

Your Heart's Desire

Your heart knows the truth of who you are and who you are meant to be. Your heart yearns for your highest and best possibilities. Your heart speaks its own language, unfettered by the limitations of thoughts and words. Do you know the language of your heart?

In *Your Heart's Desire*, internationally known intuitive, spiritual leader and best-selling author Sonia Choquette teaches us how to hear and answer our heart's calling. She shares nine universal principles for creating the reality your heart most desires. She gives step-by-step practical advice and specific exercises to help you change your thoughts and behaviors—to do differently, not necessarily more—that will lead you to attain your deepest, highest, truest desires. Her book is very comprehensive. Keeping our discussion focused on practical application, I'm going to present her 9 universal principles and simple ways you can implement each of them into your day during the upcoming month.

Principle #1 Bring Your Dream into Focus

Your thoughts create your reality, so focus your thoughts on your dreams. Passion points to your truest desires. There is a yearning, an intense longing, a burning urge that stays with us in the present moment. We can live with an unanswered passion so long we get used to it. Sometimes our deepest desires are hiding in plain sight. Place your attention and intention on your passions.

This month's practice: Identify 3 desires.

Here are some tips to point you toward identifying your heart's desire:

- 1) Look at your immediate life and ask yourself what you need, what's missing, or what are you waiting for?
- 2) What bugs, depresses, frustrates, aggravates, drains, irritates or impedes you in this moment? This could be the Universe trying to get your attention.
- 3) What do you love now?
- 4) Remember, you cannot think your way into this. True desires come from the heart, the seat of the soul, your true Divine essence.
- 5) Make it your intention to create your heart's desire.

Principle #2 Gain the Support of Your Subconscious Mind

What you subconsciously desire and what you subconsciously believe must be in agreement. Your subconscious mind is a YES machine, always producing the exact experience you tell it to create. Talk directly to your subconscious mind and tell it what you want to create, and it will cooperate.

This month's practice: identify, release and replace negative beliefs.

- 1) Write what you believe in each of the following areas: success, money, health, adventure, creativity, spiritual peace, and love.
- 2) Collect any negative beliefs onto one piece of paper. Burn it, flush the ashes down the toilet, and wash your hands.
- 3) Accompany this ritual with a prayer like this:
Now hear this! These negative beliefs are no longer in charge. I burn and release them from my subconscious memory. I no longer allow them to influence me in any way. I replace them with new, empowering beliefs. I replace them with the truth about my Divine Essence!
- 4) Write down new, replacement beliefs and review them—aloud, when possible—

frequently.

Principle #3 Imagine Your Heart's Desire

Imagination is your most magnificent tool. It is powerful and limitless, and you can use it anywhere, anytime. Purposefully enlist your imagination to experience the sights, sounds, feelings, tastes and smells of your Heart's Desire. This is fun—enjoy it!

Here are some imagination boosters:

- Write your Heart's Desire on colorful pieces of paper
- Carry your Heart's Desire(s) everywhere you go—in your wallet, purse, planner, car visor, etc
- Meditate on the feelings and emotions of your Heart's Desire every morning while you shower
- Make a song of your Heart's Desire and sing it often
- Everyday, imagine another detail about your dream that will bring you pleasure.
- Build a fence around your dream. Don't tell anyone (yet) what you are creating. Turn your creative energy inward.

Principle #4 Eliminate Your Obstacles

Engage what Choquette calls “the Creative Contractor”—the aspect of the Divine spirit that begins to build your dreams on earth. It is your job to remove things that get in the way of you placing value on your needs and committing time to fulfilling your desires. Desire = Discipline.

Lookout for these Energy-Sucking Monsters:

- Phone calls with whiners who waste your time
- Television as a filler
- Clutter as an obstacle course
- Memorabilia turned into emotional cement
- Daily doses of doubt
- Complaining as a sport
- Being wimpy when it comes to saying no or being self-reliant
- Over-committing to others
- Under-committing to yourself
- Dragging the baggage of other people's ideas about who you are
- Feeling sorry for yourself
- Being lazy
- Tolerating saboteurs who work against you

Engage your Creative Contractor to stop these energy-sucking monsters!

Principle #5 Be Open to Intuitive Guidance

This is where the Universe begins to meet your efforts. Intuition means “Inner Teacher” and it is always available to you. Access it by asking for guidance from your higher power, guides and/or angels with a sincere, open heart. Be willing to be surprised! Then, make it a practice to listen for guidance throughout your day.

How to listen for guidance:

- Start every day, before you open your eyes, with a prayer asking Divine Spirit for guidance today.
- Take a ten-minute meditation break at some point in your day.
- Write a letter to your higher self and ask your soul for directions. Then, write a letter from your soul back to you. Try this—it works!

- Wonder instead of wander through your day.
- Practice being flexible and spontaneous.
- Whenever you have an urge to ask for help, do so. You may be talking to an angel.

Principle #6 Choose to Support Your Dream with Love

No matter what you want to create, it will require choice and action. When you choose to make loving decisions that agree with what you desire, you attract your Heart's Desire directly to you. There is power in choice, and there is power in love. Love the actions you choose to take, and take action based in love. Life changes when you stop saying "I have to..."

Loving choices attract abundance. Here's how:

- People prevent themselves from choosing what they want for fear that there won't be the necessary money or support to allow it. The principles of Creativity teach that all creation comes from the limitless supply of the Universe.
- Principle #6 is essentially about support. The way to tap into the limitless support of the Universe is to lovingly choose to be supported, in every possible way.
- The magic of love will attract support. When you work from love, you attract enthusiasm—others get excited about you and what you are doing and want to help.
- Wherever there is real love, real enthusiasm, there is also the grace of God.
- The power of charisma—loving what you are doing so much that there is no drag, resistance, or negativity in your energy field—is that all the people you touch feel the energy around you, and they cheer you on and light the way.

This month, lovingly choose to do one (or more) thing each day toward your dream.

Principle #7 Surrender Control

Once you have done the work of Principles 1 through 6, allow Divine spirit to flow through you to do the work, instead of relying on your personal power to make it happen. Know that the loving Universe is happy to gift you with your dream, is wiser than you in how to deliver it, and has infinite vision about how to make it happen. The Universe is ready to deliver when you are ready to receive.

Practice going with the flow this month. Here are some tips:

- Have confidence in the future based on what you have done in the past. Having followed Principles 1 – 6, you can move with faith into the future.
- Let go and Let God. You cannot simultaneously hold onto something (a problem, a dream, whatever) and give it to God. You have got to let go.
- Accept that things move in cycles, including your heart's desire. They occur in their timing, not yours.
- Be sure to forgive anyone and everyone—including yourself—who may have hurt you or let you down. Holding on to hurts is like a rock weighing you down against the flow.
- Rest if you are tired and trust that the Universe will continue to work on your behalf.
- When you feel fear, release it by praying: Divine Spirit, release me from my fears and help me to remember who I am.

Principle #8 Claim Your Dream

The first three principles create on the emotional plane. The second three principles create on the mental plane. And, the last three principles create on the physical plane, where you can enjoy your creation. Principle #8 is about using words to communicate your focus, vision, beliefs and enthusiasm outward. Words are the magic wand to creativity. There is energy in words. Choose them consciously. Speak them lovingly and with conviction.

Practice word-awareness this month.

- Consciously speak less.
- Lovingly choose words to express the full intention of your dreams. Begin to share this with others.
- Talk only about what you've done, not what you will do.
- Finish this sentence: "I am _____."
- Create an affirmation in your own words. Say it every time you are tempted to complain or recite your fears, when you are discouraged or insecure, and as you wake up and go to bed.
- Don't gossip. Just stop.
- Decide to speak only positive thoughts.

Principle #9 Stay True to Your Dream

The final principle is the process of checking your work on Principles 1 through 8. This is the testing phase, a time to pause, reflect and evaluate whether or not you really want what you're getting or getting what you want. Creating your Heart's Desire is a process that requires tweaking and course correction, so it may be necessary to revisit and strengthen your work in Principles 1 – 8.

During this phase...

- Remain encouraged, even if you must go back and repeat earlier steps.
- Know that the outcome is waiting to emerge when the pieces come together.
- Know that only the first miracle is a challenge. Stick with it, refuse to throw in the towel. Tough out the various bumps in the road and stay on course until the end. This is the key to your success.
- Remember, Principle 9 is quality control and the final step to having your dream.

There you have it. Clearly, creating your Heart's Desire requires courage and commitment. It's not necessarily easy, but don't give up. Your longing to create your Heart's Desire is your soul crying out to express itself. It is important. It is the only way you can truly discover your own magnificence. And the world needs that.