

A Brief Exploration of Human Desire



When we consider the many facets of desire, we can see just how complex they can be and how they also can act as a driving force behind the actions we take or do not take, in our lives towards that which we want most. Why we desire things can vary

from person to person and some of us might only consider our desires to be those naughty things we'd perhaps like to try in the bedroom someday. But desires go way beyond the bedroom and if truly pursued can seriously change your life in some majorly positive ways.

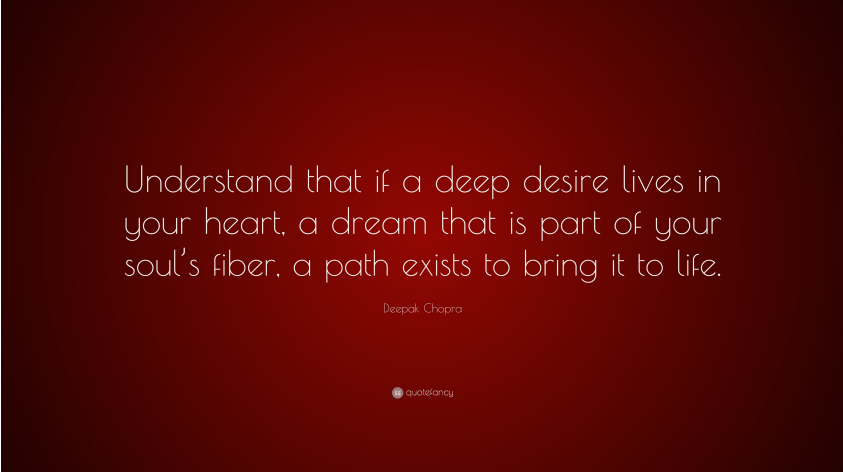
Now, it's important to understand the difference between desire and infatuation. Infatuation is simply entertaining that part of us that thinks we are not good enough and so we project our insecurity onto someone else whom we've convinced ourselves is the epitome of all we'd like ourselves to be. When we are following that kind of energy, it's coming directly from the ego, not from heart or Spirit and can often leave us feeling even more insecure as we form beliefs we must always be comparing ourselves to others, or living up to some proverbial expectation of perfection we've created in our minds.

Desire, TRUE desire comes from the lower chakras and you can feel pulling from deep in your Soul when you get that "gut" feeling that something was definitely meant for you. When you love doing something so much it just brings you immeasurable joy when you connect to in a loving, creative space. Desire,

while it resonates with yearning and longing, is an outward expression of being open to connecting. It is not reaching from a place of need but from a place of curious anticipation for the raw experience.

When we are following our desires for the first time, it can be quite exciting! If we've lived a mostly reserved life where we always quieted that voice wanting us to take certain chances and risks when it came to love, work, etc. then the first time is something you will always remember. And yes I totally meant for that to sound cliché lol because it seriously can be as exciting as your "first time". Your adrenaline is rushing through your veins; you're in an almost altered state of bliss where time stops and nothing else exists but the moment...

Desires come from the various structures of life (love, finances, spiritual growth, health, etc.) and can look quite different depending on their area of origin. I think it's safe to say that most of us would like to think that we are giving all areas the equal attention it deserves, but where our lives feel "out of balance" can give us the most clues as to where in our lives we are NOT following our desires.



Understand that if a deep desire lives in your heart, a dream that is part of your soul's fiber, a path exists to bring it to life.

Deepak Chopra

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You might think it's impossible to have harmony in each area of your life simultaneously, however, once you begin to act on your desires, which some people may even call "following your dreams" in certain circumstances, you will begin to see how

the Universe actually *strives* to be in balance, and since you are a sliver of the Universe itself, your life is not excluded from this divine infinite intention.

The key is surrendering to the call of your heart. Tuning in to the call is a matter of learning how you receive information. Some people feel warmth or cold, some hear actual words or frequencies, while others see colors or visions in their minds. It's all a matter of being willing to ASK, and then perhaps the most difficult part; stepping back and letting go of "the how".

Instead simply trusting that you will get your answer, however, you **MUST** be clear when you are asking questions as there are no such things as cosmic innuendos or subtleties. You must be as clear and concise as possible and you will receive just as clear and concise answers. From where? The answers you seek always come from within you; it's just a matter of how you connect with your Higher Self that determines how they are then communicated to your waking consciousness and even your Sub-conscious mind.

"Inspire Desire!" □

Acting on these feelings, words, visions that you receive will only allow your connection to gain strength and this will ultimately allow you to trust yourself in a way that gives you the confidence to shine and share your gifts with the world. You may even be inspired to teach or coach others to do the same because it just feels so good to live authentically!



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