

Six Exercises to Uncover What You Desire

By Andrea Hylan



What You Love by Lira

Do what you love

What you do

What you love

Do what you love

Spend more of your time

Doing what you love

Why compromise

Spending all your hours

Doing what you don't like

Oh what drains your mind

Is the lack of love

Do what you love

Put some joy in your life

You can take the time to do what you love

Do what you love

Put some heart in the hours of your life

And do what you love

Do what you love

What you do

What you love

~Lira

Exercise One:

Desire List: Make a list of 100 desires

Qualities you want to experience: Freedom, connection, personal power, love, joy

Things you want to experience: A home, a relationship, travel, good health, friends, a business.

A desire list helps point your arrow in a specific location. It helps you get clarity around what you really want. This is a working, fluid document. Not a one-time list that you put away in a drawer. I recommend you look at it every week or every month. Keep it visible.

1. Create a word document or write on a pad of paper, 100 desires. You may begin with 5-10 desires and keep adding to it. Desires can be things you are already doing. For example, "I desire to walk for 15 minutes every day." "I desire to go to the beach." I recently put "I have a desire to get a haircut," because it had been 18 months since I had a haircut because of the pandemic. Getting a haircut was a goal. It was a desire and there were details and action. My stylist moved to another state. I also liked having long hair and I wanted something simple to make it fresh. So, I tuned into my desire for a month and began to notice the places around me that were open for haircuts. One day, I walked into a salon and they had an appointment available that day. The timing was perfect.

The goal when writing your desires is to keep uncovering deeper desires, hidden desires, and even things you are afraid to admit. Begin with a free flow and keep the list handy so you can keep adding to it until you reach 100.

Read through the list on a regular basis and add in specific details of what you desire: Numbers, Money, Time, Location and Feelings.

The example of my haircut is that once I put it on the list, I continued to work with it like a ball of clay. What did I want? How did I want to feel?

2. As you write or re-read your desires, notice where you have resistance. Are you procrastinating? Or is the timing not right? You don't have to live your whole life this month, this year, but notice where you have conditions on that desire. Do you have fear? Doubt? Discouragement? Do you have thoughts like, "that could never happen." Is that true? Or are you focused on, not knowing how to make it happen? Stay with the questions and see what emerges.

3. Why this desire? Did this arise from your intuition? Is it something you saw on television or in an advertisement? Is it a family expectation? Tune into the origin of your desire and decide to leave it on the list or edit it or remove it.

(Another exercise can be making a list of Fears. A Fear Inventory. Sometimes fears uncover a desire. Just like jealousy uncovers desire. If you have jealousy or envy, look underneath for what you truly desire. Write down your fears, then speak them out loud and rip up the list. If you have a trusted friend who can listen, read it to them. Ask them to listen and at the end, ask them to say something like, "Thank you for sharing." Do not discuss the fears. Write them down. Read them out loud, Rip them up. If you do not have someone trusted who can listen and let them go, read them out loud to yourself while looking in the mirror. Then, let them go by ripping them up and recycling the list.)

Exercise Two:

Desire Timeline: Building Belief

One of the ways to increase your belief in your desires is with a desire timeline. This is where you write a list of magical things that have happened in your life. It could have been a low point when a resource, tool or person comes into your life. It could have been a synchronistic meeting. Right time. Right place.

Create a list with dates then organize it in chronological order so that you see a progression of events in your life.

If you don't have anything recent, turn up your awareness this week and notice the simple magic around you. Finding money in a pocket. Someone offering to do something for you. A message on a billboard or license plate like, "Miracles Happen." Add those things to your magic list to remind yourself that miracles are natural, and they come in all sizes.

A 30-minute audio meditation with details about Desire List and Desire Timeline.

(Originally recorded for a course called Carving the New Path)

Replay Page:

<https://InstantTeleseminar.com/Events/77030697>

Exercise Three:

Awaken Desire exercise:

This a simple exercise to help you loosen up and tune into desires.

Playing with the energy of a desire.

1. Choose a desire: a bowl of ice cream, a trip you want to take, a house you want to buy. Anything of your choosing.
2. Imagine details of how being with this desire feels. For example, you could imagine the sweet, coolness and crunchiness of peppermint stick ice cream. Or imagine going on a trip, boarding the plane, landing in the location, the sights, sounds and smells. Tune into the sensations in your body of your desire. Feel it in your body.
3. For 1 minute, 5 minutes, 10 minutes...feel the desire with all of the sensations and say or think the word YES! Over and over and over for the entire time. You can set a timer or flow.

Notice the emotions that come up as you let yourself say yes. and play with going up to a higher frequency of emotion. For example, if you feel grief, see if you can tap into anger.

An example is to use The Emotional Guidance Scale described by Abraham-Hicks:

1. Joy/Appreciation/Empowerment/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelmed
12. Disappointment

13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Desperation/Despair/Powerlessness

A tip: When you begin to connect with your desires, there may be memories of pain that surface. It is important to acknowledge them. And at the same time, we are not going to give them a big voice. Let's acknowledge what came up, give it a voice and declare that it no longer has power over you. It is a story that is woven into the tapestry of a rich life and it helped you get clear on what you didn't want and what you do want now.

Exercise Four:

Awaken Curiosity and Wonder

Children are born with a natural curiosity and wonder. You can see it when they lay on their backs and look at their fingers and toes. Learning to walk is explored by grabbing onto furniture then venturing out alone and falling down over and over until mastering it!

1. Using wonder and curiosity as a guide, ask some questions:

*What did you like to do as a child?

*What was the life you imagined or dreamed of as a child?

2. Look at some photos from when you were a child. What do you see and notice about yourself? (If you do not have childhood photos, look at photos of children who look like you.)

3. Ignite your childhood memories with crayons and paper or coloring books. Lay on the floor and color with your non-dominant hand. Lay on your back and look up at the ceiling.

4. Play games from your childhood: Jacks, a board game, or another simple toy.

Exercise Five:

Activate the Teenager

Just as a 2-year-old begins to assert her independence, the teenager challenges the world around her. It is a time of exerting freedom, rebellion, and learning to push the limits. To leave the family and go into the world, the teenager individuates.

1. Ask the teenager in you some questions:

*What was the life you imagined or dreamed of as a teenager?

*How did you rebel and test the limits?

*How are you different, individuated, from your family?

*How does your teenager-self want to express herself now?

2. Make a playlist for yourself. Include songs from when you were a teenager. Sing and dance.

3. Go on a field trip with your teenager self. Where does she want to go? What does she want to explore? What is her desire?

Exercise Six:

Tap into the Unlimited Possibility of the Young Adult

Adult-wisdom - purpose - passion - shift in perspective - allowing an enfolding

1. Ask yourself questions about your young adult self:

*What was the life you imagined or dreamed of as a young adult?

*Is that the life you are living now?

*What changed?

*Is there something you want to reignite?

2. Think about a current challenge or focus in your life. Look at it with fresh eyes. Begin to ask yourself if there is another way to view this. Shift your perspective.

3. Make a list of things you want to learn. A new language. Playing an instrument. Salsa Dancing. Choose one and explore resources and tools that would support you.

“Once I knew that I wanted to be an artist, I had made myself into one. I did not understand that wanting doesn't always lead to action. Many of the women had been raised without the sense that they could mold and shape their own lives, and so, wanting to be an artist (but without the ability to realize their wants) was, for some of them, only an idle fantasy, like wanting to go to the moon.” ~ Judy Chicago

I dream my painting and I paint my dream. ~Van Gogh

To work with Andrea individually and to discover her current programs and Incubators go to www.andreahylen.com