

Vision is Key to Transformation

By Freeman Michaels

Let's be honest, most people lack vision. Most people are identified with a story about what is possible for their lives that is rooted in maintenance of the status quo.

A vision is a context for our day-to-day choices. Without a vision the context for our day-to-day choices is maintaining the current situation – bound by a constrictive matrix of beliefs, agreements, expectations and stories that bind us to a limited menu of possibilities. The vernacular for this state is “stuck”. We all get stuck in situations and dynamics that don't serve us – but most of don't know how to get unstuck.

The mistake that most people make around this time of year, with New Year's resolutions, is to try and fix our “problems”. In my work, we call this “feeding the beast” because it comes from the misinterpretation that something is wrong. It actually comes from a lack of vision. Focusing on the problem is the problem, because it isn't really a problem it is only a pattern. The ONLY way out of the pattern is to develop a sense of vision and create practices to live into that vision on a daily basis. In this way, the pattern subsides because it is simply incompatible with the way you are living.

When we are stuck, our feelings of dissatisfaction come from a sense that there is something just slightly outside of our current frame of reference – something we may have touched on in peak experiences, something we have caught glimpses of but have been unable to fully achieve, sustain or embody in our lives.

When we point to a compelling possibility (vision) for our lives, then make commitments and generate practices to live into that possibility on a daily basis, our paradigm shifts. From my perspective, we generate a parallel path. Note, the old path (patterns) don't necessarily go away – we will default to them because they are so engrained in our experience. However, we will have this alternate path (or reality), with practices to help us “get back on track”. The paradigm shift occurs when we are living consciously, on a chosen path, guided by a vision for our lives, more often than when we are defaulting to our patterned behaviors, thoughts, and perceptions. This is “transformation” – a unique human potential that, sadly, most people do not tap into.