

BEING HUMAN SERIES: *Desire* (II)

→ Heggen, "Judson"
 "Mary Magdalene Revealed"
 → Teal Swan
 "The Great Spiritual Awakening"

ATTAIN BY ACTION

if you fail to attain this goal it leads to pain = CONDITIONAL

- serious attachment to an outcome
- a vision of what attaining your wish will look like
- clinging to an outcome

WANTING SOMETHING

- BUILD A RELATIONSHIP WITH DESIRES
- DISCERN WHY THIS DESIRE RAISES UP
- DESIRE BOTH APPEALS BY OBSERVING, FREE WILL DECISIONS

IMPLIES THE LACK OF IT

Goals leading to happiness fulfillment wholeness.

SURRENDER + LET GO / ACCEPTANCE

• being human is to have desire
 • it is not inaction

→ the desire to letting go = also a desire = it is a lack

DESIRE

... through the paradox of CONDITIONS
 - the chase of happiness
 - the resistance to a planned outcome, the IF... THEN...

makes the pain + discomfort

If I can't have ... then I'll never be happy.
 If I don't reach ... then I'll never be whole.
 If I don't get ... then I'll never feel good again.

RESISTANCE to feel emotions, thoughts, feelings in the body

ADVENTURE TO THE NOW (what life presents to you at any given time)

IT'S ABOUT BALANCE OF ACTIVE MANIFESTATION

they are CONSCIOUSLY CONTINUOUSLY to each other

they don't stay alone

with what we desire, feelings, actions

... as a means to

- INNER DRIVE
- DETECTION
- EXPANSION
- MANIFESTATION
- MOVING ONWARDS

EXERCISE A CONSTANT WORK IN PROGRESS TO BE ENJOYED

- take 2 hours for yourself this week
- make up a detailed plan on how to spend your time
- take your journal with you + execute the plan NOT AT ALL

- do everything completely differently than planned
- what happened?
- how did you feel?
- will you repeat this experience?

It's about building a relationship to actively align yourself with your desire - ACTIONS to work through, to express, to appreciate that

There is no CONDITION to your happiness/desire. It's already there to be discovered + uncovered.

There's wisdom to observe when you are while consistently making choices which experiences require - that's when you'll become through FREE WILL.

EXERCISE "THE WHY" by TARA SWART

TAKE ONE DECISION YOU HAVE TO TAKE

- 5 deep breaths both hands on forehead + ask "Is this what I really want + why, logically?" → write down
- 5 deep breaths both hands on heart + ask "Is this what I really want + why, emotionally?" → write down
- 5 deep breaths both hands on stomach + ask "Is this what I really want + why, intuitively?" → write down

Appreciate what comes up, what manifested + choose FREE WILL to thrive PRACTICE APPRECIATE THE NOW

observe 'surrender', let go of the desire + the plan/picture you made up + work the exact the feelings that come up, transmute / transform and evolve

your reaction to what happens given an accurate chance to look at your inner state

problems + hardships are the main ingredient to life because they create friction, work the energy, give rise to evolution + ultimately growth.

and the illusion of control and the consistency in life is CHANGE.