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Transform anxiety at its roots with somatic mindfulness and trauma informed therapies that calm the nervous system and restore a sense of inner safety and control. Welcome to InnerVision

Bringing you exclusive content weekly. Important we create, edit and voice our videos ourselves with a real voice; it's not AI. Unless Through her artful worldview, natural creativity and depth psychology lens, her unwavering belief in the inherent strength of your inner compass becomes a beacon that empowers you with the tools to recognize and embody the authentic energy of your own natural gifts. We look forward to connecting with you! Call or Email InnerVisionPsychotherapy Group now for a free 15 minute consultation 818 696 5927. At InnerVision we believe therapy is more than just talking; it's about transformation.

As Carl Jung said, many of us walk in shoes too small, limiting our potential without realizing it. If you're ready to step into something bigger, we're here to support you. Our InnerVisionSense is more than just a reflective tool; it shapes our cognitive processes, decisions, and interactions with others.

It acts as a personal compass, guiding us through life's complexities and challenges based on our internal insights and intuitive understanding. Jul 2 2025. Also known as inner seeing or spiritual insight, inner vision is the ability to perceive truth, intuition, and inner wisdom beyond ordinary thought.

In this article, we'll explore the concept of inner vision, the steps to develop it, and how it can transform your life from within. Jul 6 2025. That mental snapshot is what we call inner vision.

Unlike fleeting daydreams, inner vision is purposeful and directed. It's the mental blueprint you return to again and again. Active Imagination is a therapeutic approach that connects the conscious and unconscious minds, allowing individuals to explore and engage with inner thoughts, images, or feelings. Dive into thought-provoking discussions, discover practical mindfulness strategies, and ignite your inner spark so you can see the world with renewed clarity and purpose.

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