

## Wanting Keeps Us Wanting

### How to have rather than want



Has anyone ever said to you something like this? 'You just don't want it badly enough.' Or 'You have to really, really want it before you can have it'. My guess is that there are some things that you want (and have been wanting for a long time) 'really badly' and you still don't have them. If wanting is what it took, don't you think it would have been done by now?

The real truth is that wanting affirms a feeling of lack in the body. Each time you say 'I want this' or 'I need that', if you paid attention, you would notice that it creates a longing, a feeling of not having. This then becomes the message we put out into the world. And what we pay attention to multiplies. So instead of moving us towards having, wanting keeps us further away.

So, if you've read this far, you may be asking, if I let go of wanting, how do I get those things? So, let's make sure we're clear about what I'm saying (or what I'm not saying). I am not saying that it's not okay to have goals and desires, its part of the human experience (you'll find this is true if you try not having them even for a day). What I am saying is to learn to let go of the feelings that you will not be okay if you don't have what you want. What gets driven when we focus on what we want is the feeling that we somehow won't survive without it. We're afraid to be alone, afraid to be without money, afraid of being sick or dying; and these fears than feed our experience. Another great saying, is *fear and it will appear*, or, *FEAR- false evidence appearing real*. As we learn to notice the feelings that we trigger each time we go into wanting, and allow them to let go, we can come back to a sense of well-being. In this place of well-being, it is much easier to allow life to unfold as it does, and gratefully accept the riches that come to us each day. To learn how to really let go and have your dreams, check out Melanie's workshop, **Attaining Your Authentic Goals and Desires**.