

## Holding A Vision

At times, goal setting can be tedious and frustrating. It is not something that can be accomplished with instant gratification and that is why most give up before they have even started. It takes commitment and willingness to create changes within our lives. We live in a society based on self-gratification. We speak of change and we think it's accomplished by just speaking it. Change is a combination of visualizing and taking action that creates an outcome.

Some of us have a way at looking at goal setting as if it were a chore, a task that our mind can claim unattainable. Sometimes our personalities will have us surpassing the goal and stepping right into an outcome before we have even begun. My belief is this approach sets us up for failure before we have given ourselves the moment to begin.

The drive behind dedication can prove challenging as we go through the act of accomplishing what we are trying to achieve. Yet, it is the end product that should considerably be our inspiration. It is the time in between start and finish that can leave us lacking and/or quitting. The obligation has to come from within and the staying power has to be the drive.

In our quest to reach a goal, our journey often provides us with challenges. For example, when we fall short or something doesn't happen in the timely fashion we have anticipated we often stop ourselves, create an inner story of failure and seemingly forget to continue moving forward. If we let go of perception and stop trying to see an outcome, we will continue to keep ourselves moving and reconfigure our shortcomings as we move forward. New experiences always create themselves to what they should be, not what we deem them to be.

Finding a way to stay in the flow of our movement takes riding through the turbulent times. Once you are on the roller coaster you can't just jump off - you have to follow through with the ride. The difference between the roller coaster analogy and life is that in life we have choices that control the outcome of our ride. We also have the ability at any point to redirect the ride if something is not fitting to who we are or where we would like to be. Most find it impossible to gain their control and often feel as though they have derailed and lost control. All it takes is a moment of redirecting to get back on track. Once you have let your mind flow to the opposition of failure then you begin to create an illusion of failure. If you take control and view the moment as just a moment, you can always pick yourself up and gain back your momentum. Negative reactions to what is set within our lives leads to negative moments of insecurity and self-doubt. To regain focus and stay on the path of completion, you must hold the vision of accomplishment and success.

With all that is happening in the world today, it's hard not to get caught up in fear and the illusion of self-doubt and failure. Though many are finding their successes in life, I do believe it's not only their timing but also their ability to hold a vision and keep themselves

*Holding a  
vision can be  
as daunting as  
walking  
through life  
blindfolded.*

in their faith. After all, without our moments of despair we would not be able to come to fully appreciate the completion of a goal. If you are attempting to make changes within your life today, create a vision of accomplishment for yourself. Start with finding a way to let go of the defeating perception since it only limits your mind in the process and creates unwarranted negative chatter. Begin with taking steps to influence your thought process by developing positive chatter. Focus on positive self-talk when you are in the midst of accomplishing any task you deem unattainable. We are born to walk in our successes. At times it is in the constant reminders that we create our positive outcome.

Though moments in life will have us questioning aspects of ourselves, others or our lives, we must remain in the mindset that all we touch will eventually turn itself into gold. The alchemist couldn't transform metal if he or she held themselves in doubt over what they were creating. It is the mastery of the mind that leads us to our positive outcome. All you have to do is be willing to put forth your efforts and see which direction life will lead you. This view will help you through the more turbulent times and will also assist you in developing a keener sense of self and manifestation.

Become more present with yourself. Step out of your chatter to create what you dream. Don't stop yourself by living in your imagination. Instead, allow it to create itself by living in a world that has no limitations. Holding a vision can be as daunting as walking through life blindfolded. If you trust in your inner abilities and have faith in the unseen, you will create abundance just by your efforts to create a new existence within your life.

Everything in life worth having takes time. If you don't have what you desire in this moment, then you must create the positive thought that it will come in its own time. Nothing in life ever happens a moment too soon. Know that of which you seek may not be in your highest good but that of which comes to you is designed for you.

Life is a forgiving process full of lessons. However, the untrained human mind can be limiting if not trained through the vision process. Mother Theresa once said "We can do no great things, only small things with great love". To create a vision within your life you must open your heart to your beliefs and begin with one step forward. Just holding the vision will allow you to create the vision. Start small and move at your own pace. As you move yourself forward, you will adjust your vision to meet your needs and all you set out to accomplish will be accomplished.

*Kris White is a Spiritual Coach and Holistic Minister. In private practice since 1995, she combines her natural clairvoyant abilities and holistic ministry skills to guide others to think "outside the box". Many find her work helps them to transform their lives. For more information about Kris or to schedule a personal coaching session, please visit [www.mysticaltherapies.com](http://www.mysticaltherapies.com) or contact her at (978) 372-5300.*