



Weekly Tip from Dr. Mark

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Vision vs Reality

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Many times, maybe a lot of the time, vision and reality seem to be at odds. How often have you held a clear a vision of what you wanted to create while facing the reality of seemingly insurmountable obstacles in your way? Maybe there was a lack of money or people or of some other resource. Perhaps the lack was deep within, something like self confidence. Regardless of what might be missing, it is difficult to move full steam ahead when you're faced with barriers that seem determined to keep you from your dream.



Some would say that the barriers only exist in your mind; that you're giving them the power that makes them barriers and that you must simply see through them in order to move through them. I agree. But sometimes circumstances really do have the upper hand. Sometimes seeing through them really is pretty impossible. I'm sure that you can think of a time when your hands were truly tied. A time when despite your best inner and outer efforts things just wouldn't budge from the status quo. What to do then?

In situations like this, when your vision is eclipsed by reality, it is useful to sit in the shadow. Examine it in great detail. How dark is it? Does it cover your vision completely? What is its shape? What is its color? Does it say anything as you contemplate it? What do you imagine it would take for it to pass in order to reveal your vision once again? What does it want? Is it challenging you in some way? Is there an occasion to which you must rise?

Examining in this way the nature of your reality reveals clues to its message. Armed with this understanding you'll know what you must do and, once done, the eclipse will magically pass to reveal your vision brighter and fuller than before.

This week I invite you to spend a few minutes getting to know a reality that is blocking your vision. Ask the above questions. Learn what you must do. Do that, and then sit back as your vision becomes reality!

[Write](#) with questions or to share your success.

Have a great week, and Enjoy the Journey!

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GREAT NEWS!

Counseling and Coaching options are now available with Dr. Mark! Please visit www.arcuri.org/psych.htm to view the new Counseling options.

Check out the **Weekly Tip from Dr. Mark Archives** as well.

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