



## The Vision Realization Continuum

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"Your mission in life is where your deep joy  
And the world's deep hunger meet."  
-Richard Nelson Bolles, author of  
*What Color is Your Parachute?*

The Vision Realization Continuum (VRC) is the developmental process by which one forms a relationship with his or her Vision.

A Vision is defined as an idea, state of being or concept that one has regarding what they “want” in their lives or what they want their lives to be. This same phenomenon has been referred to by other terms such as dreams, callings or aspirations, to name a few. Human beings experience feelings of want, longing or desire toward a Vision. Although what one experiences is this feeling of want or desire toward a Vision as if the Vision is an object, what I am proposing is that in fact this is not the case.

The VRC asserts that *both* the Vision and the human being are involved in a process of pursuit that ends in a committed relationship. Both the Vision and the human being experience longing and desire. The human is not the sole pursuer and the Vision is not solely an object of desire. What is happening is that on a spiritual plane, a higher power or G\*d/ G\*ddess is playing *cosmic matchmaker* and in order to move the Vision and the human together certain feelings must be created in the human. Consequently, G\*d creates longing in the human while the Vision also experiences its own longing. The desired end result for the Vision and the human are somewhat different though. The Vision’s desire is to be born while the human’s desire is experienced as a need to create or make manifest some higher aspiration and to feel a sense of purpose and gain meaning for his or her life. G\*d matches the person with the Vision and the human experiences G\*d’s movement of them as desire or want for the Vision. Humans believe that they know what will come out of the

attainment of a Vision but there is much that comes out of this attainment that they aren't even aware of or privy to.

The VRC is a state model that is somewhat linear but the states can be experienced in a non-linear fashion. The states are: 1) Alienation, 2) Encounter, 3) Denial, 4) Acceptance, 5) Courtship, 6) Consummation, 7) Commitment and 8) Separation.

### **I. Alienation**

In this state one is not actively engaged in the relationship with her Vision. The human may be unaware that she even has a Vision. This state is not necessarily unhappy and for some may be blissful ignorance of any lack of having a Vision. Although one may not be unhappy she may feel dull, numb and in many ways cut off from any feelings of passion for life. She may also experience this as feeling cut off from her higher power or spiritual center. This human being may be vaguely aware at times that something is lacking and some may feel sad or be in an actual state of Depression.

### **II. Encounter**

In this state one's awareness is just beginning to grow and this awareness is experienced as deep longing, discomfort and sometimes increased Depression. Intense dissatisfaction with one's state of being is also experienced. On a spiritual plane in this state, one's Higher Power is introducing the person to her Vision. This introduction creates a sort of spiritual shyness that is experienced as discomfort and a desire to avoid this discomfort. This discomfort leads to feelings of avoidance of the Vision or anything associated with it as well. The encounter with the Vision on this spiritual plane leads one to examine his or her life and they begin to find it lacking. This phenomenon can be likened to a person who is neglected or abused by a lover for a protracted period of time. He or she may be somewhat used to or perversely comfortable in his or her misery. He or she may then meet a person who is kind and compassionate and who shows an interest in the neglected lover. The neglected one, noticing this attentive person may be inclined to look at their current relationship and become unhappy and uncomfortable in their situation. Additionally she may begin to long for and fantasize about the kinder compassionate person. On the spiritual plane the human being has just met a beautiful radiant Vision and that Vision has turned her attention to this person. The Vision also experiences longing for the person because it is through the human that she will be born into the world. The Vision longs for this birth and that is their aim in achieving a union with a person.

### **III. Denial**

Some people may at first resist their Visions and inner urgings through a process of denial. The result, as in many forms of denial can lead to neuroses in the form of Anxiety and Depression as well as a more general dissatisfaction with one's life. People in this state may also experience feelings of anger as they attempt to deny dissatisfaction with their current life path.



### **IV. Acceptance**

Some people do not experience a state of denial and may move from encountering their Vision more quickly toward acceptance. In this state one begins to conceptualize the relationship with their Vision as a positive and healthy union. They begin to see that their current life, devoid of this Vision is one that is painful. In this state discomfort, Anxiety and Depression may linger but they begin to lessen and positive feelings are experienced such as hopefulness for their lives and their futures. A growing sense of positive purpose begins to seem possible. There is also cognitive evidence of acceptance in this state. More tangible thoughts and a more defined picture of one's Vision emerges. The person starts to experience thoughts such as "I think I'd like to do X" or "I might be good at Y." In this state the Vision is getting clearer to the person because on the spiritual plane it is moving closer to the person as it senses the person's acceptance of it.

In this state continued resistance alternates with hopefulness and one begins to dream of what a full-fledged relationship with the Vision might bring. These dreams or fantasies of a relationship with the Vision create happy feelings in the human and they begin to long for the full experience of joy that they are beginning to see will accompany this relationship.

### **V. Courtship**

In this state one begins to actively engage with her Vision. One who previously thought "I might be good at X" now starts to take steps such as taking classes or reading books on "X." Because of a willingness to move toward the Vision, the Vision starts to move toward the person. This is often experienced as a set of coincidences where opportunities for action or courtship of the Vision present itself. An example of this would be a woman who thinks that she might like to be a painter and she begins to meet many artists and gets an opportunity to take a painting class. These apparent coincidences are really G\*d or one's Higher Power continually putting the two potential lovers together. At this point the Vision may assert herself more strongly and clearly due to the perceived readiness on the part of the person for the relationship. This state may also be marked by feelings of confusion, impatience, vulnerability and

insecurity. One may find that he or she is impatient to achieve his or her Vision and may also feel insecure about his or her ability to do this. The person continues to work through these feelings and to take action until they reach the next state.

## **VI. Consummation**

In this state one experiences the union with her Vision and bliss, contentment and joy are felt. Because this state is new and exciting it can be equated to a “honey moon” The Vision too is happy and feels that she has just been born and possesses full awareness of her new life.

## **VII. Commitment**

After the awareness of consummation there follows a commitment to the Vision. In this state one is seen as living her Vision. For example the woman who wanted to paint is actively working on her painting on a regular basis and experiences herself as an artist. No longer is she filled with desire to paint or to be a painter. She is conscious that she is a painter and can say this with confidence. What takes place now is continued work on and nurturance of the relationship that one has with her Vision.

Although one may experience occasional doubt about the direction of and rightness of their relationship there is an underlying belief that one is living the life that she was intended to live and that this relationship, at times challenging and at other times blissful is the right relationship.

## **VIII. Separation**

Sometimes after *Consummation* and *Commitment* to a Vision the relationship with a Vision may come to an end. This state may comprise feelings of loss and pain for some while others may feel contentment and joy at having had the relationship and feel satisfied with the fruits of the relationship.

When a relationship with a Vision ends the work of *Commitment* is never in vain because the union between the person and the Vision was productive. The results of *Consummation* were born and that positive energy joined the world. This energy does not die simply because the relationship ends.

After a Vision is realized one may begin the process of forging a new relationship with a new vision. For some the *Commitment* to a Vision is a life long one. Whether the relationship is one for life or only for a time, the Vision will never experience sadness. Once she is born she is free and that energy may join other Vision energy and multiply.



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