



Understanding Goals

Goals materialize physically when our thoughts are focused on them intently. Atoms by atom combining with each other create themselves into a new reality, just as we do and what we come to be. At times this process seems slow, as if nothing in life will ever change. This is just an illusion of our five senses how we use them to see things. Knowing how we sense life generates a surging web of energy and matter. Our subconscious web undergoes silent changes that result in realizations of who we are and what we are to become.

If goals seem lengthy between achievements; it's because of the limitations of self and how we choose to see our life. Accurate understanding thru our belief, clarity, distinction, and determination we can speed up our goals to their reality.

Waiting for a goal to materialize is a lesson of patience. If a goal is slow in becoming real, building on accurate understanding becomes a prime virtue. We must continue with our goals, by sharpening our focus on it, with understanding that it will soon be evident.

With accurate understanding we can accomplish our goals, hurdle any obstacle, and reap the rewards of success. Accurate understanding can not tell a lie and our goals are realities; of whom we truly are inside.

Guy Danowski MT.,BK.,CHCP 313-258-4386

Mind • Attitude Nutritional • Balance Body • Physical