

Desire Flip

Clarity on why you want what you want.

REFERENCE: CHAPTER 17 IN BLESS & RELEASE

"Desire and aversion are two sides of a coin. They are both a form of wanting. I want this. I don't want that.

Behind every desire there's an aversion. Don't run away from the negatives.

Run towards the positives. Focus on what you do want."

— BLESS & RELEASE

The flip isn't there to deflate the desire. **It's there so you can hold it more consciously.**

Behind every desire is something we're running from. We don't usually see it that way—we experience the wanting, not the fleeing. But they're two sides of the same move. **When you see the aversion underneath the desire, the desire gets cleaner. More spacious. Less desperate.**

THE PHYSICS

When we're strongly averse to something, the Lower Mind unconsciously creates a desire to run from the aversion. Force attracts counterforce. **Find the aversion first. Bless it first.**

Then the desire gets a clean signal.

THE JOURNAL EXERCISE

Take a 360-degree look at what you want.

Complete the table below. Write your top 3 current desires. Then explore the aversion underneath each desire—*what might you be running from?*—then identify a **higher reason** to want the same thing, which will raise the vibration of the desire.

We're not shaming our desires. We're taking a 360-degree look at them. **You don't have to let these desires go.** You don't need to alter them, you don't need to shrink them, or increase them. This is an exercise of consciousness. You can keep the same desires. What we want to analyze is the various motivations behind them—some shadowy, some from our higher consciousness.

Desire <i>What I want.</i>	Aversion <i>The possible aversion underneath the desire. What might I be running from?</i>	Higher Desire <i>A positive truth that validates your desire. The longing at the heart of your desire.</i>
EXAMPLE <i>I want financial abundance.</i>	<i>because... I'm afraid of going broke and the shame that would come from that. because... I'm afraid of letting down my family.</i>	<i>because... we live in an abundant universe and I want to experience that.</i>
EXAMPLE <i>I long for a loving partnership.</i>	<i>because... I'm afraid that I'm unlovable. because... I'm scared to die alone.</i>	<i>because... I'm longing for divine union—it's such a beautiful part of being human. because... Love heals!</i>
EXAMPLE <i>I don't want to be anxious anymore.</i>	<i>because... I'm afraid the anxiety will never go away. because... the shame of my anxiety being noticed feels like too much to bear.</i>	<i>because... I want peace. because... I want ease. Peace and ease are natural states.</i>
DESIRE ONE		
DESIRE TWO		
DESIRE THREE		

Bring the aversion in first. Then the desire.

The work is cumulative.

1. Breathe.
2. Positive thought.
3. Gold light in your heart.
4. Bring what you're healing or manifesting into your heart.
5. Light it up with the colour spectrum.
6. Add in virtues if you like.
7. Let what you've blessed relax in your heart.