

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “Desire”. Desire...our dreams in a picture perfect package. Desire...the recognition and realization of collaborative “fractures” of our psyche by externally attributing our answers, our soul food to some apparent outside force, energy, person or thing. We innately recognize a select pattern of energy will give us a particular balance or pivot point to move forth from. Is this good for us? Well, ultimately, yes. Is it healthy for us within the immediate context of our lives? Is it pain free? Not necessarily. Will we “grow” from the realization of our desires? Why, yes we will. Some of us will experience “growing” pains. Some of us will only go forward “kicking and screaming” the entire way, yet there are others for whom life seems easy, even blessed. Remember, through our desires we will come to understand that balance can only come from within, yet we choose to engage with the world around us for the mere enjoyment. And here is the key. If our desire brings joy to our souls, then it will move us forward in our momentum. However, if our desire repeatedly draws us toward a painful response, then perhaps we should more readily learn that our desires are based on what *we perceive we need* to be whole. The universe will deliver that which it is we really need to support health and balance in our bodies and spirit. And here is where it is important to be clear with ourselves about “who” we are and “where” we are going and “why”. When we can be clear, really clear, with ourselves as to the aspects of our whole perception of “our self”, then we will be in alignment with what is good for our higher self. And if we know this, we will trust that what we receive from the universe is in answer to our needs. Then we will be able to be clearer in our delivery of directions, our intentions, to the universe because in that trust we find another part of ourselves that we can now be clear about. In this clarity we also have a better perception of what it is we don't *really* need that is cluttering or fracturing our pure perception of ourselves whole and complete, in and of ourselves.

Desire. We all desire some thing or some one in or out of our lives. We desire good food, to be loved, lots of money, etc. As a collective, a society, our list of desires is huge! So first, let us point to a few different degrees of desire. There is the all-out “give me, give me” approach. We have got to have everything, every time. There is also a more disciplined, knowing approach where we understand a bit better what our true needs are and our list of desires begins to dwindle in length. Yet, there is another degree of desire. It is the desire of non-desiring; to desire to not desire...is to still desire. The point of true non-desire can be found somewhere between these two points of desire as desire and non-desire are just different degrees of perceived completeness.

Desire. What is it we expect to get from this particular perceived gain, this desire? Physical pleasure, for sure, is the most sought after desire. The pleasure we experience from a range of enjoyable experiences from good food to a fabulous endorphin response from a great hike to that received through the touch of a loving hand is a beautiful thing. To desire to feel happy and healthy is an okay thing. It puts us on the right train of thought. Desire alone is not enough though. And here is the perceived “catch” to desire. To “be” some thing we need to be it, not desire it, for as long as we desire we are considering that aspect which we desire as external to us. And we can not be complete if something is perceived as external to ourselves. If we are spending all of our energy desiring some thing or person to be or not be in our lives, then we aren't really being balanced in who we really are; right here, right now. And if we aren't clear with that aspect, as mentioned above, then we can not be clear to the universe our true needs and then will not perceive our full return of momentum. To receive our full return on momentum of energy we must not only desire a thing or person, we must show intent and action to the universe. Our desires must be transmuted to action for a universal collaboration to occur, for us to get our wish, for our desires to be gained.

So, does this mean to not desire that which we would think we would want in our lives? Of course not! It is only being suggested we look really close at our desires and honestly determine if “this desire” is something or someone we would really want in our energy field. Honestly assess if this is good for our higher self, our best growth. I am the first to admit; I want what I want when I want it. I am also willing to say I don't always get it. Yet, sometimes I do. However, in that 20/20 hindsight we seem to acquire over time, I know I received what I needed for my higher self to grow. So, now I'm off to desire non-attachment to my desires of non-attachment. A previous teacher of mine used to say, “If you don't have room for elephants in your home, don't make friends with elephant trainers.” It is sound advice.