In the model depicted in Figure 29-1, spirituality as a whole is viewed as a mystery. The model can be used to portray a person's spirituality in a snapshot in time or a person's spiritual evolutionary process across linear time. The three dimensions of spirituality illuminated in the model are the vertical element (on a continuum from connectedness to disconnectedness to a Greater Power, which includes the divine, values, and beliefs), the horizontal element (on a continuum from connectedness to disconnectedness to self, others, and the world), and the temporal element (past, present, and future). The individual person is in the center of the model and holistically adapts to challenges in life (Schkade & Schultz, 1992; Schultz & Schkade, 1992) across linear time; as this occurs, he or she may change in levels of connectedness/disconnectedness to the vertical and horizontal aspects of spirituality. The model is fluid and dynamic (Schulz, 2002).

Figures 29-2 through 29-5 illustrate examples of the types of people at the extremes of the four quadrants of the model in a snapshot of time for the purpose of clarifying how the model works:

- High connectedness to both vertical and horizontal elements (see Figure 29-2)
- High connectedness to the horizontal element with high disconnectedness to the vertical element (see Figure 29-3)
- High disconnectedness to both the vertical and horizontal elements (see Figure 29-4)
- High disconnectedness to the horizontal element with high connectedness to the vertical element (see Figure 29-5)

These are merely examples, as most likely the majority of humans do not fall into the extremes nor do people necessarily stay in one quadrant due to the dynamic nature of the model across linear time, as previously mentioned.