

# Journal 52 - 2018 with Effy Wild

## Week #35 - Desire



Desire is one of the most prevalent driving forces in my life. Everything that's happened for me (note that I'm not talking about the things that happened \*to\* me) began as a desire in my heart. Learning to teach. Recovering my ability to write. Finding this little apartment with its view of trees. Building better relationships with my children. The programs I create.

All began with desire.

I spent a lot of years just letting life happen to me, and because of this stance - this passive allowing and yielding to whatever life brought my way, I spent a lot of years feeling really unhappy and discontented.

I think I let this be my stance because when you allow yourself to want things, you put yourself in the position to be disappointed. We can talk ourselves into thinking that it is easier to want nothing at all. It's less risky. Desire has always been dangerous for me, and maybe you, too.

I used to say that I was happy just letting life do its thing, surrendering to the flow. I tried non-attachment. I tried expecting nothing. But this stance, and these attempts at surrender were a bypass of what was really going on, which was that I didn't trust life to deliver, and I didn't want to risk getting my heart

broken.

I got my heart broken anyway. Multiple times. And in time, I find myself responding by saying "Hey, Self? Either way, we're going to get our heart broken, so we might as well go big or go home."

Since then (about six or seven years ago now), I've taken a different stance. I've learned that wanting things and then taking action towards the attainment of those desires creates a greater likelihood that I will get at least SOME of what I want. And, sure, even when I was passively letting life happen to me, I got some things I didn't even dare whisper to myself that I wanted, but you know what? I don't get to take credit for those. There's no real sense of pride in what life just drops off at our doorsteps, no sense of real accomplishment or empowerment. Being an active participant in the process, letting desire lead me to taking whatever actions are necessary to invite in what I want has been much more satisfying. I get to be truly sovereign in my life. I get to take credit for what I create for myself by the power of my desire.

Dare to desire what you desire, and then go after it.

### PROMPT

What is your relationship with desire? Do you let yourself want what you want? Do you let yourself even know what you want?

### PONDER

What does your heart desire? How can you go after it?

### QUOTE

When a person really desires something, all the universe conspires to help that person to realize his dream. ~ Paulo Coelho

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