

thought for today

From my book *Visions in the Night Sky—Beyond Intuition*
Chapter 30.

Setting Spiritual Goals—Part 1 Introduction

We live one day at a time and one step at a time. We live right here, right now. We might want to go to San Diego, but if we turn our car toward New York we can't expect to get to San Diego any time soon. Every step we take is either toward our goals or away from them.

Whether we plan our journey or not, we still journey. It is best to map the way, then accept adventure when life deviates from your map. When life deviates then you will know that God willed it so for you. There is our plan, and then there is God's plan for us. When we become tuned to who we are and why we are here, those plans become the same. We achieve a powerful focus that makes every step count.

I set goals for myself in many ways. I set the goal of writing this book. Then I set smaller goals within the larger goal—finishing a chapter, editing, finding an agent.

I have even larger spiritual goals. Some of us are not conscious of our spiritual goals, but we have them just the same. For a while my spiritual goal was just to have peace in my life. Then when I had peace, I looked for a way to give peace to others. It was not planned. It was a natural growth. Once I found answers for my own life, I wanted to share my peace through writing and speaking.

I am also a wife, mother and friend. Each area of my life spins

around the core of who I am as a person. It is my own potter's wheel of life. What I create in my life naturally comes out of who I am.

Setting a mold for your life is a powerful creative force. If you can imagine your life filled with purpose and spiritual growth, and focus your energy into creating that life, having "trophy things" becomes much less important. For example, manifesting a new car should not be the whole focus of your life. A car only becomes important as a means to fulfill your destiny, not a reason in itself for working and being. If you have a problem that is causing you unhappiness or worry, you can use spiritual goal setting to create a new mold for yourself.

This is so powerful.

Do not be afraid to take the first step. You are the co-creator of your life. Make the mold. Then fill it with action. Focus and discipline will keep you on track. Spirit will lead you. It becomes the wind at your back.

Set your goals and start working toward them, but remember not to let your limited vision get in the way of a better future. God plans better for me than I have ever planned for myself.

We each have a Golden Contract. We came here to learn more about life, love and service. Service comes naturally when you become happy. Your life becomes good, and you start looking around for more. That more is giving to others so they can find happiness too. Your way of serving will be as individual as your talents.

On the following pages you will find a series of exercises that will help you create a mold for your life.

Keep a journal during this process. You will want to refer back to it monthly and yearly. You will find yourself tweaking it as your destination becomes clear in your own mind.