# A Goal in the Desert

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[](http://uniquepathways.websitehabitat.com/wp-content/uploads/sites/21/2012/05/Israel-2012-246cabin.jpg)      After recently touring Israel for a week, it was time to realize that the pounds I put on from extraordinary food, had to come off, or at least put under some control.  Discipline with food on vacations is not a strong suit of mine. I was staying at a goat farm in the Negev Desert just south of Beer Sheva, the holy city of seven wells referred to in the Bible.  Along the road were many Bedouin compounds and then Chavart Naot, the complex of cinder block stucco cabins, a fenced in goat corral, milking apparatus, a restaurant and several buildings for pasteurizing milk, cheese and yogurt. The cabin I stayed in made of cinder block was situated overlooking ragged mountains and a wadi along side.  Nothing but a stone colored environment...not a green stick.  A very barren sight.  The second day there, I  got up early in the morning to venture out along the path that led into the mountain.  **My goal**: **Lose weight or at least cut down somewhat to allow for more delectable eating orgies**.   [](http://uniquepathways.websitehabitat.com/wp-content/uploads/sites/21/2012/05/Israel-2012-251path.jpg)I had several choices of where to walk.  The desert breeze was just right as I plotted my *unique pathway*. As I waked up a hill covered with jagged rocks, I observed the extreme quietness and the hot sun beginning to parch the earth, but the breeze allowed me to move onward and upward, I might add. In order not to trip on any rocks or crevices, I looked downward as I proceeded to pick up speed to increase my heart rate toward my proposed goal. Noticing something unusual on the ground, I back tracked and found a snail shell just next to a desert plant.  I picked it up engaging my legs and abdomen.  (I might as well use this as an exercise, I  thought.)   [](http://uniquepathways.websitehabitat.com/wp-content/uploads/sites/21/2012/05/Israel-2012-2492.jpg)How was it that a snail shell found its way to the desert?  Then I came upon several more.  As I walked around looking for more shells, I found myself wandering away from the path I started on.  I soon became present to the fact that I had lost focus on my original goal, and I was experiencing new discoveries along the way. *When we set goals, how often do we veer off from our original path?  However, the side roads can give us more experiences that can enhance our journey toward our ultimate goal provided that we use these discoveries beneficially*. I  now had new thoughts and experiences to add to my goal of losing weight.  Being out in the desert breeze with no one around, with nary a sound except for a few bird calls, became a spiritual experience.  This told me that exercising the body is what I started out to do: exercising the mind and spirit made me feel whole. *The total experience gave me time to get in touch with my senses and to think of creating goals with the possibility of creating more benefits for me to address as I take action toward completing the goals originally proposed*.