

What we are wanting

This post is about the power of wanting.

Envy, longing and nostalgia, I hear you, O teachers

Envy, you teach me about the things I am wanting that I think someone else has - a thing, an emotion, an experience, a capability, a possibility...

Longing, you teach me about the future, what I want to be reaching toward...

Nostalgia, oh bittersweet history, you teach me about something or some things lost...

Listening

As we listen to the deeper messages, feeling our way past the sharp sting or ache, what if we asked ourselves, as I am feeling myself longing, feeling myself wanting, what is underneath? What am I feeling I am missing?

It could be energetic, like lightness, openness, willingness, resonance

It could be material, like softness, richness, fullness

It could be emotional, like satisfaction, happiness, peace

Digging Down

Then what if we allowed ourselves the gift of digging deeper....what if we looked into the nooks and crannies of our lives to see what we can bring forward and magnify to help us feel more of what we crave...

How can we find more of what you are wanting in what we have now? What small adjustments can we make in our perception or rhythm that can help us magnify the experience of these qualities in this moment? What steps can we take right now to bring more of these qualities into our current lives?

Giving Ourselves What We Want

(Some of this is about permission, isn't it? Giving ourselves permission to have what we are wanting?)

Maybe we crave a sense of openness: Sit up a little taller, maybe, and create some room in our spines for energy to flow.

Craving energy? Swing your arms just a little more when you walk.

Craving comfort? Cozy up with a book.

Craving sensuality? Let a square of chocolate melt on your tongue and pay attention the whole, entire time.

Craving leisure? Spend an hour browsing in a bookstore, feel the pages, smell the ink. Have a really good cup of coffee.

Craving Self Care? Massage your own feet. Use lotion. Listen to music. Stop whatever it is you are doing as the sun goes down and take a few moments to truly notice the sky.

Wanting can be a great teacher—letting us know what we want more of in our lives helps us navigate and choose. But we need to give ourselves permission to receive, to magnify, to attend. We need to allow ourselves to be worth the effort. And you know what? Once you give yourself permission, you may find that some of these things were right there the whole time, just waiting to be invited into your awareness.

In the spirit of learning from what we are wanting, I offer this short (5 minute), guided meditation. Audio file and transcript follow.

Your heart is listening.



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