



**Retreat** - 'Step back' and observe what it is you are thinking, saying, doing.

**Your next step:**

It is time to SEE your separate selves, your self and your Self. So you can observe your 'more emotionally involved-in-reality' 'attached-to-outcomes' self, while also experiencing the wisdom of your omnipotent Self.

Now that you can communicate with your Higher Self, what would you like to change? What can you improve so as to enhance your experience?

Being able to observe your role in creating your reality is a great power. You are your Mind; separate to your home, clothing, physical body and feelings; which are part of your Mind's reality feedback loop. Now that you know this, you can return or retreat to the 'centre of your Mind' where your Being resides with its accumulated wisdom, greatness and fullness; where you can -

*Consciously design your life as you see  
fit from this Higher Perspective.*

Marianne Thorne  
[CreativeGoalSetting.com](http://CreativeGoalSetting.com)