

A woman with long, curly blonde hair is sitting in a meditative pose on a wooden pier. She is wearing a bright blue tank top and white leggings. Her hands are resting on her knees in a mudra. The pier is made of weathered wooden posts extending into the ocean. The water is a vibrant turquoise color, and the sky is a clear, light blue. The overall mood is peaceful and serene.

What is your Deepest Desire?

By Melissa Ghattas

A question I have often felt quite perplexed about answering, whether because I simply did not know the answer or I did not know how to navigate my way through my uncertainty.

Before I began my yoga journey I had no idea what I wanted to do with my life, I had little direction other than an immature desire to have fun and be free.

My understanding of what freedom was however, very misconstrued.

Without guidance or structure our innate innocence can lead us to dark confusing places, we find ourselves lost.

The freedom and peace we seek is hidden within our own entanglement.

Having a teacher, a faith, a discipline, rebuilds our strength, clarity and gives one new direction and focus.

Yoga philosophy encourages one to progress inward, to experience self- realization, **returning to our original state of peace and wholeness.**

By becoming quiet where we can truly listen and feel from within, insight arises.

Insight arises when we are in tune within the spaciousness of now.

Learning to listen to the heart, we discover alignment; we discover our true desire and reconnect to our essential bliss body.

Written thousands of years ago in an ancient Vedic text known as the Upanishads it is said,

“You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.”

Each moment offers the opportunity to begin again, to recognize where we are, and where we would like to be.

Each day presents new opportunities for growth and to ground oneself within our own intention and truth.

Everything that we do, whether for our personal relationships, career choices, our spiritual work or for love, stems from an INTENTION.

Intention and pure awareness is the driving force and power of energy that is behind all of our deeds.

My life turned 180 degrees the moment I appreciated what it was to live with intention.

To live with gratitude in my soul, to say thank you for my blessings and to value what was already present in my life, was the alchemy of opportunity and abundance.

The language of love is our natural state, we all know this at our core. However it gets lost underneath our fears, our doubts, our limiting beliefs, our shadows, and our experiences.

To live in the flow of life is to follow our dreams, our desires, our passions and everything that speaks to our heart.

To live in the flow is to remain committed to our deepest desires and trust the process.

We clear any debris of negativity through the language of gratitude.

The moment I understood that life was going to support me if I chose to follow the path of least resistance, which was to follow my passion, to pursue a career that was not driven by money but rather a “knowing” that my deepest desire was to live a life that was healthy and balanced.

We are all seekers, seekers of love, of spirituality, of peace, of happiness, of purpose.

Whatever our vocation maybe, there is great power and healing when we can surrender to that of our heart.

Gratitude is our highest form of prayer, by focusing on the positive things in one’s life, health/family/friends/a job/an income/opportunities, we create more abundance – we speak the language of abundance rather than a language that is lacking.

Taking moments throughout the day to pause and to be quiet returns one to sacred presence.

It is a daily practice that requires patience, discipline and focus, it can be thought of as a positive challenge into presence.

As one of my meditation teachers says, “SHORT »

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SESSONS, MANY TIMES” It is a training of the mind “SHORT SESSIONS, MANY TIMES”.

Take moments throughout your day just to say THANK YOU! Be mindful of your mental dialogue – notice where your thoughts take you, return to your conscious breath, replace negative patterns with words that are encouraging, loving and supportive.

My suggestion is to begin each day with a word that inspires you, a word or phrase that becomes your personal INTENTION that will support your decisions and guide you through your day.

Your INTENTION can be anything from -

“I am open to new ideas”

“I am focused”

“I am understanding”

“I release what no longer serves me”

“I trust”

“I accept”

“I let go”

“I surrender my fears”

It is our responsibility to check in with ourselves throughout our day, taking moments to slow down, to connect to breath, reflect on

our intentions, refine our thoughts, focus on something positive, even if its just one thing, give gratitude and begin again.

In yoga philosophy it is said we have 5 layers, Koshas or “sheaths” to the body.

Anything that affects one Kosha will eventually penetrate and affect the next layer, as there is no real separation between them.

In the beginning of our yoga journey it is more about our physical abilities, how flexible or strong we get through the practice of asana. Over time our awareness shifts to being more in tune with a deeper understanding and awareness of the subtle body. We begin to shift from a gross physical layer to awakening and embracing to the more subtle aspects of oneself.

Insight, connection, wisdom, self-love, and a feeling of Oneness arise from the practice.

With the tools that yoga provides along with our own intentions we return to our sacred center that is love, that is open, that is free.

We discover our deepest desires. ✨

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