

THE DARE TO DESIRE GUIDE FOR DISCOVERING EXACTLY WHAT YOU WANT TO MANIFEST

There are times in life we not only experience intuitive nudges, but intuitive 'knowing's' of exactly what it is we desire and wish to manifest.

Other times, however, we can feel stuck and unsure if what we *think* we want, is truly what we *do* want.

It is those times that it is important to take the idea of what you desire and explore it further through a series of questions.

Those questions for self-exploration are listed below, and should be used to examine the idea of any desire you are not truly convinced you want.

1. What do you want?

The first question, "what do you want?" appears simple, but before answering it, consider this: what you *believe* you want and what you *truly* want can be two completely different things.

When answering this question, and all further questions, choose one specific thing or experience at a time. If an answer doesn't come to you straight away, sit in silence or meditation until you have a specific desire to focus on.

2. Are you absolutely sure that is something you want?

Remember that what you truly want lies beneath the surface of the shiny object or experience. It is the *feelings* you want to experience. People wanting more money are usually looking for more freedom. Those wanting to find their soulmate are generally looking to experience more love. Being clear on the *feeling* you want in conjunction with the experience or object is what truly matters.

If you are unable to associate a specific *feeling* with the desire you answered in number one, then it is likely this desire will not bring you what you're hoping for.

3. Do you feel a level of excitement or joy thinking about manifesting this desire?

You'll learn throughout the MANIFEST course that your *feeling space* is at the core root of manifesting all your desires. If you don't feel excited, joyful or invigorated in any way by this desire, then we strongly encourage you to consider letting this desire go.

Tip: another question you can ask yourself before continuing is, "Is this desire for myself or for someone else?" If you're wanting to manifest something in your life specifically because someone else wants it for you, then that is not a good reason. A lot of people for example

get stuck early on in life trying to fulfill a dream others have for them, rather than their own dreams. Unless their desires for you is something you truly desire yourself, it is time to let it go and live your own life.

Your life is *yours* to live. Their life is *theirs* to live.

4. Would this desire hurt anyone?

Make sure that all your desires are specifically for your own fulfillment, and are not at the sacrifice or harm of anyone else. Trying to get something in spite of someone else is not a good reason for manifesting.

Tip: there is a big difference between a desire that intentionally or indirectly harms someone, and a desire in which someone else feels hurt about because you didn't do what they wanted you to do. If for example, your family wanted you to become a doctor, but you chose a different path, and they are hurt because of this, then that is not something for you to feel responsible for. Instead, you need to realize once again that you must live your life, and they must live theirs. If they are trying to live your life for you and are hurt because you're choosing a different path, then that is their own journey to learn and grow from.

5. In what ways would this desire positively impact your life?

To help you get in the feeling place of manifesting your desire even more, get clear on all the different areas it will positively impact your life. Be specific and think of all the ways it could make a difference.

6. In what ways would this desire positively impact the lives of others?

We all have a need to contribute to the world in some way. So how specifically would the manifestation of your desire positively impact the lives of others?

Remember, it may not be obvious. Perhaps the desire for more wealth, which leads to more freedom, would give you more power to give back to the world. Perhaps it would empower you to inspire others. Think of all the ways your desire, or the effect of you manifesting your desire, could positively impact the lives of others.

7. Are you willing to do whatever it takes to manifest this desire?

Remember that some desires will take more effort than others. It's usually pretty clear what a small intention is and what a big one is. And the big ones will undoubtedly take more commitment and dedication to their manifestations.

Are you willing to do whatever it takes to manifest this desire?

If not, that's perfectly okay. And if that is the case, it's time to choose a different desire.

If you are willing to do whatever it takes, then congratulations! You are ready to start manifesting your desires!

