of life.*

*I am the scroll that directs me to my truth,  
giving purpose to that which is lost, to find the  
way when hope has faded.*

*I am the scroll to motivate me on my way,  
providing direction to my true goals,  
understanding the knowledge of true guidance  
and purpose, to each adventure and journey I  
experience.*

*I am the path I create, I create the path in which  
I choose to experience, I experience life to that  
which I understand, to discover true purpose in  
all that I do.*

*The scroll is my light to guide, guiding and  
revealing that of my truth.*

*I stand with light of hope, to guide me and take  
me to my joy. Enjoying the experience of life,  
and knowing that I am where I need to be, and I  
need to be where I am.*



# Locket

*\*Love & happiness\**

**Y**ou will be drawn to the locket when you feel very unhappy and low, when you feel a lot of negativity, very sad and down in yourself.

The locket represents the true loving memories that you have and hold within, so that you may access and remember such love and happiness.

At times when you are very hard on yourself, punishing yourself for mistakes, and taking too much to heart.



*You seek love & happiness.*

The locket holds the key to your true happy and loving memories and feelings.

***Love is the key to your heart and true happiness.***

The locket will help connect and access the true love and happiness within, to take a stroll down memory lane, so that you may remember all the joy, love, happiness and laughter that you have had the pleasure of experiencing, to remember the truth of what makes you who you are.

*Never forget the essence of who you are.*

*I am the locket, the shining light of love.*

*I am but the memories that the locket holds dear,  
the memories of love, the light and laughter that  
echo in the memory of my heart, echoing out,  
like the pulsing wave of love.*

*I am the locket, the smiling face of love, looking  
up from my heart, to remind me that of true  
love. Showing the love I hold deep within,  
helping to open my heart to true happiness.*

*I am the blossoming seed of life, like a flower I  
bloom, opening my heart with each breath I  
take.*

*With each breath I take, I allow my heart to  
open, filling with love, light and laughter, filing  
and bursting outward, opening and expanding  
my true heart of compassion.*

*I am the happiness of my own heart, the  
laughter of my own love, the smile of my soul.*

*My heart lives on eternally, through the love  
and light of all my experiences, bursting out  
with the joy of laughter, like a beaming ray of  
light.*

# Book

## *\*Self-talk & Internal Communication\**

**Y**ou will be drawn to the book when your **thoughts and internal communication** are that of **negativity**, leading you to **doubt yourself and what you do**.

The book represents **the truth of internal communication and self-talk**, to listen to your inner guidance of your own wise words and intuition.

When you feel an over load of information.

It is a time to gather and filter the information so that you may take your own truth from this.



### ***Inner truth of communication***

*See the truth behind the words of communication.*

### ***The true meaning of communication.***

The book will help you to understand and interpret the truth of communication and words, to filter all the vast knowledge and information that comes your way so that you can take your own truth from it. The book will also allow you to express yourself freely and connect to your own intuition and discover your inner truth of self-talk and communication.

*I am but a book. A book with my own story to tell, with many chapters to share and reveal to the world.*

*As I journey through the book, discovering and uncovering so much depth to the story that is my life, I expand, learn and grow, in the never ending story that is myself.*

*I am but a book, that allows me the expression of my own truth and understanding. Allowing my thoughts to filter and translate, so that I may let it guide me, in the journey of life.*

*The words within the book, help and guide me to my own truth, listening to the words, listening to myself, opening the channels of communication deep within.*

*The Book offers great knowledge, wisdom and empowered by that of self creation, taking me to a place of great truth.*

*I am the book, that allows me the focus of communication, ciphering through the masses of words and information, until there is only truth, my truth.*



# Mirror

*\*Reflection of self\**

**Y**ou will be drawn to the mirror when it's time to *see who you truly are, to help be aware and understand reflections of life around you, to discover your own truth.*

*That which we see in others,  
is as a reflection of ourselves.*

*Time to see and understand the truth of reflection.*



*To see deeper and beyond that of conditioning,  
to allow yourself to see the truth of who you are.*

*Be aware of the reflections of life.*

*Life is reflecting back at you, take a look at what you see.*

*All that we see in others and around us, is a reflection of what we need to see in ourselves, not as a direct translation, but an interpretation of that which we need to see in ourselves, to better help us understand what is our truth and what is conditioning. This shows all around us in our lives, showing us what we need to see and be aware of to help us understand what we need to release.*

*I am but a mirror, a reflection of the life I  
perceive before me.*

*I am the mirror that reflects out in the life and  
reality in which I see. Showing and revealing the  
many aspects of myself, in which I did not see  
before.*

*The life I see before me, is that of the mirror  
reflecting back at me.*

*Life is my reflection, to see the reality in which I  
project.*

*When I look around, I see many sparkles and  
glimmers, all shining and showing me the  
reflections in which I need to see.*

*Becoming aware of all that I see before me, I  
open myself to reflection and understanding,  
helping and guiding me back to my truth.*

*Everywhere I look, I see such wonder and  
beauty, I stand amazed at the true magnificence  
of all I see.*

*For I am that which I see, as all that I see is my  
reflection.*

# Eyes

**\*See truth\***

**Y**ou will be drawn to the eyes when you need to **see the truth**.

*The eyes represent seeing,  
To see beyond the mask of conditioning and what is expected.*

*When you feel like that which you see is not of truth,  
within yourself and others, you seek to see the truth.*

*Sometimes we see in others what we expect or through the eyes of  
others, but its time you see your own truth within them and  
yourself.*



***That which you truly want to see.***

*See from a whole new point of view and perspective.*

***Take a deeper look, allow yourself to truly see.***

*That which we see on a daily basis is not always truth, people project many different things at different times and situations, and we tend to only see that which they project, instead of their truth, we tend to see that which we expect and they project that which is expected, yet there is much more to people and situations.*

*I am the eyes that give me vision, to see the truth that exists within the world I perceive.*

*The eyes that see beyond that which the eye can see.*

*Ever searching and looking, uncovering truth and seeking out potential.*

*I am the eyes that shows much beyond the mask of what is visible.*

*I am the vision of that which I see, I allow myself to see the true love and light within all that I gaze upon. I see the pure heart of all, and the true essence of everything.*

*As I begin to look closer, seeing that which I could not see before, seeing that which connects us, helping me to relate to others, to see the light and potential we each hold within.*

*I start to see new light within all that I gaze upon, creating new life within the reality I am perceiving.*

*I see the depth and essence of true light within my vision.*



# Yin Yang

*\*Balance\**

**Y**ou will be drawn to yin yang when you seek that of **balance**, when things seem **all over and out of sorts**.

The yin yang symbol represents putting things in to **perspective**, to find **peace, balance and harmony in all areas of life**.

When things in life seem to go from one extreme to the other, such erratic changes and extremes, everything seems all over the place.

**This symbol represents total balance.**



It's time for you to allow yourself true balance, so that you can **enjoy life to the maximum potential of all that you are and all that you do**.

**Take a step back to allow the balance you require in your life.**

Balance is so vital and important in all areas of our life, to get the balance right can be a mammoth task, as we may take something too far or not far enough, therefore we may feel like we are constantly fighting, however as we create a greater awareness of balance we find it easier to live in balance and discover balance in all areas of life

*I am yin, I am yang, I am the balance that is  
myself.*

*I am neither one without the other, yet both as  
one, whole.*

*I am the balance in which I create, for the  
balance is mine, to find and discover.*

*I am in centre of alignment, to better see that  
which sways me from my truth.*

*Looking in I see, to gain much clarity of focus,  
helping me to remain in a place of bliss.*

*The balance I see, is that which I create.*

*In this place, I am at my full potential, to see  
what I need to see, to guide me to where I need  
to be. Watching, listening, allowing myself to be  
free and open. Always back to centre I come, in  
balance and at one.*

*For each imbalance I see, helps me back to  
discover the balance of serenity I seek.*

# Butterfly

## *\*Times of change & Transformation\**

**Y**ou will be drawn to the butterfly at times of change.

*The butterfly represents endings and new beginnings.*

*During times of transition, allow yourself to evolve,  
transform and grow.*



*Spread your wings and fly.*

*It's time to allow yourself to let go,*

*to move forward into that which is of your true path.*

*To know that these changes occurring are part of your path as you  
begin to transform into who you truly are.*

*Allow your wings to spread for all to see the beauty of your  
colours.*

***Change is good, enjoy this transformation.***

*Change is a part of evolution and who we are, as we move into the new we let go of the old, as it no longer serves us. All that has been has happened for a reason, it has getting you where you are today, but it is no longer required as you move into the new. Embrace the changes and accept what has been and what is to come.*

*I am the butterfly that shows me the change, transforming my life, into the true beauty of my own discovery.*

*I am the butterfly, preparing myself for flight, spreading my wings and taking to the sky's.*

*Soaring freely and exploring the new, I transform myself into the beauty of who I am.*

*I am the butterfly taking flight, leaving behind and letting go, allowing myself to step out of the old and into the new.*

*The change I see, is the growth and development of myself. Forever learning and evolving, into the ever expanding potential of who I am.*

*Gaining new ideas, to take me forward to a place that is my own.*

*As I change, so does the world I see before me, showing and revealing new potential in every turn. Each experience of life I embark upon, leads me to new discoveries, and deeper understanding.*

*I am the butterfly, that guides me to the change, transforming that of my own potential.*



# Key

## *\*Unlocking your true potential\**

**Y**ou will be drawn to the key at times when you seek and

*search for who and all that you are. Tap in and access your true power and potential.*

*When you feel blocked, and you are looking for your inner talents and abilities.*

*The key will help you unlock and access your own true power, abilities and talents.*



*Unlock the true power of you.*

*When you're hard on yourself, and comparing to others, what they can do, and their talents.*

*It is time to find and discover your own talents.*

**Unlock the potential of the TRUE YOU.**

*We are all capable of many things in life, and we all have our own unique talents and abilities in life, yet these remain hidden and dormant in many cases, just waiting to be discovered, as we are often trying to be like others instead of just enjoying and being ourselves.*

*It's time to discover who and all that you can be.*

*I am the key, the power to unlock, to seek and discover my true potential.*

*I am the key, to my own divine power and strength. Ever unlocking, ever evolving and ever discovering.*

*I empower myself to discover that of my true potential, stepping out and stepping forward.*

*I am the key that is my own power, to choose and design the way ahead.*

*Reaching out and braving forward, to discover and access the multi-diverse individual I truly am.*

*There are no limitations to my potential and capabilities, as I am forever learning and developing in each moment I experience, taking on new ideas, accessing new information.*

*Realising my potential in each experience of time, seeking out and discovering, how it can help and serve in my own journey.*

*I am the key, the power of great will, to step into my true potential.*

