

# Understanding YOURSELF

## A Simple And Effective Way To Achieve Your Goals

(NAPSA)—Socrates, the ancient Greek philosopher, had it right when he said “Know thyself.” So did author and publisher Bianca Guerra, whose goal is to help people heal and grow through self-awareness. Guerra believes that all people have the power inside to heal themselves and to use their energies for good in the world.

In her latest book, “The 8 Steps to Manifestation” (Living Life Publishing), Guerra offers a simple and effective way to achieve life goals. Her guide helps people to live consciously and responsibly for their decisions and action in their lives. It touches on every area of life, including health and wellness, relationships and careers.

The guide gives readers sample exercises in each of the eight manifestations, including:

**Step 1: Desire**—List your innermost desires in order of preference and rate them on a scale of 1-10. The stronger the desires, the most likely you will create them.

**Step 2: Thought**—Write a step-by-step plan for how to manifest your desires. Write a blueprint for your new life.

**Step 3: Verbal Proclamation**—Once you’ve visualized what it is you want to create, write it down on paper. Speak to your friends and family about it.

**Step 4: Belief**—Believe in your desire and in the fact that you deserve it. List any doubts you may have about not creating it.

**Step 5: Receiving**—Describe what feminine receptivity means for you. What are your opinions on



© 2006 Andrew Weeks

**In a simple and effective way to achieve life goals, readers are led on a journey of discovery.**

the weaknesses and strengths of this quality? List situations where you have successfully used your feminine intuition.

**Step 6: Grounding Into The Physical**—Describe the root system of your life. List the things you have physically done to help manifest your desires. List those individuals who will be there to share in your harvest.

**Step 7: Letting Go**—Express any concerns you may have about letting go. Describe a situation you were in where you had no option but to let go and the results were positive.

**Step 8: Gratitude**—Make a list of those to whom you are grateful. Express what it feels like to give gratitude.

Guerra’s goal is to help people journey into their soul’s desires, a process that she feels can be one of the most eye-opening and transforming of life’s journeys.

To learn more, visit [www.biancaproductions.com](http://www.biancaproductions.com).