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## **Contemplations on the Subject of Desire**

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Here are some teachings I've gathered on the subject of desire:

No. 1) In Buddhism desire is considered one of the main hindrances to enlightenment

No. 2) A. Wise man once said, "There are two kinds of desire. One kind of desire reinforces the ego and its suffering. The other desire sets the ego aside and dissolves suffering. It is born out of generosity and appreciation."

No. 3) Loa Tzu said, "...rid your self of desire in order to observe its secrets, but always allow yourself to have desires in order to observe its manifestations."

No. 4) Ram Dass once said, "Give it all up and you can have it all."

No. 5) Abraham-Hicks says, "First fully allow whatever is to just be there. From there create your life and dreams without resistance, no struggle."

No. 6) Deepak Chopra said, "In meditation go into the gap between your thoughts, release your dreams and desires into the gap and then watch how they manifest in your life. This is how you create your life"

Out of these contemplations it seems clear to me that if a desire feels like craving, yearning or lusting then there is a contracted, grasping energy that struggles and resists the way things are. We are cut off from the fullness and perfection of the moment. But if we are in the complete fullness of the moment and allowing things to be the way they are then we can release and inspired wish for something creative and uplifting, releasing it like a balloon into the sky. Then, if we have truly let go of it without yearning for results then it will manifest in our life.