

# What we are wanting (a guided meditation)

As we begin, I invite you to take a slow deep breath.

It's so rare in this culture to take moment just to take a slow deep breath, I think we should take another one.

Today's meditation is about bringing our awareness to the things that we are wanting.

It is not so we can make ourselves feel bad or feel less than or not enough...

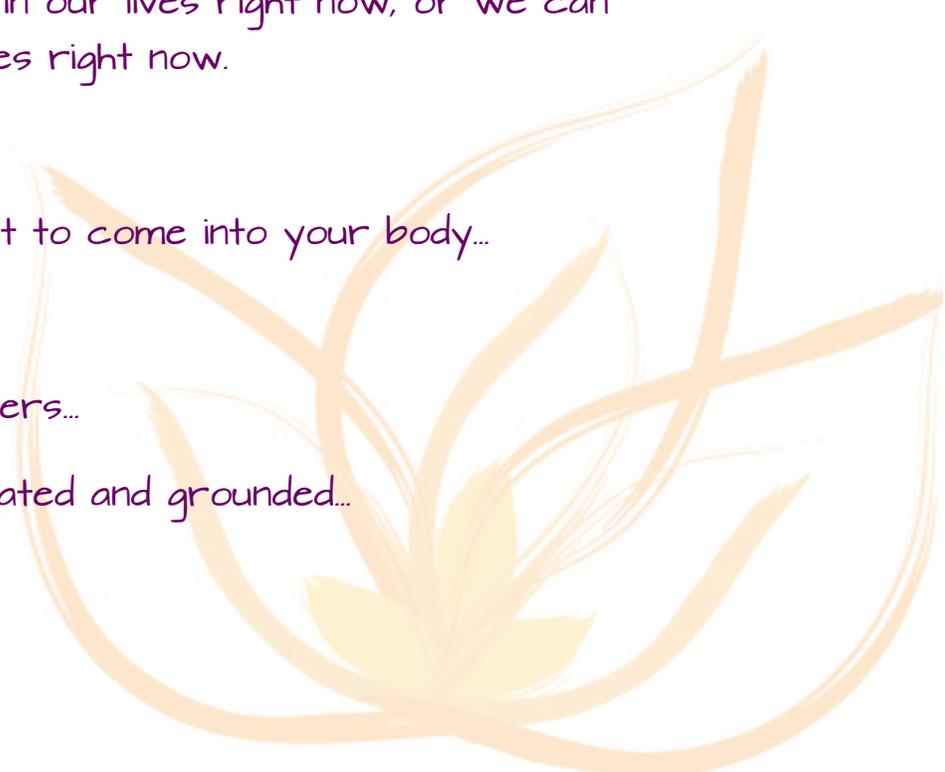
it's so that we can start to identify whether there are pieces of the things that we are wanting that we can actually manifest in our lives right now, or we can magnify in our lives right now.

So take a moment to come into your body...

wiggle your toes...

move your shoulders...

feel your self seated and grounded...



feel your breath move into your body  
and just as gently feeling it move back out

Start to imagine something it is that you are wanting

Are you wanting more money?

Are you wanting more time?

Are you wanting more energy?

"Ok, so I want more energy, if I had more energy then I could..."

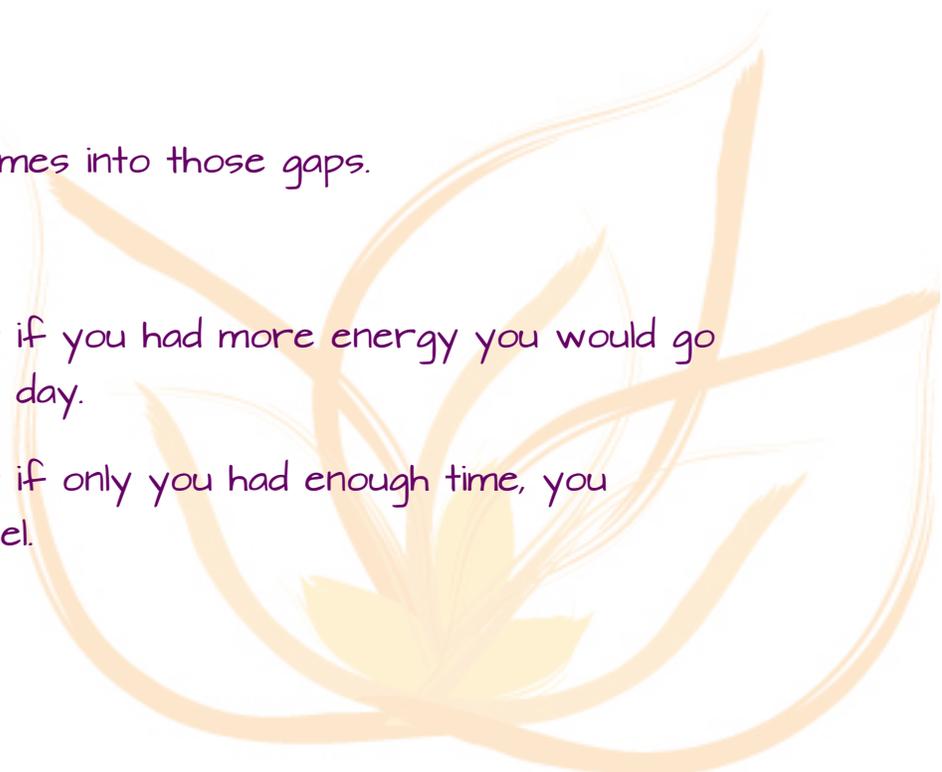
"If only I had more energy then I would..."

"If only I had more energy my life would be different because..."

...and see what comes into those gaps.

You may find that if you had more energy you would go for a walk every day.

You may find that if only you had enough time, you would start a novel.



If only you had enough money, then all of your problems would be solved.

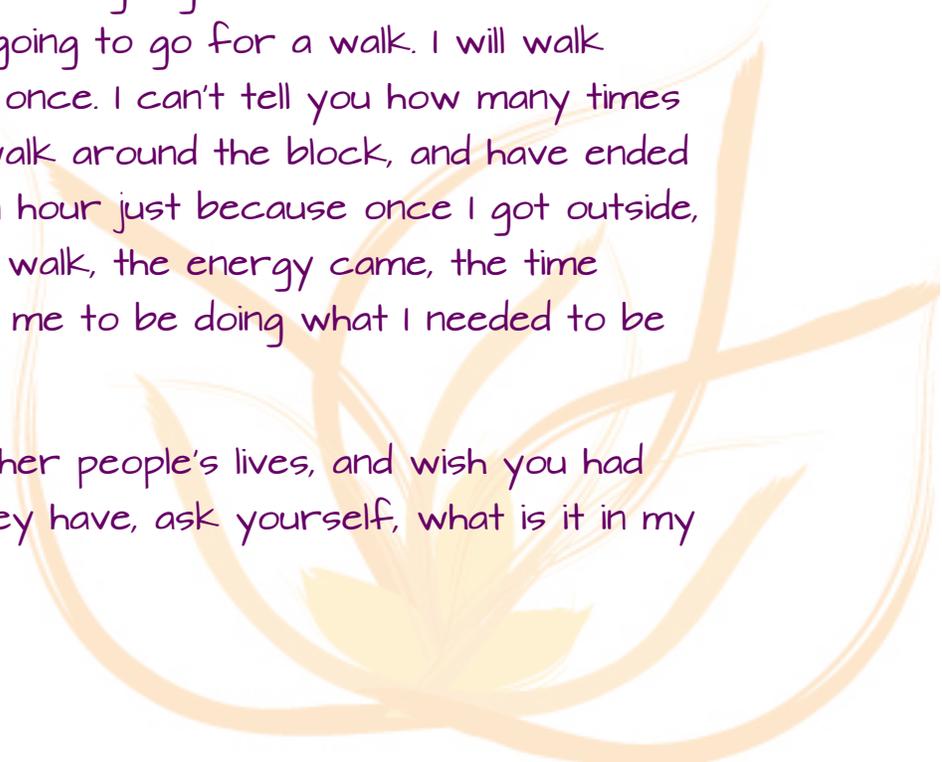
But the truth of it is, there are things in our lives in this moment, there're opportunities in our lives in this moment, that if we increase our attention on those things, we can increase our experience of those same qualities that we are hoping so much to have if only we had more time, more money, more energy.

Focusing on things in our lives right now does not solve all of our problems, it does not help us pay the bills necessarily, but what it does do is help us feel as if we are living a richer existence.

Because what if I said to myself, "if only I had more energy, I would go for a walk everyday"

but today I decide I am going to act as if I have more energy, and I am going to go for a walk. I will walk around the block once. I can't tell you how many times I've gone out to walk around the block, and have ended up walking for an hour just because once I got outside, once I started to walk, the energy came, the time expanded to allow me to be doing what I needed to be doing.

As you look at other people's lives, and wish you had something that they have, ask yourself, what is it in my



life right now that I can focus on and expand that will help me feel I have more of the experience that I am imagining that this other person has?

The practice here is not to set impossible goals.

In fact, it is the exact opposite.

The practice here is to say, here in my life I have some time, I have some energy, I have some resources, how can I best put these to use to create the kind of life, to create the kind of feeling in my soul, in my heart, in my self, in my body that is what I truly desire?

As we close, remember the lessons of this kind of awareness...

Instead of saying, all that I want is out there and unattainable,

ask yourself what would change if you believed that many of the things you want may already exist in your life and just want a little more of your attention.

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This meditation was originally recorded by Kate Johnson (that's me!) for [seekyourcourse.com](http://seekyourcourse.com)



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