



## **Manifesting your true heart's desires in 2009**

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You can create a life without limits. If you could have the life of your dreams, what would it be like? If you were to envision perfection for you in the areas of career, finances, relationships, happiness, and health, what would that perfection be? Think about how you would like to feel each day and what you would like to be doing. You can absolutely, confidently create an ideal picture that includes work, relaxation and recreational activities, travel, new and current relationships, material things you want or need and---well, you get the idea.

Are your current goals a compromised version of what you really want? Many goals and resolutions are our way of settling for something we think we can achieve. The key is to ignore any limiting ideas that come to mind. That's just your ego talking fearfully and limiting your expression in life. You are a part of God and God cannot be limited. Don't be afraid to think big. If you can imagine something, there is a place deep in your Higher Self or God Self where the idea originated. You wouldn't bring forth any idea unless it was already within you as a possibility.

### **WRITE DOWN YOUR RESOLUTIONS AND GOALS**

Choose a quiet place where you won't be interrupted, ground yourself, and relax. Ask to tap into the profound depth of your heart, where your God Self is. This is the place you can access to know what you really want and can achieve. Write down what you would like to have in all different areas of your life in detail. Ask yourself if any of these ideas are a modification or compromise, rather than what you most desire. Remember, to achieve something you must first be clear on what you want.

### **IF YOU BELIEVE IT, YOU CAN ACHIEVE IT**

Don't give up! Consistency and follow through are essential. Everyday, visualize what you want as having already occurred. Be grateful and see what you want as a done deal, expecting that you will be guided to do what you need to do to achieve your goals. Know that some things will take time and be patient with yourself. During your quiet time you can ask for ideas on how to achieve your goals. It's also a good idea to consult with a knowledgeable friend or a good psychic for ideas.

### **BE OPEN TO NEW IDEAS AND PLANS**

You can always change your mind if you find you don't really want something any more or you see an even bigger picture for yourself.

It's a new day on planet earth. There is tremendous energy, more every moment, to help you manifest your heart's desires. You are growing and evolving rapidly and acting more as the powerful part of God that you are. As you shift into a more expanded version of yourself, positive changes happen without much effort. It is more a matter of staying the course. "Back in the day," as the expression goes, people tended to have high ideals and expectations but were unable to achieve them. There is more Light on the planet now, which helps you achieve the results you desire much more easily.

Have fun with this. The higher you aim your arrow, the higher it will go.

**A very great vision is needed and the man who has it must follow it as the eagle seeks the deepest blue of the sky.**

*---Chief Crazy Horse*  
**by Shala Kilmer**