



*“Desire is a teacher. When we immerse ourselves in it without guilt, shame or clinging, it can show us something special about our minds that allows us to embrace life fully.”*

Mark Epstein, Open to Desire

# LOOK DESIRE IN THE EYE

IF YOU DON'T KNOW YOU'RE TRUE DESIRES YOU ARE BY DEFINITION AIMLESS. SKY IS THE LIMIT FOR THIS PRACTICE. THIS IS A VISUALIZATION PRACTICE. REMOVE LIMITATIONS BY OPENING UP POSSIBILITIES.



This may seem childish, however studies reveal the importance of visualizing and writing down what you want in life. This is empowering. Move beyond limiting beliefs and realize how you want to feel in life.



Desire can be bittersweet. It can hurt because it has a sense of longing to it... mixed with the pain of not having what we want right now. It may remind us of an ache of lack or emptiness, of disappointment. Yet, desire is sacred... a sense of hope for possibility, an expansive excitement. Let's explore your relationship with desire.

## STEP 1: EXPLORE YOUR RELATIONSHIP WITH DESIRE

What does desire mean to you?

What does desire and exploring possibilities in your life feel like?

What benefits has desire brought you in the past?

How has desire brought you suffering or pain?

What character or animal reminds you of the power of desire (write first one you think of)?

If you were to look desire in the eye and say anything, what would it be?

Are you willing to allow desire to be messy, fragile, childish, magical, irrational, or whatever else it wants to be?

What is the difference between greed and desire, from your perspective?

Do you forgive desire for the suffering it has caused you?

How can you lovingly "parent," and guide "desire" to give it the support and nurturance it needs to grow and create?

## STEP 2: IF YOU HAD A WIZARD'S MAGIC WAND... VISUALIZE AND IMAGINE THIS ALL

Close your eyes and visualize: where would you live, near a lake, ocean, forest, big city, desert, small town, etc.? What does your house look like? What colors, décor, surround you? Be specific. Include senses.

**DO NOT LIMIT YOUR DREAMS RIGHT NOW WITH FACTS, LIMITATIONS, FEARS, ETC.  
SPLURGE ON IMAGINATION!**

How does this home feel?

Who are you with? Children running around? Pets? Friends? Enjoying solitude? What is your purpose, career? Are you with a partner? Describe physical features, personality.

How does this all FEEL?

### STEP 3: IMAGINE YOURSELF IN THIS SETTING AND EXPLORE HOW THIS FEELS

Can you feel this way now, even for just this moment? Close your eyes and allow it for as long as you can.

What is getting in the way of feeling this way now? List any thoughts or fears in the way.

Visualize these thoughts and fears as a scared child version of yourself. Hug your child-self and let her know everything is ok. Explain gently that it is ok to explore and realize desires and wishes.

How does your child-self respond? Do you feel a sense of trust? What feelings and thoughts arouse?

What has gotten in the way of feeling how you want to feel in the past?

What has gotten in the way of getting what you desire?

How can you guide and give clear direction to your desires so you may enjoy the ride along the way to realizing dreams?

### STEP 4: LIST AS MANY DESIRES, GOALS, WANTS, AND NEEDS AS YOU WOULD LIKE

*Your feelings and desires are driving you... whether you like it or not...  
so guide them and give them clear directions.*

*“Everything we do is driven by the desire to feel a certain way.  
Behind every desire is a feeling.  
Feelings are magnetic. Each feeling is a beacon that attracts a reality.”*

Danielle Laporte, The Desire Map