

CRAVE

What might your cravings/desires be trying to say?

“Desire awareness” is a gift we can give to ourself. When we look at what is underlying what we truly desire we can begin to let go of using desires as an escape. We can let go of what we think we are supposed to be or do and let ourselves feel into our desires on the soul level. We begin to discover that what we want is all *feelings-based* and we have simply perceived we desire something externally when really we are seeking to fulfill a desired feeling which is internal. Once we recognize the this truth we can begin to feel the desired feeling that is already within us.

Step One: Take some time to analyze your desires to see what desired feeling is underneath. Here are some possible examples.

When you desire

You may want to feel

Money/wealth	Content/satisfied/successful
To be desired	Sexy/self assured/confident
To see the world	Deeply connected to life
For romance	Appreciated
To fulfill ambitions	Satisfied
To help others	At peace/
To get fit	Capable and strong
To be the best/better than	Seen and recognized as worthy
To own more material things	Valued and worthy
To be popular/renowned	Appreciated
To be included	Safe
Food/substances/alcohol/drugs	Comfort/security/love *also stem from nutrient deficiencies
To be respected	Worthy

Step Two: Remember a time when you felt these feelings. Really feel into the memory of that time. Is it as if you are there? Can you feel that feeling as if you had conjured it? You have. You can manufacture a desired feeling state because it is all in your mind. You can learn to *choose* your desired feelings. Feelings are not facts they are messengers. They should be understood and honoured. Then they will not have power over you but become simply part of the dance of life.