

## Our Greatest Desires . . . Our Greatest Fears

I recently became aware of feeling extremely vulnerable in my relationship of 20 months and wondering why, after all this time, I would be experiencing this feeling. Willingly, I began to examine this feeling of being vulnerable as well as why. It all happened very quickly—in just a few moments—and I shared with my partner that my greatest desire was to heal my heart space so I could be open to receiving the love he offered me as opposed to being fixated on how that did not look or feel the way I wanted.

Not being a fan of verbal communication, he grunted an acknowledgement.

It then immediately occurred to me that my greatest fear was healing my heart space so I could open up to receiving the love he offered me, which I also shared. Acknowledging my communication with a low groan, I put my revelations aside and came back into the present moment.

Later, I began to ponder what I had realized. Not only pondering **what** my greatest desire is, but that my greatest desire is, in fact, also my greatest fear. And, although I recall having this realization in my past—that my greatest desire is also my greatest fear—and seeing the same be true for others, this time it felt more profound; perhaps because it was in present time. Regardless of the reason, it was like opening a can of worms! Big, juicy worms!

Later, upon further examination, I recalled times during our 20 month relationship—and in relationships past—that instead of being with “what is,” I was fixated on the future; on what could be, would be, should be, may be, and how that would fit with my wants, needs, desires and mock-ups.

Without judging those choices, I realized that for the first time in my life I was willing to be with “what is,” which allows me to be in the present moment—in present time. And, you all know what that means! Lest you forget: present time is the **ONLY** place in which we can create.

This may not seem to be such a powerful revelation, but based on what I know to be true about myself, my past and my typical life “experiments,” especially in my relationship space, it is probably the single most powerfully life-changing epiphany thus far. A core picture—probably the single most

influencing, controlling core picture—that thus far had, to varying degrees, dictated how I responded in my intimate relationship space.

My amusement increased as I recalled: We teach that which we most need to learn. Sounds simple and even makes sense. Through teaching, we allow ourselves to “be” with the principles as we show others. We increase or solidify our knowledge and deepen our understanding. I’m reminded of this every time I teach Energetic Boundaries—back to basics in terms of energetic tools and how to use them—and every time I finish an EB class, I say, “Wow! That was such a powerful reminder for me! As I play in psychic kindergarten—giving myself permission to “just do it” without focus on or attention to “getting it right,” my tools become fresh and new, and they come into present time, more powerful than ever before.

- How, I wondered, did it take me 55 years to get to this point of realization?
- How and why, I questioned, did I not get it before now?
- How, I wondered, am I **here** when all my life—until after my last partner died—I could FEEL in my heart space **my** love **and** the love of others?
- How, I pondered, did I find myself here after all the inner child healing I’ve done? And after the massive heart healing, especially during the past five years, as I worked and moved through grief?
- Why, I examined, did I have such resistance to looking at this core picture?

I didn’t judge my choices as I have few regrets about how I’ve lived my life. I pondered why. I pondered how. And, I willingly waited for information. For answers.

The answers—simple yet profound—came as quickly as the questions, probably because their truth has been my truth, and it’s what I teach!

- Because life is a journey; not a destination, and I’ve been on a 55-year journey
- Because a lifetime as a being—a spirit not in a body—is barely longer than the blink of an eye (hey, compared to eternity, what’s 70-95 years?)

- Because I have been, through most of adult life, peeling the layers of “my onion,” so I **could** reach the core—the core picture in my space that programmed me to believe, think and act various ways and, therefore, attracted specific “experiments”—life experiences—to me as well as ruled, controlled, dictated and influenced my choices.

Now, after several decades of searching, experiencing, learning, healing and growing, I have my spiritual freedom and the knowingness that I attract my life “experiments” based on my beliefs—my thinking—and I can always change both my thinking and my beliefs, thus attracting different and perfect for present time experiments from which I can continue to learn, heal and grow.

Louise Hay, from “You Can Heal Your Life,” *If you think of the hardest thing for you to do and how much you resist it, then you’re looking at the greatest lesson in present time.*

***How do you resist?***

***Is it by your actions?*** Changing the subject, leaving the room, getting sick, procrastinating by doing something else, eating or drinking, creating or ending a relationship, creating breakdowns (cars, appliances, plumbing)?

Or perhaps you continue to ***focus on assumptions about others*** to justify your resistance by making statements such as: It won’t do any good anyway, My partner/friend/child won’t understand, They couldn’t handle my anger; It will work itself out?

**Limiting beliefs** create resistance. *What are yours?* It’s just not right; It will take too long; It’s too much work; I don’t believe in it; My family never did that.

Do you ***give your power to others*** and use that excuse as your resistance to change? This isn’t the right time for this; I don’t have the right teacher/book/class/tools; They need to change so I feel differently; They don’t understand.

**Self image** can create limits or resistance to change. I’m too old; too lazy; too strong; too weak; too smart; too dumb; too worthless; too serious; too frivolous; too stuck.

***There are other tactics***—delay, denial and fear—which you may use as resistance to change.

***Delay:*** It's too late/too soon; I have too many other things to do; I can't think right now.

***Denial:*** I can't do anything about this; nothing I do works; what good would it do to change?, If I ignore it, maybe it will go away.

***Fear:*** I'm not ready; They might reject me; It might cost me money; I don't want anyone to know I have a problem; It's too hard for me; I don't trust anyone; I'm not good enough.

And all of the above are just a FEW examples of how we resist change! Louise lists ten times more examples of how we create and invest in resistance.

***Impatience***, she explains, is only another form of resistance. It is resistance to learning and to changing.

I used to be fond of because I could relate to thinking “*Please, God, grant me patience—and do it NOW!*”

When we demand that it be done right now, completed at once, we don't give ourselves time to learn the lesson involved with the challenge or problem we created.

Don't let resistance stop you from making changes! You can work on two levels: (1) looking at the resistance and (2) making mental changes. Observe yourself—watch how you resist—and then go ahead anyway! Remember, if you put your attention on the “problem”—even if the problem at the moment is resistance—you will focus on all the reasons for the resistance, which is another way to resist!

However, by surrendering—giving up the resistance—and allowing yourself to learn what you need to learn will make your next step clearer and easier.

The truth is the process begins the moment we begin to think about making a change.

If you want to move to a different room you have to get up and, step by step, move in that direction. Just sitting in your chair and demanding that you be in a different room will not get you there.

Louise explains that repeated patterns show us our needs. For every habit we have, for every experience we go through over and over, for every pattern we repeat, there is a **NEED WITHIN US** for it. The need corresponds to some belief we have. If there were not a need, we wouldn't have it, do it or be it. There is something within us that needs the fat, the poor relationships, the failures, the cigarettes, the anger, the poverty, the abuse, or whatever there is that's challenging us.

When we vow to “never do that again”—what “that” is—and then we repeat the behavior, we often compound the problem by angrily saying to ourselves, “Oh, you have no willpower, no discipline. You're just weak. Or stupid. Or incapable. Or . . . or . . . or . . . This only adds to the guilt we already carry. It's the dynamic I refer to when talking about judging ourselves, which puts our attention, energy and focus on the problem instead of the solution.

Whatever it is that we are trying to release in our life is just a symptom, an outer effect. Trying to eliminate the symptom without working on dissolving the cause is useless because the moment we release our willpower or discipline, the symptom crops up again.

However, when we focus on being willing to release **the need** instead of the symptom, the symptoms fade away. And, that which we attract comes into present time, matching our beliefs and thoughts, thereby attracting different experiences.

Louise refers to “peeling the layers of the onion” as the webs we create around ourselves that need to be unwound. If you have ever attempted to untangle a ball of string, you know that yanking and pulling only makes it worse. However, if you very gently and patiently unravel the knots—step by step—your work achieves your desired results.

Be gentle and patient with **yourself** as you untangle your own mental knots. Get help if you need it. Above all, love yourself in the process. **WILLINGNESS** to let go of the old is the key. It is the “secret” to success.

In the infinity of life where I am,  
all is perfect, whole and complete.  
I now choose calmly and objectively to see my old patterns,  
And I am willing to make changes.  
I am teachable. I can learn. I am willing to change.  
I choose to have fun doing this.  
I choose to react as though I have found a treasure  
when I discover something else to release.  
I see and feel myself changing moment by moment.  
Thoughts no longer have any power over me.  
I am the power in the world. I choose to be free.  
All is well in my world.

## **BENEDICTION**

In the infinity of life where I am,  
all is perfect, whole and complete.  
I see any resistance patterns within me  
only as something else to release.  
They have no power over me. I am the power in my world.  
I flow with the changes taking place in my life as best I can.  
I approve of myself and the way I am changing.  
I am doing the best I can. Each day gets easier.  
I rejoice that I am in the rhythm and flow of my ever-changing life.  
Today is a wonderful day.  
I choose to make it so.  
All is well in my world.

**NOTE: If you would like to order a copy of Louise Hay's book, "You Can Heal Your Life," for \$20, including shipping and sales tax, email me at [AngelChanneler@aol.com](mailto:AngelChanneler@aol.com) and I'll respond as to how to order.**