

Rebooting Your Desires

Your Desires

Your desires help create your life. You desire something, then become emotionally involved in that desire, and experience the results of that desire in your physical reality.

What is important to understand to utilize the power of your desires for the most benefit is that they are different than just a "want" and the results you experience are based upon not just your desire, but your belief in it being possible as well.

Wants vs Desires

You may not realize that a "want" is different than a "desire." The two seem interchangeable but really they are not. Although you may want something you desire, the energy that fuels the creation for each is different.

One is more of a thought of experiencing something, generally because of programmed beliefs that are not always yours and is more of a passing fancy that you may or may not really be invested in having it happen. The other is emotionally based and has some pure connection to your emotions that are what give it the real power to become part of your experience in the physical.

A "want" is something you think about having for some reason. It may be that you think you want something because the world has indicated that having it will make you a better person. Or, you may think you want something because it sounds like a good or nice thing to have. Or, you may think that it will solve all your problems to have something so you want it to be that solution. You are not generally emotionally connected to a "want" because you think it is one of those reasons why having whatever it is that will make your life, or you, better by doing so. For example, all your life you may have thought that having a big house, a nice car and a high paying job are what you want because they will make you appear successful to yourself and the world. You are not emotionally connected to any of them, as you may actually be drawn to a smaller home with less clutter, the eco friendly car that gets really good gas mileage, and doing what you love because you love it, not for the money as the primary reason.

A "desire" is connected to your heart and emotions. It is something that makes you feel good when it comes to mind. With desires, you may start investing time looking into the details of your desire before you even know how it will show up for you. Desires are things and experiences that bring happiness and good feelings to you even before they are part of your life. Desires have a heartfelt reason behind them that stems from some connection for you to feeling good, not because someone or something else has indicated you 'should' want them. For example, you desire to travel to a specific location because it represents your ancestry and you want to create a connection for yourself to where you came from and who your family is. What drives the creation of the desire is not dependent upon what anyone else thinks, but only on why it makes you feel good. There is even sometimes a feeling of being pulled by your desire to see it come to fruition because you feel a connection to it so deeply.

Confused Desires

Even with the difference between "wants" and "desires," your desires can still be affected by what others have indicated as being best for you and your programmed belief system around that. Yes, you may desire to have a life partner and build a life with them, that is something you feel deeply within your heart and the thought of it feels good. But, how a life should be with another person, such as you get married, have kids, do the raising the family thing, work a steady, stable job then retire and that was your life, may not be your heart's desire in how it really could be for you. Maybe instead you want to travel the world with your partner, have careers that you love, not choose to have children, and live in exciting and different places. That isn't necessarily the norm that you were taught to "want" in your "desire" of having that relationship and life with a partner.

The "desire" that you have imagined, and felt in your heart, differs from what your belief system has come to understand, so it is actually a confused desire because it includes both aspects of what you believe it can be from what you have been conditioned and then from what your heart indicates is possible. It is the stronger of the two that will show up more in your reality. So, you have the life partner, you travel a little and then settle down and do the family thing. When you finally get to retirement age, although your life felt fulfilled, it wasn't how you had imagined it that lit you up the most when you began. That is because your desire was fed by conditioned beliefs that altered the true essence of what you imagined.

As you mature, many of your deepest desires include old beliefs that keep them being created from that place. Yes, they are heartfelt, to a degree, but you recognize that they don't quite have the feel good aspect that they could. They don't light you up with the passion you know you could have for them. And, there have been times that there was true passion in your desires, and they were different than most of the others you've had, and you know they truly felt different in their making.

Outdated Desires

What happens is you have outdated desires. They are more than just the "wants" in life and you know that. They are things and experiences that really turn you on emotionally and can be anything, like a car you truly have always wanted to have simply for your own pleasure of driving it because of what it offers you. When you have conflictual desires, meaning they feel like they go against your belief system, but you really feel emotionally invested in experiencing them, that indicates it is an outdated desire.

Having an outdated desire and attempting to have it manifest, it can feel like it is never quite how you would like to experience it. It also seems to never really show up, or when it feels like it might be it, it goes away or ends again. It gets confusing, because you know in your heart it feels good, you can imagine it being part of your life, but it doesn't seem to work out, especially the way you had expected it to.

These outdated desires feel stifling because you know you feel emotionally attached to aspects of them, but something feels off in some way, that is why you know they are not showing up the way you expect them to.

Updating Your Desires

So, how can you update your desires so they are aligned to what feels really good and you are deeply connected to?

One thing to note here is that when you are emotionally aligned with your desires, they can show up for you to experience more quickly. A reason your desires are not showing up is because of the confused energy and misalignment with them. Think of it as a road under construction or a straight, open highway. It takes longer to get down a road under construction and you have detours and adjustments to the straight path. With an open, straight highway, you can quickly move with ease and get to your destination. Alignment works the same way. The more open and straight path because it is free flowing, the quicker the results and manifestation of it. The more confused it is, making it misaligned, the more time it takes to move through all the obstacles and figuring out where it wants to be.

To reboot your desires, you want to get clear on what your truly desire from your heart in each area of your life. Base this on what lights you up, makes you feel good even before you are experiencing it in your reality, and has a 'why' based solely on you experiencing it, not on what others may think or want for you.

Bring to mind each area of your life (relationships, career, personal growth, health, etc) and evaluate what it is like right now.

- Is it what you desire it to be?
- Is it based on your heart's desires or on something else (meaning what others indicated it should be)?
- Does each area, and the experiences you are having in it, make you feel really good when you connect with the thought of it and having it in your life?

If you find that they do not fully have you feeling this way, then it is time to re-evaluate them and what your desire for them is.

The Exercise

- Begin by taking a few deep breaths and allowing yourself to become relaxed, open and receptive so that there is the least amount of resistance to your releasing your outdated desires and allowing in your new, updated ones.
- Have a piece of paper and writing utensil to do this exercise. Writing things the 'old fashioned way' makes a mind /reality connection that is different than other new forms of putting things down on paper.
- List out the areas of your life on one side.
- Think about your romantic relationship, family relationships, friendships, social activities and interactions. Are any of them not quite what you would desire them to be to have that deeper emotional connection for you? If so, then go through

each one imagining what that is. Connect to your heart when you are doing this so that it is a true desire and not just what you think you want or how it should be. Tweak each one until you are in a really good feel good place when you think about it and how it can be. Write down enough of what you are imagining to help you get into that feeling when you read it again.

- Do this also for your health and how you are living your life each day with vitality and being able to enjoy it through your physical body. Design it the way you imagine it and feel the connection to your heart and feeling good even before you are experiencing it in the physical.
- Do this for your career and finances. Are you just working a job to pay the bills or are you loving what you do and would do it even if you weren't paid for it? Does it feel like you have more than enough or like you are just getting by? Imagine it from your heart and what it would look like to be fully connected to feeling good in all of it.
- Do it with other areas of your life. Those may be your own self love and growth, how you contribute and participate in the world, what activities you do that have you feeling giddy like a child when you do them.
- Once you have them in mind, think how they align with what you are currently experiencing and feeling. If they align, then you can bring your enhanced desires into your heart and your current experience, allowing it to become even better. If they do not, then you want to reboot them, releasing the outdated desires and focusing on opening a space for the new ones to come in.
- For the outdated ones, choose one to work with. Bring it to mind and notice how it feels in your heart. If it is outdated, then you likely won't have the 'feel good' feeling of it being a heartfelt desire. With it in mind, tap both your K-27 points (as seen in the image) with your index and middle finger, while doing so, say either the word **"Delete "** or **"Cancel "** to yourself **3 times each**. Stop tapping and notice if the outdated desire is dissipating for you, meaning it feels even more foreign than it did before.
- Once it feels far enough away, and you may have to tap and repeat saying either word three times, doing the process more than once, you can begin installing your new, updated desire, feeling into it with your heart.
- When you install the new desire, tap your third eye point in the middle of your forehead, with the index and middle finger of your dominant hand (the one you write with) as you imagine it, feeling into it from your heart and how good it feels now as if it is already happening for you. Keep tapping your third eye until you feel you have made a strong connection with it.
- Imagine your life from your new desires, tapping your third eye point when you do, until it becomes your new reality, and as you do, repeat "Thank you" to yourself 3 times. This acknowledges that it is already so. It will feel more aligned to what is true for who you are right now, rather than when they were created earlier from another version of you and the conditioned information and beliefs that did not match who you really are.

Each time you do these steps, begin and finish with a few deep breaths. Breathing lessens any resistance you may have and allows you to switch from the old to the new more easily.

When you finish, complete the process by repeating **"Thank You" 3 times**, allowing yourself to feel gratitude and appreciation for the ease and grace with which your desires aligned, good and create the life you are experiencing now.

To enhance the accelerated movement of your outdated desires into your new, updated ones, refer to the Reprogramming Your Beliefs information and shift your beliefs around the different areas and experiences in your life that are based on your outdated belief system as well.