



The Vision Statement — An ‘Energetic Blueprint’

The concept that ‘everything is energy’ and that we are ‘energy beings, living in a dynamic sea of energy’ is relatively new with the introduction of Quantum Physics.

Everything is actually created twice, first in our mind and then in physical form. Another way of saying this is: “Our thoughts become things.” This is true of the clothes we are wearing and the house we live in. These were once ideas in the mind of the designer or architect before they became the clothes and the house. And it is true of our lives as well. So, we will begin with ideas that become the blueprint of the dream!

There are a number of ways in which we actually ‘transmit’ energy — we do that with our thoughts (thoughts are actually measurable units of energy), we do that with the images that flash upon the screen of our mind when we think of a specific item (i.e. ‘our car’), and we do that also with the feelings

we experience as we think, and those have an amplifying effect on the energy we are transmitting.

All this energy has a generative and creative effect on our experience of reality. We are in a constant co-creative relationship with the molecules of the Universe. The Vision Statement is an 'energetic blueprint' of the dream you are building — first in energetic form and then in physical form.

We are either creating a life by design, or by default. So, let's begin to create it consciously.

Key Elements of the Vision Statement

The vision is written in the present tense (as if it is happening now) because life energy organizes itself where it is directed. You want to direct your vision into the present moment. You want to generate a feeling of gratitude and start out each domain by writing "I am so happy and grateful now that..." and use words that evoke a 'feeling-tone' of the 'Yes!' factor — "Yes, I love my life!"

Discovering and Designing Your Vision

Imagine a "full-spectrum" life, which is flourishing in these 4 domains:

- Health
- Relationships
- Vocation
- Time and Money Freedom including Philanthropy

If the intellectual 'thinking mind' does not immediately know 'how' this life will happen, doubt often interferes with the 'dreaming process' and attempts to discount or limit the scope of the dream. So, allow yourself to:

1. Dream 'full-out', putting on different imaginal futures until you feel "Oh, I really would love that ...".
2. Put the 'HOW' on hold. In the process of imagining a life you 'absolutely love living', you do not need to know 'how' it will happen — only the 'what' — and the only question we want to ask ourselves here is "what would I love?" "If it all worked out...what would that look like, feel like, be like, etc.?"

The 'how' is the way the Universe will respond to us when and as we create a vision and take action steps in serving our dream. It will be revealed along the way.

As you create a vision of a life "you love!", paint pictures with your words with as much specificity and detail as possible.

1. Write in the present tense as if your dream life is happening NOW!
2. Paint pictures or images with your words — "I love driving my white Lexus coupe, with the tan leather interior..." "The view from our bedroom is spectacular. We can see the lake and the mountains in the distance." "I AM" statements are very powerful.
3. Be specificity and detailed (For example: 'What is the amount of your income?', 'Where is your dream house located?' (if you already know that – is it in the mountains, by the ocean, ...), 'How many bedrooms does it have?') – write down what you already know.
4. Create a feeling-tone: Choose words that, when you read the vision statement, generate feelings of "! I love my life!"

5. Use only positively charged words, e.g. “My body feels great and is flexible and strong” versus “I have no more back pain.” because you don’t want to feed energy into “back pain”. Be literal.

You might not have much clarity about your ideal life yet. That simply means you are in the discovery phase. Just write down what do know so far. The rest will be revealed as you start working with your vision.

If you are in the discovery phase, it can be helpful to ask:

1. “What would I love...?”
2. Imagine and describe a day in your life that you absolutely love. What are you doing? Who are you with? The details of the day will often provide clues to what ‘lights’ you up.
3. Describe your longings and discontents. What would you love more of in your lives? What would you love less of?

Often, when we are not clear about what we would love, we are very clear about what we don’t want. The opposite of that will be information about what we do want.

4. Start with what you “know for sure...” i.e. “I know for sure I want great health...” Describe what you ‘know for sure’ about your great health or what you ‘know for sure’ about your relationships, etc.
5. Ask a question of the Infinite: “What are steps I may take today to discover my dream?” Once we ask the question, the Universe provides the answer through conversations, ideas, inspirations, chance meetings, etc.. Be open to receiving this information.
6. The very last statement ideally is “This or something better still.” Because you want to hold your vision with an open hand. We simply

might not be able to perceive the whole vision yet, so much more is often revealed as we start working with it.

The Vision Statement is a living, breathing document which will shift over time. Some areas you will be living and experiencing, so you can omit them, others might start to feel emotionally flat and you will change them so that it feels live-giving and inspiring again.

The length of your vision statement is individual – it needs to contain some detail and it needs to be short enough so that you look forward to reading it and will read it once or twice a day.

Ideally, you read your vision out loud in the morning and before bed to imprint the day and the dream time with its energy.

You will work with this longer, more detailed version and also write a “travel version” which has no more than 1 to 2 sentences about each quadrant which summarize and hold the essence of the longer version.

This one is ideal for when you don’t have the time to read the other version.

A Vision Statement is absolutely essential for working toward a Dream or Vision. We have to know where we are at and we have to know as well as to decide and declare for where we are headed.

So, have fun with this, is a beautiful and amazing process and the beginning of you living the life you love!

Dr. Skye Zimmermann
Skye Vizion Coaching & Transformational Healing
skye@skyevizion.com