



### Meditation Class Topics:

## Desire is Everything

### *Teachings*

- Desire is everything. It is the key to going within. All the answers are within.
- In spiritual life, in the search for truth, in the search for God, desire is everything. Desire is a force that moves you, not only in spiritual life, but it moves you from one place to another in this material world. The situations that you create are largely based upon desires. So just as much of your material life is created by your desires, so is your spiritual life, because it is only by spiritual desire that one makes spiritual advancement in meditation.
- What is stopping you or slowing you down in your material life is the same thing that stops you or slows you down in your spiritual life.

### *Questions for Exploration*

1. What is it at this moment that you want most? What is your deepest hearts desire?
2. On a scale of 1 – 10 with 10 being all consuming, burning desire, where are you at right now?

3. In your day to day life, what is your main obstacle or thing that is slowing you down or preventing you from succeeding?

### *Inspiration during Meditation*

- Desire is everything in the search for truth.
- It also moves you from one place to another in this material world
- This desire to find the truth is within everyone. Even if it is little you can go within and find more and more desire. It just has to be found, awakened.
- You have to get in touch with this desire.
- SO if you feel you do not have enough desire, you can go within and find the desire needed for you to move.
- You need to begin to make an effort. If you try you will succeed.
- You can succeed if you are just willing to do the work.
- If you judge yourself well that is what the illusion wants you think.
- If you feel you don not have the sincerity, if you feel you do not have the desire or know what to do, if you go deep enough it is all there for you to find.
- If you feel this desire some of the time you should know you can be in touch with it all of the time.
- Just like you mine for a substance and you find it. It is the same for desire. It is there for you to find.
- Check desire: On a scale of 1 – 10 with 10 being all consuming, burning desire, where are you at right now?

## *Music Inspiration*

- Honor Him by Lyndhurst Orchestra
- Elysium by Lyndhurst Orchestra
- Now we are Free by Lyndhurst Orchestra
- Desire by Ryan Adams
- Desire by Lisa Chappell
- Superman by Five for Fighting
- Tears and Rain by James Blunt
- Chasing Cars by Snowpatrol
- Dreams on Fire by Slumdog Millionaire
- Love Song by Elton John
- Heal the World by Michael Jackson