What are you focusing your attention on?

Have you ever noticed that people who are afraid of being victimized end up being victimized? And those anxious about piling on debt creates more debt?

*Nothing can come in to your experience except through your consciousness.*
What shows up in your life you created by your thoughts and emotions. What you think and how you feel is your energetic output. You attract what is most alike or in alignment with how you are being energetically.

Instead of resisting what it is we fear most (what you resist persists), why not intentionally create our reality by activating feelings of desire, passion, gratitude and joy?

*The word “desire” means “of the sire” or “of the father.” In other words, that strong impulse to achieve something is actually the “something” already in you, seeking to come out!*
  
  - Derek Rydall

What is it that you desire?

Wanting something keeps you wanting the very thing you want over and over again as if you believe you do not have it. Desire is the passion that guides us to what it is we are to create. *When we hold back the river’s flow, the flow of love, we tend to run and hide in fear from our light.* Some say that this is being afraid of our greatness. Passion is the purpose of life and in that we are given by the Master Artist we know as Spirit/God/Source Energy a vision, a passion so deep within us that we are compelled to see it to its fruition. It is as if a source that appears to be
beyond us is driving the process and yet all the same it is within us, for it IS us. This passion, this source compelling us comes from desire. And desire is an expression of love, deep love from within.

The very word itself 'desire' has a sacredness about its essence. For the word De-Sire comes from the Latin meaning "of the Father," to mean that it is of Spirit/God/Source that our desire springs forth from and in that there is a sacred aspect to our desires. Desire is deep love expressed. Desire has us create what is already created for we already have it, as we are creation and we are meant to share that creation with the world, with the universe. For what you desire is already and always, always ready and in all ways, within you. You are just meant to remember its presence and then give it, share it as a present to the world, to the universe.

Desire comes from the heart, comes from Love with a voracity that is so unparalleled that it simply IS. It IS as in Infinitely Spiritual, infinitely Love. Desire comes from the infinite wellspring of Divine Love that is within all of us, for Divine Love IS us. It IS US as in the acronym for IS US being Infinitely Spiritual Universal Source. To deny such passion, such desire, is to deny Love, and who are we to deny that of who we are which IS Love?

So, what do you desire? What do you really desire? What is it that calls to you so strongly that you are free from denying it or hiding from it any longer? What calls you so passionately that fear is free from being a factor any longer, that love is. Love is the guiding source of the universe. For who are we to be free from BEing who we are called to be, whom we desire to be? BE inspired by the desire and passion within you to touch, move, and inspire the world and simply BE that in each moment, in whichever way the river flows to the Sea going where you are meant to be in Love. BE that of what you desire, BE that what calls you to be. Your heart understands what and who you are which is Love. BE guided by that Love in each moment and when the fear arises, see that its there, acknowledge its presence and see its presence for the PRESENT the gift that it is, which is simply for you to shift back into BEing what you desire, BEing passion, BEing Love. And in that you flow like that of the rain that is falling at this moment here, and just like us, this rain flows back to its source, back to the rivers, the streams, the Sea.

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Awaken Possibilities: Embrace the Feminine Power

Be careful what you wish for! All I dreamed as a child was to be a mother. Mind you, I always claimed I didn't want a husband, just a daughter. I made this decision and told everyone at seventeen. And despite getting married, it was exactly what I got! Until I said, wait! I was just kidding! It was a process for me to know what I truly want, what I truly desire especially now that my daughters are 17 and 19. It's this excitement from connecting with Desire that woke me up from depressed state to living a full life.

♥What about you? What were your dreams as a child? Did you act on it? Or has it faded away?

♥Are you at a job that you hate and you only do the same boring job day after day week after week because of the steady paycheck and security?

♥Imagine yourself on your deathbed. Are you thankful or filled with regret that you kept doing that job? Or, are you wishing you would have taken the risk and followed your heart's desires?

♥Journal:
If I truly believed I AM creator of my life, with God/ Spirit/Source Energy
• What do I desire this week?
• What is calling to me, that I am trying to ignore because it doesn't make sense, or I don't have the time or energy for?
• What are the 3 or 4 things I think most about?
• Is this what I want to think about?
• What do I want to receive into my life this week?
• What gifts are right in front of me and I am ready to accept?

3 Jewels of Feminine Heart
(Source: Awakening Coaching Training/Ariuna Ardagh)

1. When we feel anything, it very quickly changes to something else. Notice the thought "I shouldn't feel this, etc.", unplug from the thought, and just feel. Just feel fully as sadness becomes grief, grief becomes anger, anger becomes laughter.

Week 2: What do you DESIRE?
2. Every seeming negative energy when felt becomes a gift. When perceived as undesirable, it shifts, it petrifies under judgment. But once you release judgment, it becomes a gift.

3. Every feeling if felt fully becomes LOVE. Each feeling reveals another feeling. Love is not a feeling. Every feeling is simply a flavor of love.

♥ Ask yourself -
   • How do I want to feel one hour (or one day) from now?
   • Is happiness a guilty pleasure?
   • What does the word pleasure trigger in me?

Notice any resistance and check out attached links that may help you consciously remove or become aware of any internal blocks.

♥ Daily Practice
Every time you make a decision, think to yourself Is this what I really want? Is this decision coming from the heart? Or am I limiting myself in some way. Challenge your thoughts, your beliefs and be conscious of the choices you make.

HOMEWORK/FEEDBACK/TAKEAWAY
Email me back with:
♥ What is the one thing that stood out from this week?
♥ How I have nurtured myself this past week:
♥ Shifts in my thinking:
♥ Challenges or questions:
♥ Celebrations:
♥ How I will nurture myself this coming week:

Suggested Resources:
Awakening the Feminine Body- a Practice http://youtu.be/7WFvV_IzJcs
Desire Intensive Audio #2 http://tinyurl.com/mluljt6
The Mystery of the G-Spot (Sexuality) http://sensualblissvoyager.wordpress.com/category/goddess/