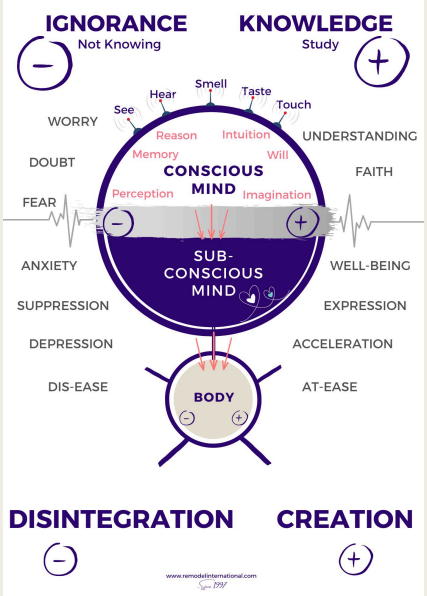
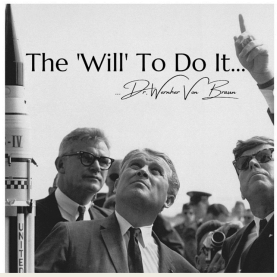
Paradigms Part 3: Understanding, Faith & Well-Being

Faith based on understanding can move mountains.





· Understanding ·



WHAT YOU NEED TO KNOW

- Self Awareness is the 'Goal' of Personal Development
- Self Awareness leads to a greater understanding of yourself and others
- The opposite of doubt and worry isn't confidence - it's **understanding.**
- Understanding leads to faith - not blind faith, but faith based on knowing how things actually work.
- Faith produces a sense of well-being.
- What does 'Well-being' mean to you?
- When you express well-being, the Universe responds by sending back the same kind of energy.
- Once that cycle is running, you become genuinely creative.

> *Lorrie A. MacGilvray: 'The room for personal growth is the largest room in the world.'*