

# *Insights for Workability*

## *Vision to Reality*

This program is designed to be simple and powerful and it will create a shift in how you know your own power for altering any situation or circumstance in your life. You will produce results to the degree you are willing to participate powerfully. The secret is you are having fun doing it, if you are not, set it aside and come back to it at a later time.

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# *The Program*

*I. Categories of Your Life*

*II. Visualizing How You Want It to Be*

*III. The Collage*

*IV. Planning a New Reality*

# I. Categories of Your Life

You have one life and you have many aspects of your life which you experience differently. You may experience more joy and happiness when you are reading your favorite book or when you are cooking your favorite meal. On the other hand when you are doing your job you may feel a high degree of boredom and comfortableness. What about your love life, or whether you have a partner or not, these are of your life demands quite a bit of your attention. They become intertwined and can benefit by or be diminished by other dominating aspects of your everyday living. Few people would argue the fact that a death in the family or infidelity will have a major effect on your performance.

Each element of your story carries with it a sphere of energy and each effects lesser masses of vibrations. Any area that has a lesser degree of joyful emotions reduces the joy in other spheres. If you are happy to be in a new relationship and your complexion is flaring up, that will naturally impact the experience you have when you are around your new friend.

For the purpose of this program the term categories is being used to distinguish the different aspects of your life where you expend energy, or time or attention. There are people who are obsessed with and are entertaining thoughts associated with sports or sex or ways to make money and when they are involved with the routine that life can often be, find that they are daydreaming of one addition or another. It is as though the thoughts are thinking them and not the other way around.

Categories could be such aspects as your job, your religion, your relationship, your office or home environments, your income and security or your physical appearance. Anything that you find yourself spending time thinking about or avoiding, things you like or don't like as they are. It can be as large as the government or as small as the way you

dress.

For each area of your life you will identify it, determine how you experience it to be, and then envision how it is you wish it to be. Then you will create an image collage of vision of the way you desire it to be. You will last plan for it by doing the research.

## II. Visualizing How You Want It to Be

In order to best visualize how we desire each category of our life to appear to us the following simple process works well. Though we don't wish to pay too much attention to the way it is, unless it happens to be precisely as you wish it to be, by getting in touch with the way it is the clearest place from which to view your desired vision. Let us use an example of how one might get there. Let's use the example "My Job", a typical category for most people.

(example)

### Step 1 What is the current reality?

#### ***THE STORY***

**a. I have a job that does not pay well, and I know I could take more responsibility. This is a job anyone could do. I know I'm smarter than this and people do consider me just like 'the help'.**

#### ***THE EXPERIENCE***

**b. I'm thoroughly bored and not happy about what I'm spending my everyday doing, I feel unchallenged, I oftentimes feel worthless and that I make no difference.**

### Step 2 Now that you are present to the

reality surrounding this category, what is your vision of how you desire it to be?

***MY VISION OF MY NEW THE STORY***

**C.** I see myself smiling everyday at my job and people are happy to see me. I have people asking for my advice and I am paid well. My job requires that I dress well and I love looking sharp. I'm the first in and the last out and everyone seems to enjoy working for me.

## Step 3 Now that you know what a category is let's make a list of them.

Give each category a short title. There is no magic number but by listing 15 you will force yourself to divide the segments of your life into distinct parts.

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Now using a notebook take each category and as was done in the example above, identify for each, ***THE STORY*** and then the ***VISION OF MY NEW STORY.***

**Note:** Remember to get in touch with the visions and emotions of each.

**III. The Collage** (A compilation of picture visuals)

In this case using pictures you can take from magazines representing all the categories as you desire them to be.

As well as being very fun, this is an extremely powerful mental aspect of the program.

When you are complete with this portion of the program you'll have a collage of all of your life as you have it imaged to be. It exists, though the appearance of your life isn't showing you much of it. Don't fret as you are setting up a structure for allowing the quality of the vision to receive more attention. No resistance. The images you take from magazines and mail advertisers will assist you in getting present to the feelings and emotions you wish to make your sustained experience.

Everyday spend 5 or ten minutes immersing yourself into the vision. You do not need to have it be complete. In no way should that stop you. Simply keep adding to the Vision

## IV. Planning a New Reality

The previous steps are critical to complete before doing this most powerful and final aspect of the program.

This is an action process where you will pick one or two categories and you will be living in a certain way. "Planning" here is an example.

By planning you are doing exactly what you'd be doing if you were wealthy enough today to take the vacation you'll be planning. This will have your focus properly placed. You'll get better as you play with this process.

You can do others as after as you'll then see what we are attempting have you recognize here.

### Example A

Plan a vacation. Not just any vacation but the vacation you've long dreamed about. Make it a well thought out and researched effort. The better your efforts the more you'll empower yourself to make real the visions you are bringing to reality.

Notice if you allow money to place boundaries around the 'how you plan'. **DO NOT DO THIS**. Make the financial or time constraints or whatever you find to be limiting factors go for this exercise. Make the planning and research be as real as possible. This is a vacation you would love to go on and it's in your future. List everything that must be considered. Write down your plans in detail. If it were a Ocean Liner Cruise know the cities and the places it will be stopping and what to see there, really get into it as much as possible. It may seem odd but this is to break the unconscious unexamined boundaries we place on ourselves. This will take time and you may want to stop because you may think it's foolish this to do. Don't let it stop you. Remember when you create something you desire to have, or do, or be, it is given. Initially it will present very faint images. Play with this, have as much fun doing it as you can. Make a special collage, images of pictures associated with your vacation.

### Example B

Do the research on the vehicle you'll be having. At the end of this process you'll be crystal clear on the one you want and you'll know as much about it as anyone. Do not plan about how you'll get the money to buy it. It's not at all about the money. This is about knowing the money will be there when the time comes.

After you have fully completed one of these exercises you can take all of them on and you will see ways in which to assign a planning effort to each category you have listed. Remember the use of collages is a great way to make these projects real. In addition, feel free to email me with questions or discoveries you notices along the way and I will be sure you get the support you need.

Three sites worth visiting. These sites are filled with information which can enhance your life.

[InsightsforWorkability.com](http://InsightsforWorkability.com)  
[InOurTime.com](http://InOurTime.com)  
[FortheJoyofLiving.com](http://FortheJoyofLiving.com)

Wishing you unforgettable discoveries for joy and happiness. Stay in touch and let me know how you are doing.

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