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# Goals from the Soul

By  
Terrance Fullerton and The Universe

When we are setting our Goals from the Soul we are aligned to  
our True Purpose.  
The Goals we set are achievable as they are what we are meant  
to be doing and achieving.  
I am an extraordinary person just like you are, here to manifest  
the greatness that is within us all.

“When you keep putting things off till tomorrow, you just end  
up with a lot of empty yesterdays” - from The Music Man by  
Meredith Willson

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## The Use of This Book

This is a book to share, so you may distribute it freely in its present form without any alterations.

Even though I am giving it away as my way of giving back some of what has been given to me, the real value of this book to you can only be determined by how you put into action the steps contained within.

The content of this book is intended as being informative and inspirational in nature. The results obtained could be as varied as the situations you, the individual reader, will encounter in your own life journey and your willingness to apply each of the steps as set out in the text.

If you are not willing to apply the steps as set out, don't expect to reap the rewards of the results.

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## Why This Book Written and How It Came About

Initially having no conscious intention to write a book on goal achieving, though this is how it came about, how an intention of the Soul was brought to my awareness at the conscious level.

I have been interested in the techniques of goal setting for quite a long while and had never been completely comfortable with the different processes I had been taught.

As lot of people have found them quite useful, I am not saying there is anything wrong with them, they just didn't seem to work for me.

While working on a project named "[Riches for Kids](#)", and designing the course structure which included a section on goal setting, I was led to a website [www.theuniversewithinus.com](http://www.theuniversewithinus.com) and there to a book called "The Power of the Subconscious Mind" by Dr Joseph Murphy.

The next day during a 6 hour round trip by car I listened to the audio of the book.

As I was listening to this book I was inspired to design this system of goal achievement, it initially started out as just an anagram of EASYNOW with a brief explanation, and has grown into the book you now have before you.

## Yet Another Book on Goals!!

I guess I have partially answered that question in the previous section on why I wrote this book. As I stated it started out as a brief explanation on the anagram EASYNOW.

As I was writing a brief description on each section I was inspired to go into more detailed explanations and added in some stories as well.

I also wanted it to be a self-contained reference on How to Achieve Your Goals from the Soul.

When we set out to achieve our goals that are inspired by our Soul, we are putting in motion the leadings of our Soul.

These are the things that really matter to us personally in our life's journey that we have designed for ourselves to travel. Thus bringing into remembrance of what it is we truly want to accomplish in our lives.

## How to Get the Most from This Book

This book has been designed to help you obtain the most from the process of working toward your goal, so it will no longer be a process that you have to consciously work at, but be one that is naturally unfolding for you.

When you think of what you would like to Be, Have or Do, it will be as if it is already completed and you are ready to move onto the next stage of your journey, it will become that EASYNOW!

I suggest that you first read the book right through so as to grasp the workings of the process and then go back and work through it step by step until you are familiar with it and are seeing the results of applying its methods as you internalize its workings.

## How We Achieve Our Goals from the Soul

**E**nd Result in Mind – What is the Outcome You Desire

**A**chievable – To Your Mind at This Moment

**S**elf-fulfilling Outcome – You Allow It to Happen

**Y**ours – You Have To Own It

**N**otice It Being Delivered

**O**pen To Its Mode of Fulfilment

**W**ow – Having Gratitude – Give Thanks for the Completion in Divine Accord/Order

## End Result

What is the outcome you desire from this Goal or Action?  
How will its outcome be of benefit to you?  
Is it in accord with your True Purpose?

Get a clear picture of how you see the outcome of this action in completion, notice how it feels, how you are enjoying its results and how your life has changed for the better by having achieved it. See yourself daily enjoying the benefits of this outcome that you have brought to fruition.

This is probably the most important step in the whole process. When you do not have a clear picture or idea in your mind of what it is you desire, how can you order it?

When asking for something that we want to bring about, remember to always ask for what you want or something better thus allowing for flexibility in its outcome and not limiting the outcome to how you think it could be.

Let's look at giving out our order, waiting for it, and being in a state of allowing for its fulfilment.

By being in a state of Allowing is what Faith is all about, when we have faith in an outcome that we have not yet physically experienced, we are also in a state of allowing that outcome to manifest itself in our reality.

## How to Order From the Menu of Life

It's Your life – You get to design it.

It's like going to eat at a restaurant.



Firstly you get to choose the type of restaurant at which you would like to dine.

Do you just want a fast food outlet so as to quickly sate your appetite and then leave?

Or would you prefer to dine at a top quality establishment and take your fill from all the abundance that is available to you?

It is your choice, you can choose to dine at either one.

Let's choose to go to the best restaurant available, as we can do that just as easily as going to a fast food outlet. Our experience would be much more satisfying and enjoyable at a fine restaurant, so why not choose the best?

But this restaurant that we have chosen to go to is not only the finest eating establishment that is available but it is also very special in another unique way.

You see at this restaurant you get to create your very own menu. What's even more special is that whatever it is that you create to be on your unique menu is now available for you to order. It has all been prepared in advance for you and is there just waiting for you to make your order.

Then, like you do at any fine restaurant, you give the waiter your order for each course that you have designed for yourself on your special menu. And like at all fine restaurants, when you have given your order to the waiter you just sit back and relax knowing you have placed your order and it is being prepared to be served to you at your table.

You know that you are going to be served exactly what it is you have ordered because of a very important step taken by the waiter, he wrote down what it was that you wished to order.

This is also a very important step you must take when you are designing your goals, it is ok to think about them, but you must take the action of writing them down and/or putting up pictures of what it is you want on a display board where you can look at them and internalize them.

This very act physically brings them into your awareness by using a pen and paper to initially write them down, or if you wish, cutting out of pictures to signify, to your conscious mind, what you are desiring to manifest in its physical form. This is a most important step.

Once this step is completed you are well on your journey to the successful outcome of your desires.

You don't give your order to the waiter and then keep going out to the kitchen to see if you will get what you have ordered, or keep calling the waiter back to change the order because you can't make up your mind what you want or don't think you deserve what you have ordered.

No, you just let it go and believe it is being brought to you, anticipating the delight and joy of experiencing what you have ordered; being in a state of receptivity and anticipation knowing without a doubt that what you have ordered is being delivered to you at your table.

You continue this same process during the course of your delightful repast as you order and partake of each course as it is served up to you.

This is as you do in life, continually achieving then resetting your goals to move on to your next destination in life's journey.

Designing your life is just like designing your own menu at a high class restaurant, you get to chose how it will unfold for you by accessing the great abundance of the Universe that is always available to you, and you have an unlimited number of choices.

You **are** worthy of all the choices that you are inspired to make!

As you are seeing the end result in your mind, also look at what you maybe see as possible obstacles or challenges on the way that could cause you to stumble or even give up on attaining what it is you are desiring to achieve.

Let yourself work through these in your mind and by writing them down. When you have a list of things that may cause you not to achieve what it is you are aiming for, and when they appear as you are achieving your desired outcome, you will have already prepared yourself in advance to handle them.

They will then seem like a small bump in the road and not a major obstacle or road block.

Another way to look at achieving your goals is when you have a love for what it is you want to achieve, then this love, as love always does, will overcome any obstacles that may appear on the path, thus leading to a successful and beneficial outcome.

Love is always the way as we journey through life.

When you have worked through these steps you are then ready to answer the next step in this process, is it achievable in your mind to you?

## Achievable

As far as your conscious mind, at this stage in your life's journey, is concerned.

If what you want to achieve is not conceived as possible in your mind then your conscious mind will be continually working against what it is you are trying to achieve.

If it is an outcome that is greater than what your mind can, with your present level of thinking, achieve; then break it down into smaller steps that your mind now allows to be possible.

As your thinking expands, so will your ability to create larger and more complex outcomes, easily and effortlessly. The best outcome will be manifested by the use of the least amount of effort.

Once you can attain the small steps you set for yourself, your conscious mind will be able to align with larger and greater concepts, to allow you to work toward your bigger picture in life. You will then be able to easily set and reach much larger and more ambitious goals knowing that you really do have the ability to achieve them.

When you are given an idea, you are also provided with the means to fulfil the idea and bring it into fruition.

This is your Soul and the Universe nudging and inspiring you to work toward your Soul Purpose.

When you are working to your Soul Purpose then everything is aligned for you to this purpose and completing the process is easy and effortless.

You know and believe deep down inside that the Goals you are setting are achievable for you.

We can now move on to the next step of allowing the process to be a self fulfilling outcome.

## Self Fulfilling Outcome

You allow it to happen and also take the required action steps involved in working towards the end result.

There is no point in even starting the process of setting your goals if you are not going to allow the process to run its course.

You designed the goal with how you desired the outcome to be, you now need to allow the process to run its course to deliver the desired outcome for you.

The course and the way the desired end result is produced does not always happen the way we think it should or may happen.

Things are not always as they seem, but knowledge is there for us to glean.

When you are in a state of allowing, not trying to control the way things are proceeding, you will be able to just let the flow from the Universe continue to create the best possible outcome in the easiest possible way.

In this way you are guided as to the action steps you must take in order to produce your desired outcome.

This is most important, if you are not willing take action towards the outcome you desire to achieve, how then do you expect the Universe to do its part?

You must be willing to put in the effort and to pay the price required for the achievement of your Goal or Dream.

You will know what is required on your part and what you can leave up to the Universe as its part.

Your Soul and the Universe know how to produce the desired outcome, an outcome that may totally amaze you in its vastness and grandeur.

Your Soul and the Universe have access to resources you, at this time, may not even realize are available to you or even exist. They are able to bring about the completion of whatever goals or tasks you set for yourself to have fulfilled.

Ask and it will be given to you, seek and you will definitely find what it is you are looking for. Note that these are both actions you have to take, no one can do this for you.

## Yours

You Have to Own It, It *is* Yours!

It has to be something that you want to achieve, not what someone else wants or what you think someone else wants for you to achieve.

If it is not Yours and what You want to achieve, what then will be the motivation to work toward its accomplishment!

When you are trying to do what you perceive others are wanting you to achieve or attain, you are not being true to your Self and Your True Purpose.

You will not be living in the Truth, and you will not be allowing the Truth to set you Free.

When you know the Truth it will set you Free in ways that will amaze you!

You will utilise this Freedom to achieve your Goals and Desires.

Set your goals by what it is you want to achieve, I guess by being selfish about what it is you really want, it is something that you can own for yourself, something that you desire for yourself.

You can more easily align yourself with your desired outcome, knowing it is what you want and being able to easily allow it to come to you, as it will be something you already own.

It's yours, its there for you, therefore you own it.

The desire to create the outcome you have set in your goal was given to let you know what is already yours is waiting for you, you just have to realize this and acknowledge it as yours.

As I have said earlier, when we are given an idea or desire we are also given the means of its accomplishment.

It is there waiting for us to claim, it as our own, it is not asking are we worthy of it or do we really deserve it, it is there for us, it's ours!

Now look out as it comes to you!

## Notice It Being Delivered

Notice how things just start to occur, seemingly by coincidence. Things come together to enable the completion of your goal.

You connect to people who are a help and inspiration to you.

You just seem to be placed in the right location, at the right time, to meet the right people with the right information or resources you require at that moment for the process of achieving your goal.

The Universe is continually giving you evidence of the fulfilment of your desire; you just need to be open and aware of all that is being revealed to you.

Your Reticular Activation System, or RAS, is in operation at all times. This is a filtering system in the brain that allows you to focus on what is important to you at present and shuts out all the 'noise' that is not important to your consciousness awareness at that time.

Once you have set out the intention of what it is you desire to obtain or achieve, this intention is stored in your 'non conscious' awareness and it is continually looking for the answer to your desire so as to fulfil it for you. Your RAS is filtering non relevant information in your conscious awareness till it finds the answer to the desire you have sent out, filters it out from all the other information that is continually coming to you, and brings it to your conscious awareness.

You become aware of it and know the outcome being delivered to you just as you have imagined it to be.

Your next step it to be open to the mode of fulfilment.

## Open To Its Mode of Fulfilment

Once you have done all of the action steps and are noticing ways that it is being delivered and how things are seemingly falling into place around you, you then come to another extremely important step.

This is also an allowing stage; not trying to force an outcome the way you think it should or should not be.

Not going back and changing your mind or being concerned as to whether you really deserve it. We have already dealt with this in the earlier stages of the process.

You know it is something you want to Be, Do or Have; you have owned it so it is yours.

You have done your part, now just get out of the way and let it come about in the easiest possible way. You will be surprised at how the easiest way turns out to be the best way and you may be totally amazed at the outcome.

Like in a restaurant once you have placed your order you do not keep calling the waiter back to change your order, or go into the kitchen to check on how it is being prepared.

You just know that what you have ordered will be delivered.

Unlike in a restaurant where you pay for your meal when you have finished it and before you leave the restaurant, in life you need to be willing to first pay the price and take the required action steps and then what you have ordered will be delivered.

When all this has taken place the next step is to be thankful for the fulfilment of what it is you ordered.

**“Wow”!**

Have an Attitude of Gratitude – Give Thanks for its Completion in Divine Order.

When we give thanks for what we have, we will then have more to give thanks for.



Having an attitude of gratitude is extremely important for our ongoing success in life. As we have gratitude for everything that comes our way, yes I mean everything, even what we may think at the time is something bad, when we look back at it later we will always be able to see some blessing in it and be thankful for being given the chance to experience whatever situation it may have been.

As we share with others, in a state of love and gratitude, of what we have, we will be given more of what we have given away to enable us to continue to share.

## In Conclusion

Now that you know achieving your Goals from the Soul is EASYNOW, you can continue with it as a process until it becomes a habit, then you will be able to go through each step automatically once the desire for an outcome has been given to you.

Let your Soul be the guiding force on your life's journey. Let it show you the road to choose as you travel to each of the destinations the journey you have set out before you.

As I write these concluding words, I can see I have also worked through this process to produce the book you are now able to enjoy.

I was first given the inspiration.

I then had a picture in my mind of the completed book. I set out the topics to be included in it and just allowed the inspiration to flow to me as I was writing.

When ever I tried to force myself to write I could not produce any results, but when I allowed myself to be aware of the easy flow from my Soul I was able to manifest my desired outcome. I find that by initially writing out with pen and paper what comes to me, I am much more able to allow the free flow of the information as is being given to me.

I owned it as something that was given to me; it was mine to pass on to you.

I noticed how the process came together, and was being open to the inspiration from those I was put in contact with in various ways. I would like to thank them for their combined love and inspiration. They know who they are, as they are a continual source of inspiration to all whom they come in contact with.

I am now in a state of love and gratitude for its completion and pass on this sense of love and gratitude so as you are blessed by what I have written for you.

Thank you that I can share this with you from my heart, passing on to you Love Light and much Abundance in every empowering way.

Terrance Fullerton