

# THE DESIRE MAP

A GUIDE TO CREATING  
GOALS WITH SOUL

Knowing how you want to feel is the most **potent clarity** you can have. Generating those feelings is the most **powerful** thing you can do with your **life**.

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# THE MAGNETICS OF FEELINGS

Whenever you start guiding yourself by caring about how you feel,  
you start guiding yourself back into your Stream of Source Energy,  
and that's where your clarity is; that's where your joy is; that's where your flexibility is;  
that's where your balance is; that's where your good ideas come from.  
That's where all the good stuff is accessed from.

—Abraham-Hicks

# EVERYTHING WE DO IS DRIVEN BY THE DESIRE TO FEEL A CERTAIN WAY

What you buy, what you eat, what you say, who you choose to hang with, the things you make, the people you give your love to, what you wear, what you listen to, what you bring into your home, what you end, begin, and dream of . . . all go back to the desire to feel good.

This applies to all ranges of circumstance. Surviving can be our definition of feeling good, thriving can be our definition of feeling good. Some of us are feeling just good enough to manage our mental health. And some of us are feeling attuned to the pulse of life itself, and that becomes our own version of feeling good.

Sometimes even feeling bad feels good. Negative emotions can feel so familiar to us (especially if they mimic our past) as to actually be comforting. Awareness is realizing that our life could always be better. Growth is doing what it takes to make it better. When we choose the positive over the negative, liberation over repression, truth over illusion, we become real creators.

When we want to feel courageous more than we want to check accomplishments off our list . . . When we want to feel free more than we want to please other people . . . When we want to feel good more than we want to look good . . . then we've got our priorities in order. Divine priorities—the kind that will steer you to the life you long for most deeply.

## FEELINGS ARE POWER

Cognitively, we don't locate emotions in our heads; we tend to locate them in our hearts—our fourth chakra. Love, joy, enthusiasm, confidence, tenderness, connection, and even the so-called negative emotions, like sadness, grief, and anger, seem to pour forth from our heart center.

*My heart exploded, my heart leapt, my heart sank. He puffed up his chest with pride. She did it wholeheartedly. I knew in my heart.*

# A feeling is much stronger than a thought.

The heart generates the largest electromagnetic field in the body . . .  
The electrical field is about 60 times greater in amplitude than the brain waves. The magnetic component of the heart's field, which is around 100 times stronger than that produced by the brain . . .  
can be measured several feet away from the body.

—Rollin McCraty, PhD

## WE NEED TO MAKE OUR FEELINGS THE HEART OF THE MATTER

*Don't take it personally. Keep your feelings in check. Don't let your heart rule your head. Don't wear your heart on your sleeve. Don't get emotionally involved. Don't be so sensitive. Don't let your feelings get the better of you. It doesn't matter how you feel about it—it's the way it is.*

In the midst of a messy business divorce, I had an investor tell me “not [to] let my feelings get in the way.” “Well, you know, Dick, if I'd let my feelings ‘get in the way’ a few months ago, I would have spoken up and I wouldn't be in this mess.” Word.

But instead, I overrode my feelings. I settled for feeling way less than awesome on a regular basis. At that time in my career, I was seriously out of touch with how I truly *wanted* to feel. I didn't yet have the compass of my core desired feelings, and I drifted in a soup of predominantly negative emotions around my business.

*Feelings aren't facts.* This is another adage that has us disregard our feelings. And, I happen to agree with it—50 percent agree with it. (Keep reading. We'll talk about the difference between your true self and your emotions in a few pages.)

So-called fact: *He was rude.* So-called fact: *She's beautiful.* Neither are irrefutable “facts” of what happened or of what's true. What's rude in one culture is princely in another; or maybe rude dude thought he was being polite and you just misunderstood. And beauty, as we all know, is widely subjective.

However, your *experience* is true for you!

So-called fact: *I'm angry because he was rude.* So-called fact: *I'm turned on because she's so beautiful.* It's true that you feel whatever way you feel. Who can argue with the fact that you are indeed ticked off or turned on? In this way, your feelings are factual to you. You really feel them. It doesn't matter if you're "right," it doesn't even matter if you're being overly sensitive or narcissistic.

Feelings are neither the facts of what *actually* happened nor of a shared reality. They are indicators of your personal reality. The material facts may be disputable, but the fact that you feel a certain way is not. And that fact is very, very important.

Feelings are how you perceive life.  
Perception informs how you live.

It's a crime against the human spirit that we so often disassociate positive emotions from the pursuit of success.

We tell ourselves that *it'll be worth it when we get there*, and we grind and crank and endure our way to the goal posts. We man up, suck it up, and shut up—all in the name of making a better life for ourselves. We fake it so we can *be somebody*.

### **Our productivity- and results-obsessed society pathologizes feelings.**

Business and academic cultures are especially adept at discrediting the intelligence of feelings. After all, following your heart is often illogical and seemingly counterproductive. Not too many shareholders are asking, *What's the most joyful way to conduct business?* Scarce are the diet programs and exercise regimens that value happiness or freedom over weight-loss metrics. I'd flip for an investment advisor who asked me, *What makes you feel most connected and excited in terms of where you can put your money?*

Discipline can feel wildly liberating. Shrewd, tactical thinking can feel incredibly creative and energizing. I'm not saying that positive feelings can't exist in pursuit of material goals or within conventional environments. I'm saying that, far too often, epidemically often, we go for the external win at the cost of our internal wellness. And that's because **we don't value inner attunement as much as we value outer attainment.**

## **WE ALL KNOW THAT PERSON**

I spoke at a university event and asked the student organizer what she was going to school for. “Oh, finance,” she answered. “So, working with numbers really lights you up, then?” I said. She didn’t understand the question. “What do you mean?” she replied. “I mean, are you stoked about finance? Do you love that world?” Based on her blank expression, I was afraid of what she was going to say. And sure enough: “Oh, God no. I pretty much hate it. But being an accountant is good money. And my dad wants me to do this. And he’s paying my tuition.” And she just shrugged, as if it all made perfect sense. I saw two things in her future: A Mercedes. And Prozac.

This may sound idealistic, romantic, and naïve. It may sound unreasonable and absurd in light of how difficult, grueling, and downright wretched being on this planet can sometimes be. But . . .

The point of life is happiness.

—The Dalai Lama

## **CHOOSING FULFILLMENT TURNS THE TIDE OF HISTORY**

When we make feeling good a priority, everything changes—our individual lives change, and social systems change. How we make and spend money changes. How we teach and learn changes. How we love changes. Think of all the freedom fighters and activists who decided that openly loving and respecting whom they wanted to made them feel good. That feeling of liberation was more important to them than social acceptance, and it was worth the risk to fight for equal rights. Black, white, gay, straight—whoever they were, regardless of what category they fit into, their desire to be free and fulfilled revolutionized society.

Heading toward your core desired feelings will revolutionize your life.

There are feelings, and then  
there are *core desired* feelings.

As you use your feelings as your guidance system more and more, you might wonder about fickle feelings, fluid feelings that will change under you while you're trying to build the life you want. So how do you know that the feelings you are basing your core desired feelings on are solid, reliable ones and not the changeable, fleeting ones? I asked my very wise coach friend, Lianne Raymond, who is a psychology teacher. She responded to this beautifully by saying:

“The range of feelings we may experience throughout a day are reactive feelings—meaning they originate in our reactions to circumstances. Different circumstances arouse different feelings (getting stuck in traffic versus getting a raise at work). They change easily and frequently.”

**Core desired feelings are generative feelings.** They originate deep within us and make themselves known when we take the time to listen. They do not change with circumstances. Jungian analyst Marion Woodman calls them “the soul cry.” They are generative because they are the place from which our life becomes a creation, like an acorn on its way to becoming the oak. Grounded in our core desired feelings, we act from creative (rather than reactive) energy.

While core desired feelings don't fundamentally change, we may become more aware of their nuances and refinements as we become wiser and better listeners. In order to overcome the conditioning that has dampened our awareness of our core desired feelings, we may need to consciously invoke them through deliberate practice. But as we continue to acknowledge them and give them the space they crave, we will find ourselves coming from that place more and more spontaneously.

When we are immersed in the process of revelation while working through *The Desire Map*, it is good to remember that **the soul always desires that which will most reveal its true nature.**

When we are able to recognize our core desired feelings as sparks of divinity that can begin the illumination of our life, there is a feeling of *ahhh* . . . We are unveiling what is already there—not adding yet another layer to our already cloaked hearts. **There is a sense of having arrived home.**

## GETTING TRUTHFUL

We can deceive ourselves into thinking that certain things will bring us happiness. Self-deception is part of self-discovery. Inevitably, we will do things for the wrong reasons.

Learning to stay close to our Soul is an organic process, full of missteps along the way.

Let's go back to the university student I just spoke of, who, despite loathing accounting, was going to become an accountant to please her father. She could arguably say that pleasing her dad made her "happy." And so, she "feels good" about that. But that's not whole happiness. In truth, her pursuit is driven by fear. Perhaps fear of independence, fear of disapproval, or fear of hardship.

Her focus is not on being happy. Her focus is on not being *unhappy*. There's a vast and absolute difference. (We'll explore this difference when we talk about motivation vs. inspiration.)

We can always find ways to justify our behaviors to meet soulless goals. *It was the right thing to do. It's the bottom line. I had obligations. I didn't want to hurt his feelings. There was a lot of money on the line. I was too far in. It's the way it's always been done.*

I've worked my ass off to hit targets and launch stuff that made me feel flat and less than proud. I've joylessly pursued goals that I didn't fully believe in, because I wanted to be successful. That's twisted. And it never paid off, no matter how good I looked while I was doing it, no matter how together everyone else thought I was. It cost me—big time. My definition of success needed a major overhaul.

And that's what's required for most of us when we decide that the journey matters as much as the result, and that we want to have a good time most of the time: we radically alter our personal definition of success.

FEELINGS ARE MAGNETIC

EACH FEELING IS A BEACON  
THAT ATTRACTS A REALITY

LOVE ATTRACTS LOVE

GENEROSITY ELICITS  
A GENEROUS RESPONSE

ANGER CREATES MORE THINGS  
THAT COULD MAKE YOU EVEN ANGRIER—  
IF YOU LET THEM

WHAT WE FOCUS ON EXPANDS

SO CHOOSING TO FOCUS ON LIFE-  
AFFIRMING FEELINGS IS THE SUREST WAY  
TO CREATE THE EXPERIENCE YOU WANT

## ACCENTUATE THE POSITIVE

We're not here to invalidate or avoid the dark, negative, and uncomfortable feelings that are part of the human experience. Desire mapping is not about disassociating from the rough stuff. That would be lunacy, because rough stuff—loss, despair, illness, doubt, and tragedies—happens.

This is about being deliberate with our feelings. It's about taking radical responsibility for how you create your life, and how you respond to the people and circumstances around you. It's about choosing positivity when you could just as easily choose negativity.

Positivity blockers:

- › Overzealous competitiveness.
- › Ambivalence and indifference. When you're in touch with your truth, you can make a clear choice.
- › Scarcity mentality. There's not enough to go around: not enough money, clients, market space, recognition, opportunities.
- › Comparing yourself to others—feeling superior or inferior.
- › Jealousy to the point that you can't wish the other person well.
- › Preciousness to the point that you inconvenience others to get your needs met.
- › Anger. Anger can sometimes be useful and galvanizing and lead to more positive states of being. But most of the time, it's a bitch.
- › Worry. Trust me, it's useless.

## LIFE-AFFIRMING DISCIPLINE

There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our desires.

—Nelson Mandela

Underneath it all, we are wild and we know it.

—Reggie Ray, Buddhist scholar

I once worked with an entertainment exec who prided herself on being disciplined. “I get up every morning at 6 a.m. to run,” she told me over dinner. “I hate it, but it needs to be done.” And she went on to explain that for Lent, she gave up swearing and hadn’t cussed in four years (“Even though it would feel sooo good to just say the F-word sometimes!”). The following Lent, she swore off soda pop and hadn’t had so much as a sip for three years (“Even though a Coke with these tacos would be grrreat!”).

“Well, that sounds like a whole lotta fucking fun,” I said to her. And then I asked the waiter to bring me a Coke.

Here’s the thing: as hardwired achievement-bots, many of us subscribe to systems of success that actually become blockages to our instincts. Structures, programs, regimens—all disciplines and theories should be used to support our freedom and independent thinking, but many serve to stifle our life force instead.

That female exec wasn’t very joyful. She quietly suffered from bouts of depression, and she was excruciatingly lonely. Despite being in shape, composed, and intelligent, her discipline didn’t seem to be easing her very real pain.

**Can we use 12-step programs or eating plans or time-management systems to happily pursue goals with Soul? Yes!**

## Can discipline feel joyful? Yes!

So how do you know when you’re stifling yourself with structure vs. nurturing, or setting yourself free, with structure? You know because it feels good to do it, and it leads to more good feelings.

We may need some serious pep talks and accountability systems to make our dreams come true. But we don’t need to bark orders at ourselves, and we shouldn’t take abusive shit from leaders or coach-types in the name of overcoming our fears in order to win the race. Even if you do win, the punishment you accepted from someone else or inflicted upon yourself will weigh on your self-worth.

Even in the midst of the necessary hard work or restraint, you can access joy. It's positively-driven ass-busting. Have you ever been at the finish line of a marathon? None of those guys are happy about their blisters and burning muscles, but they're euphoric to be in the race. When we undertake to do what must be done with a full heart, that full-heartedness leads to a result we can love. The process affects the outcome.

**The surest sign that you're working with the life-affirming kind of discipline, rather than the spirit-depressing kind, is that you don't complain very much about doing what it takes.**

These days, I don't do anything that makes me miserable in order to fulfill a vision. (Okay, I organize receipts for taxes, but I do it while watching a movie.) Mostly, I don't have Soul-sucking chores on my plate. But in order to create what I want, when I want, I do some things that are hard to do, like heavy-lifting, stamina-requiring, need-to-take-my-blue-green-algae-vitamins-to-pull-it-off kinds of things. Like, once in a while I get up at five in the morning to write so I can stay on track with a launch date. That's hard work for someone who's been a night owl her entire life. But I'm just as stoked to write at 5 a.m. as I am at midnight. And I feel just as close to my life force meeting a crazy deadline as I do writing a short poem on a long holiday.

**Life-affirming discipline doesn't take you further from your truth and joy, it brings you closer to it.**

## YOU ARE NOT YOUR FEELINGS

Choose a term that resonates with you: Soul, spirit, source power, Buddha nature, essence, pure energy, vortex, God, Godliness, divinity, original self, light, love. For our purposes, I'll go with Soul—with a capital S for both effect and respect.

Your Soul is everything. The “Am That I Am.” Your beingness. The you that is simultaneously part of the all. The God that is aware of itself. Unfathomably, your Soul is the stuff of eternity, time without end, spanning space and dimensions. It is the Love of All Loves. It is the inextinguishable Source of Light. Your Soul is home.

**Your Soul is the destination—and your feelings are the road signs directing you to it. Your feelings lead you home by giving you moment-by-moment signals.**

In this conversation we need to differentiate between the feelings that you experience within your being, and your so-called feelings about external events. Your personal experiences of love, or expansion, or gratitude, or any emotion, are your feeling states.

Your thoughts or opinions about a situation are not your feeling states. Here's an example: You can watch a movie that you thought was depressing, but still feel happiness. You can interact with someone who you think is negative, and you can still experience deep joy within yourself. You can have any number of intellectual opinions about politics, and those mental perspectives are separate from the emotionality you have.

The capacity to witness something that your mind or outside sources might label as negative, and to remain in a positive feeling state while doing so, is what self-determination—and transcendence—is about. Think about people who are peaceful even in chaos, or generous when they're broke, or loving in the face of oppression. Think of Nelson Mandela experiencing inner freedom while in prison.

You can't always choose  
what happens to you, but you  
can always choose how you  
feel about it.

A traffic jam is a great example of how different people can choose to feel differently about the same situation. Crawling along in the commuter lane, Heather Happy is rocking out to her tunes, thinking about the project she's working on and what she'll make for dinner—and she's feeling a lot of gratitude and a goodly amount of peace. *All is well, right time, right place—this traffic jam at least gives me time to unwind.*

Driving right behind her is Debbie Downer. She's also rocking out to her tunes, thinking about the project she's working on, and what she'll make for dinner—and she's pissed off and frustrated. *Goddamn commute. Why does this always happen to me? Who's the bozo who's holding this up?*

Being able to experience peace, even appreciation, when you're in a tough situation is a result of being in touch with your Soul. The feeling of

peacefulness is the indicator of who you really are. Conversely, feeling like a bag of aggravated worry balls is an indicator that you're out of touch with your greatness.

Peace or worry. Gratitude or anger. It's your choice.

## FEELINGS OR EMOTIONS? JUST A SIDE NOTE.

As long as you feel inspired, your life is being well spent.

—Hugh MacLeod

We could have an unending debate about what a feeling is and what an emotion is. In fact, I asked a few thousand people on Facebook and Twitter for their opinions on the matter and it got insightfully, confusingly, entertainingly emotional—really fast. What we can agree on is that a lot of us are confused about it.

**I'm taking a survey. What do you think is the difference between feelings and emotions? Discuss.**

Last night in a really intense conversation I used my feelings to help me verbalize my emotions. Or at least, this is what I think I did.

Emotions are driven by the ego and feelings are driven by emotions . . . I think. :)

Emotions are short-term, feelings are long-term?

If I cut myself—feeling—I can emote about it later.

Feelings are often dictated by thoughts and are subject to constant change pending said thoughts.

Emotions come from the pit of your stomach and feelings come from your heart.

Feelings are to emotions what waves are to the ocean.

Emotions are commonly reactions to feelings . . . both of which are subject to hormones and history.

Feelings is slang for emotion.

Same thing, different words.

And my very favorite response, this weighty data from Nicholas Korn:

The Emotions released the disco dance track “The Best of My Love” in 1977, while “Feelings” was released by Albert Morris in 1975. So the difference, I guess, would be two years.

**Emotions and feelings are not the same thing. They are seemingly inextricable but they are, in fact, distinct. Like the tree and its fruit.** It’s problematic terrain because people—from psychologists to poets—often use the words interchangeably, with implied authority, and yet define them in widely differing ways.

I asked my favorite intuitive and metaphysician, Hiro Boga, to sum it up:

***Feelings are direct energetic responses to experiences***—they are communications from your body. Our bodies respond constantly to what’s happening in and around us. Those responses take the form of feelings. Feelings are specific, vibrational responses to our experiences.

***Emotions are feelings that have a mental component added***—a thought, story, belief, pattern, or picture that often (though not always) acts as a prism through which the feeling is interpreted rather than simply felt. This can shape the feeling energy and freeze it into a rigid form. Emotions tend to be less fluid, less responsive to direct experience.

Based on Hiro’s definitions, if we simply let ourselves feel what we’re feeling, the feeling energy moves through and naturally changes—as all energy changes. Feelings are fluid.

This rings true for me, but I’ll be using the two words interchangeably throughout, for the sake of both simplicity and flavor.

Here’s the thing: your definition of feelings only needs to make sense to you. All we really need to agree on is that you know a positive feeling (or emotion) when you feel it. Good, bad. Happy, sad. Positive, negative. You know it.

# THE BENEFIT OF CLEAR DESIRES

What you seek is seeking you.

—Rumi

## LESS PROVING, MORE LIVING

Maybe you don't need to make six figures a year. Or be married by the time you're thirty. Or be team captain. Or sit in an ashram watching your in breath and out breath. Or have a pension.

Or maybe those are *exactly* the things that you need to have and do to feel the way you want to feel.

When you get real about the feelings that you crave, you might surprise yourself with some new choices. You'll sign up for workshops you'd never considered. You'll quit stuff. You could realize that you don't need to be VP to feel powerful or useful, you just need to volunteer at the youth shelter. Maybe you don't need that award, you just need to take better care of yourself.

Clarity about your true desires is so liberating because you get to stop proving yourself to everyone (including yourself). Just think about that for a minute. *No more proving*. Do you feel giddy about that? Because I do.

I met SARK at a cocktail party. SARK is also known as Susan Ariel Rainbow Kennedy, and her posters and books, like *Succulent Wild Woman*, *Living Juicy*, and dozens of others, have been read by millions. She dazzles in person. I wanted to sit at her feet and hear any wisdom she wanted to give. We connected immediately. "Tell me anything!" I said. "Like, what's your thing these days? Anything." She didn't skip a beat. She looked me straight in the eye and, all sparkly but deadly serious, she said, "No striving."

I whispered it back to her, nodding my head up and down like I'd just heard the secret password of all time. "No striving." And then I upped the volume to eureka-level. "No striving! Oh my God, you have no idea how much I needed to hear this right now," I told her. We chanted it together (chant it with me now): "No striving." And we giggled like pretty witches.

Then SARK went on to tell me the fabulously unorthodox ways in which she runs her sizeable publishing empire. She told me about the flashy offers she's declined and the financially profitable projects she put an end to so that she could feel more spiritually profitable—which of course led to even more profitability. "I stopped pushing years ago. I changed my definition of success. I gotta feel juiced. Juiced is the goal."

All juice. No push. Feeling good is the goal. Check.

## WITH CLEAR DESIRE, YOU CAN SAY YES TO THE RIGHT OPPORTUNITIES

What we strive for  
in perfection  
is not what turns us  
into the lit angel  
we desire,  
what disturbs  
and then nourishes  
has everything  
we need.

—David Whyte

So you're clear on how you most want to feel. Let's say, adventurous, love, energized, and prospering. Excellent. Next, you start envisioning feeling that way in your ideal relationship and details start coming to mind.

You imagine that Mr. or Miss Right is good-looking, of course; and they have a great education, like you do, so you can have an intellectual match; and they're athletic, 'cause you're a sporto and you want someone to bike with. And ideally (because we are going for ideal), they don't smoke and they love to travel, because you are ready for some adventure, baby!

And then you meet someone at a friend's BBQ, and you're completely intrigued and attracted to this person. You feel energized, like you light up a few more watts in their presence. But they're not as hot as you were hoping—a little chubby maybe. And you're taken aback to learn—after talking fluidly for hours on all of your favorite topics—that despite being a working writer, they never went to college. *Hmmm. Well that's too bad*, you think, *my brother won't be very impressed*. They're not matching up to the details of your vision. But . . . you're feeling pretty jazzed to be around them.

On your first date this paramour takes you to a poetry slam in a seedy part of town, and it opens up your world. *The passion! The politics!* Then they take you out for Ethiopian food, which you've never had before. You feel like you're on an adventure in your own city. You want more of this! You're feeling love starting to move through you. And by God, you laugh more than you've ever laughed.

And then you learn that this person, who is clearly incredibly cool and is turning you right on, is afraid of flying on planes. In fact, they have such a phobia of flying that they've never been off the continent. Errrr! Grinding halt. What about that honeymoon in Paris you'd always dreamed of? And your friend's birthday party in Chile? No flights. A little bit chubby. No alma mater. The deal could be off.

Except . . . you feel the way you wanted to feel. Adventurous. Love. Energized. The packaging is a bit funky, but the feelings are so right. And you surprise yourself. You give in to your core desired feelings. You're a yes! Three cheers for truth! Fears silenced, heart engaged. You're not compromising. In fact, you're expanding.

You have a backyard wedding and road trip for your honeymoon. *Mazel tov*. And then, because this is a real love story, you promptly find a great couples therapist, who helps you conclude that going to Paris with your best friend, and coming home to a devoted partner who totally turns you on, is a pretty sweet deal.

When you're clear on how you want to feel, you can be open to what life wants to give you. And life usually has something even better in store for you than what you've imagined.

Stay anchored to the desired feeling, and open to the form in which it manifests.

# DESIRE BRINGS LIGHT TO DARKNESS

Longing, felt fully, carries us to belonging.

—Tara Brach, *Radical Acceptance*

This is what I know to be true: when I'm in a hellish kind of anger or feeling painfully disconnected, I want to get out of it as fast as possible. It's taken me years to realize that tuning in to my most desired feelings—my preferred states of being—gives me some immediate relief. And more than that, it helps healing to happen.

**The Situation:** I'm feeling angry because something is not the way that I want it to be. My partner just did that “thing” again and I'm pissed right off. (*How many times—and ways—do I have to ask him not to do that thing!?*) Huffy huff puff. Huff. Grrrr. Puff.

The cascading effect of disparaging monkey-mind chatter:

*He can be such an asshole. No . . . I'm such an asshole for thinking he's such an asshole. But he's got a problem, I mean, really. If only he'd change that one thing. No, there's something wrong with me. If only I'd change. I need to be more loving, evolved, Buddhist, feminine, flexible, understanding, tough. This is just an old wound I'm bumping up against. This is all my shit. This isn't really happening in the present. Maybe I should move my therapy appointment to Monday, or read some Pema Chödrön. I need to get to yoga tonight to open my heart chakra. Think positive thoughts, Danielle, think about how awesome all this other stuff in your life is. But I'm still pissed . . .*

And the mental loop plays over and over. So then I try to pull out of it by thinking happy affirmation thoughts: I love my life (which I mostly do, but at the moment, this affirmation feels like a bullshit pick-up line). So I go down the spiral of psycho-critique and I analyze the shit out of “his issues” and “my issues.” And not only does this fake cheer and intellectualization bum me out even more, it drags the conflict out even longer.

I know you know what I'm talkin' about.

**The Solution:** None of this chatter or analysis—whether it's true or objective or not—actually helps me to feel better in the moment. And by “feel better,” I mean centered and at one with my life source. By “feel better” I do

not mean right, soothed, or self-placated. I'm not interested in a Band-Aid for my pain, I'm interested in the antidote. And I'm very interested in getting that STAT. *What will take away this pain?*

**In the toughest of moments, what makes me feel better is thinking about my core desired feelings.**

If things are feeling constricted and downright fucking impossible, I think, *I desire light. What I really want is fluidity. I'd prefer communion.* It interrupts the mental jackhammering. And then I feel closer to home, aware again of my Soul. By reminding myself of what I really want in those moments, I haven't invalidated what's happening and I haven't taken myself future-tripping. I've just plugged into my ever-present desire. And it's surprisingly uplifting.

**Recalling your desired feelings when you're not getting what you want**

- › interrupts your mental complaints, and . . .
- › points you in the direction of what you do want, which . . .
- › allows for some optimism to slip into your mind, which . . .
- › gets you closer to the expanded state of “what's possible,” which . . .
- › opens your heart, which . . .
- › is not only comforting, but allows the light of consciousness to enter, by which you can see more clearly.

And when the light of consciousness is helping you see more clearly, you can make more empowered choices. You can see solutions, you can find remedies to help you heal, you can feel gratitude for what's happening in the moment—and this last one alone can change everything. You can even lighten up and laugh—and stop being such an asshole.

So when you're jammed up, or feeling hopeless, or blind with rage, play the desire card: “I desire harmony.” “Confidence, please.” “Freedom, thank you.”

It may take the universe a few hours, days, or years to deliver. More accurately, it might take you a while to be ready to allow those fulfilled desires into your life. But even in that instance, you will nonetheless have made your wishes known and created a more expanded moment.

# YOU CAN MAKE YOUR LIFE BETTER. DAILY. PRACTICALLY.

A desire is anything but frivolous. It is the interface between you and that which is greater than you. No desire is meaningless or inconsequential. If it pulls you, even a little bit, it will take everyone higher. Desire is where the Divine lives, inside the inspiration of your desire. Every desire is of profound importance with huge consequences, and deserves your attention.

—Mama Gena

**This is the single most practical reason to get clear on your core desires: you can make small improvements to your being and your life, on a daily basis.**

You don't need to leave your job. Or learn Spanish, or a whole new meditation practice, or a seven-step system. You don't need to make a phone call to clear the air with the person who did you wrong ten years ago. You don't even need to be bold.

**To feel the way you want to feel as often as possible, you just need to do easy things to help you feel that way every day.**

One of my core desired feelings is “divinely feminine.” But I’m not going to take up belly dancing or lead goddess circles in my living room. Because, a) I’m an introvert, and b) my life is full. When I think about what I can do to generate “divinely feminine” on a day-to-day basis—among all the other things I have put on my plate—it has to be really simple and doable. And natural.

I can text my man something sweet or saucy. Last week, I decided to reread a chapter of Clarissa Pinkola Estes’s *Women Who Run With the Wolves*, and I made sure to keep my tea date with my girlfriend. I bought tickets to see Alanis Morissette. One day I just Googled “divine feminine” and kept some goddess images I found on my computer for the day. On the days when I’m just not feeling very Sexy Wonder Woman Kali Mama Goddess Power Chica, divinely feminine can be as simple as opting to wear a skirt instead of yoga pants. And that small, sometimes simple, choice for feeling good can change the way I feel all day.

On one particularly broke day, I was feeling anything but affluent. Credit cards were full, rent was due, and the phone hadn't been ringing with new business that week. *What'll make me feel better off?* I thought. *What will I do when I am actually bringing in the bucks?* Answer: *I'll buy that Italian linen sofa at Inform!* So I headed down to that snooty furniture store in the hip part of town and I sat my ass on that sofa—for a conspicuously long time. *This is what affluence feels like—quality*, I thought. And I felt a bit better. I felt a little more possible. Which made me feel more like myself. And instead of focusing on feeling broke, I shifted my focus to going after what I wanted. It was just a small, but effective, thing to get me out of my funk and back to feeling inspired to make things happen.

Small, deliberate actions  
inspired by your true desires  
create a life you love.

When you're not feeling the way you want to feel, it can take just a small gesture to shift your state of mind. I have a friend who's a freelance writer, and she's made a habit of giving stuff away when she's feeling lacking. "I pay for dinner with a friend, even if things are tight for me, or I do some writing work pro bono. It opens my heart up, and money seems to flow better when I'm feeling more generous about life."

Immerse yourself in the energy of what you desire.

—Hiro Boga

**Seek out environments that match your desired feelings.** I know someone who goes to test drive new cars when she's feeling shabby. Meander around open house showings for homes that are currently out of your price range. Go to an art gallery and be in the midst of transcendent, priceless art. Let the beauty and the power rub off on you.

The idea is that you do easy, natural things that are aligned with your core desired feelings. These small, steady actions won't change your life in a flash, but they will change your life day by day.

## AN IMPORTANT DISTINCTION TO MAKE

Being deliberate about how you want to feel is at the root of self-reliance, and it's also a collaborative effort you make with life. We help form our reality by projecting out our requests and hoping they'll be met. And there's a really important distinction to be made here about where we project our desires.

Are we looking to ourselves to feel the way we want to feel, or are we relying too much on others to help us feel the way we want to feel?

Let's work with the core desired feelings of "generous" and "strong" as examples. You're wishing for generosity and strength to be your regular state of mind. So it's not about your boss or your best friend being generous and strong *for* you, or their behavior *helping* you feel generous and strong. It's not about your job feeling generous and strengthening. It's about *you* being generous and strong, within that job, or within your friendship.

We're not laying our desire trip on the world. *But you don't make me feel the way I want to!* Emotional intentionality is not about manipulating the actors in your play to create the right scene. It is about improvising and getting in the right frame of mind regardless of how other people are appearing on your stage.

**You can feel light when someone else is heavy. You can feel confident when things go sideways.**

You can feel beautiful amidst  
the ugly parts of life.

Now you may be thinking, *But don't we want to attract people who are aligned with our desires? Don't we want the world around us to be a source of pleasure?*

Yes, yes, absolutely! We want the universe to deliver pleasure (and the universe is, in fact, designed to deliver pleasure straight to our door). But when we come from a place of trying to control people and circumstances to feel good, then we step outside of our true power.

Collaborate with the cosmos instead of dictating to the world. You're stronger when you stand in your own power and dance with what's around you.

# RESPECT YOUR DESIRES

You're in a troubling, less-than-terrific moment and you say to yourself, "I want to feel vitality." Excellent intentionality! You're focused on your positive desire. But then you slide this in: "Because this situation is so goddamn unbearable and I can't believe I got myself into this!" Oopsie, we just took a hard left to Gloomsville and ended on a bad note. You have just turned a perfectly good wish into a bitch-slap.

Bitch if you need to. Get it out. Just don't let it end with that. Do whatever you have to do to get your thoughts back on a positive creative track so that you're in line with your Soul. This is the good, hard work of grown-up awareness.

*I want to feel peace . . . but I'm enraged . . . so I must be defective . . . All that therapy and I still get stuck like this . . .*

Keep going and get back on track:

*. . . and I still know that what I want the most is peace.*

That's it. Simple. Just put one more drop in the bucket and it can tip your energy.

If we can feel even slightly more expanded during a painful incident, then we can build our positivity muscle in that moment. And when we practice this over time, we develop the strength to turn things around more quickly, or even to resist downward spirals altogether.

## DON'T JUDGE HOW YOU WANT TO FEEL

*I want to be incredibly wealthy! Is that greedy?*

*I want to feel loved. Is that needy?*

Maybe. Maybe you're being ruled by what Buddhists call "the hungry ghost." The hungry ghost is the over-needful, ravenous part of our psyche that demands to be fed—attention, gratification, comfort, whatever the hot-spot emotion is for us. It's scared, it's always empty, and it will never be pleased.

Or maybe what you label as needy or greedy is really an impulse to heal and take care of yourself. Doing what it takes to get your needs met in a healthy way is part of a maturing spirit. Self-soothing. Radical self-responsibility. Intentional creating.

Until we admit to and honor the fact that we just want to feel [you name it], we can't even begin to experience the satisfaction we crave.

The more you are judging a desired feeling, the more it's asking for your attention.

I was once in a work partnership in which I almost obsessively craved freedom. I secretly wanted my own gig and business—I wanted my own freedom. It wracked me with guilt. I told myself I was selfish. I needed to get over it. *It's just a personality flaw from being an only child.* I drove myself crazy trying to talk myself out of who I really was. When freedom finally happened and this partner and I parted ways, I felt like I'd stepped out of a movie and back into my real life. And I vowed then to put my desire for freedom at the center of everything I did.

It doesn't matter if your core desired feelings are springing forth from a place of extreme lack or from a place of great abundance. The fact is, they are your current desires and they're trying to show you something: the way to your Soul.

Those who restrain their desire  
do so because theirs is weak enough to be restrained.

—William Blake

## **THE WAYS IN WHICH YOU GET YOUR NEEDS MET WILL EVOLVE**

We create wellness or dysfunction in our lives by how we go about getting our needs met.

In a delusional moment you might think that going on a weekend bender or sleeping with that coworker who is only passably enticing to you is going to

make you feel all free ‘n’ loved up. But if you’re feeling guilty and ashamed while you’re going for supposed fulfillment, then you’re missing the mark.

If you have to step outside of yourself, away from your values and Soul, to get your needs met, then you’re not really going to get your needs met. The process itself of bringing your core desired feelings to life has to be infused with the feelings you’re going for. If you’re aiming for big freedom this year, then do stuff that makes you feel free today.

When you come face-to-face with your burning need, when you can say to yourself with some sincere amazement, *For the love of God, do I ever crave to feel seen and connected* (for example), then you can start to relax into yourself. And in this more relaxed and accepting place, the agitated, demanding energy around the desire will start to cool down and you can think more clearly about how to get fulfilled in positive ways. You won’t need to stomp your feet or have one glass of wine too many. You’ll trust that you’ve got what it takes to create something satisfying. And you’ll inch out to do it.

At first you may need someone to give you permission, some external validation. Go get it. Call your friends and ask them to tell you why you’re so special. Hire a coach to cheer you on.

And then, as a next step toward good feelings, maybe you’ll need to do something rather significant or dramatic. You’ll know when it’s time.

Stay steady with your wanting. On really hungry days you may have to whisper to yourself over and over again, *I just want to feel what I want to feel . . . I just want to feel what I want to feel . . .* reminding yourself that you always have the right to desire something more than what’s currently in front of you.

Eventually, how you create your most wanted feelings will become a habit of your true nature—instinctively healthy and self-aware. You’ll have worked your way up as CEO of your own fulfillment—and you will have so much to give to the world.

# THE UNDENIABLY IMMENSE VALUE OF NEGATIVE EMOTIONS

In the depth of winter I finally learned  
that there was in me an invincible summer.

—Albert Camus

Positive feeling states are a sign that we're in sync with our Soul.

Negative feeling states are indicators that we're out of sync with our Soul.

And we're going to get out of sync. We're going to forget about our magnificence a hundred times a day. Some people will only glimpse their own magnificence a few times in a lifetime. Crushing, some of us will spend the majority of our adult lives in resistance to our Souls, in perpetual states of bitchdom and fearfulness. To those people I want to say: "You've simply forgotten who you are—it's just a temporary situation."

**Getting off track is not only natural, but it is also absolutely inevitable for every single one of us.** It doesn't matter if you're markedly wiser than the majority, if you're in beautiful, selfless service to the world, an avowed monk, or a relentless reader of self-help books with years of therapy, a yoga pass, and the aligned chakras to prove it. You're going to slip out of your Soul zone and into the shadowy emotions of doubt, jealousy, pettiness, vengefulness, and a whole cadre of other uncomfortable states of being.

Getting off track  
is essential to our growth.

Veering away from one's essence and steering back to it is how we accumulate insight into, and trust in, the nature of life. We learn more about both our personal and the universal landscape every time we take a wrong turn. And how do we know we've taken a wrong turn? Well, generally speaking, we feel like shit. We feel exactly how we don't want to feel.

**How about reframing negative feelings as wake-up calls?** I like to think of these incessant, negative, niggling emotions as regular reminders of the awesomeness that I have access to, even when I'm feeling like a total cow.

I have a quick temper and, while I'm not proud of it, I am also a semi-professional critic of just about everything. This very special combination of qualities means that Rage Lite is a regular part of my daily existence. LaPorte weighs in on poor customer service: *Are you fucking kidding me?* On yet another saccharine Hollywood movie: *Are you fucking kidding me?* On my man leaving his big damn boots right in front of the door, again: *Are you fucking kidding me?* And so it goes, my fast-track path to enlightenment.

Are my mini-geysers of frustration indicators that I'm acting from my truest nature? Nope. That frustration, which at its darkest can become contempt, is telling me that I've forgotten what I know to be true: that we're all doing our best, we're all worthy of love, and all is well. The golden luminous nature of existence does not sweat the small stuff.

**Is frustration, or any other negative emotion, useful or worthwhile? Hell yes. Every emotion felt is valuable.** The trick is to actually feel it—and then to fully accept it. Judging ourselves for feeling less than outstanding, or for being adrift from our divinity for a minute, or several months, only keeps us locked in those negative states. If we're condemning it, we're creating stuckness. When we wipe the residue of judgment off the lens, we can see where more positive options are waiting for us.

My Rage Lite reminds me of what I truly desire: joy. It nudges me to laugh at myself. Sometimes it reminds me that the most loving act can be to just let it go. Sometimes it spurs me to take action. My anger reminds me of peace. My sadness, of happiness. My fear, of faith.

# FEELINGS MAY NOT LOOK HOW THEY FEEL

On poetry: Everyone wants to know what it means.  
But nobody is asking, How does it feel?

—Mary Oliver

We can be quick to identify certain feelings as “bad” or less than ideal, and so we expend a lot of energy avoiding those feelings or judging ourselves for feeling them.

We need to keep in mind  
how fluid and multidimensional  
feelings are.

Just like an ocean can be pounding the beach with waves yet be perfectly calm at its depths, our feelings may look destructive, or inappropriate, or negative, when really they are expressions of something incredibly hopeful coming from deep within us.

So, on some days, an angry outburst might really be a wave of creative energy coursing through you. *Fight for your rights!* Or that tremor of grief could be the stirring of your most tender compassion. What looks like fear might actually be excitement. As my speaking coach, Gail Larsen, always reminds me, “Fear is excitement without the breath.”

Only you can say what feels true.

# NEGATIVE FEELINGS ARE STEPPING-STONES TO MORE POSITIVE FEELINGS

Every need brings what's needed.  
Pain bears its cure like a child.  
Having nothing produces provisions.  
Ask a difficult question,  
And the marvelous answer appears.

—Rumi

Restriction can lead to freedom. Shame can lead to pride. Weakness can lead to integrity. But you need to stay in motion in order to get from one state to the next, constantly referring to your inner GPS of feelings. “Right now I’m traveling south on Despair Highway, which means I’m about nine hundred miles away from Joy. I better take the off ramp to Courage.” And pretty soon, possibly in an instant, you’ll be right where you want to be.

Abraham-Hicks, creators of books like *Ask and It Is Given* and *The Astonishing Power of Emotions*, have a theory about manifesting what you want that they call “rockets of desire.”

The idea is that every conscious desire you have gets projected out into the cosmos like a rocket, and the universe is collecting your wishes until you’re ready to have them fulfilled. I love this notion. But here’s where it gets even more compelling: you also send out a rocket of desire every time you experience something that you do *not want*. An unwanted occurrence happens, and then you consciously—or unconsciously—desire something better, and zoom, out goes another rocket of desire requesting that something better occur for you.

This is a spectacular theory—it’s so liberating. It means that all experience is useful, that everything is progress. Bearing that in mind can be profoundly comforting when things are falling apart. So consider this: every unwanted emotion and experience you encounter is a wish for something better, and that wish is being heard. Keep wishing, wanting, and aiming. You’re getting closer to true joy with every desire.

# WHY DO WE PUSH AWAY GOOD FEELINGS?

Our species in general had grown accustomed to pain and adversity through millennia of struggle. . . . We were only recently evolving the ability to let ourselves feel good and have things go well for any significant period of time.

—Gay Hendricks, *The Big Leap*

Because we don't feel worthy. Because we're focused on pleasing others instead of ourselves. Because we want to be loved. Because we're trying to win at someone else's reward system. Because we're told not to get too big for our britches. Because we're operating on the premise that what other people think actually matters to our well-being.

Because it feels vulnerable to feel good, and we start to fear that it won't last. Because positive feelings such as joy, happiness, bliss, abundance, and more, are very very powerful. And that kind of energy current can shake up our emotional structures—joy can blow your mind. Positive emotions can also be threatening to the people around us who'd prefer miserable company.

Joy does not fit into  
the box of the status quo.

**Unfetter your happiness (you know you want to).**

How are things? *Good. Yeah, good. Fine. Things are fine.*

Let me ask that question again: How are things?

*Fabulous! It all feels like an adventure right now. I have synchronicities piling up everywhere. I've got all the money I need, in fact, it's flowing good 'n' steady. My skin is glowing. Most nights we dance in the kitchen. Sex is good. I giggle every day. And really, sometimes when I smile at a stranger in the market I can feel my heart swell. In fact, I swear I felt bliss while I was walking home the other day from the market. Yeah. It was bliss.*

Happy? Then say so.

I notice this in myself, and I see it in other people: the happiness muffle. We feel the sparkle; really we do. We feel rich with gratitude, and we're even keenly aware of a true smile curled up in our cells. But even if we truly tend to live on the light side of things, we don't pronounce it. As coach Lianne Raymond puts it, "We butt back the joy because happiness is a form of power."

Is that any way to treat happiness? Happiness is power. Happiness is carbonated consciousness. It wants to spill out and radiate and be articulated. And every time we downplay our joy we confuse our synapses. Our brain is firing smiley neurons and our mouth is short-circuiting them. Happiness-muffling numbs our senses. If you keep it under the surface too long, it just might stay there—a light under a bushel.

Admit to your contentment so it can grow.

# KNOWING HOW WE FEEL

Birds flying high you know how I feel  
Sun in the sky you know how I feel

—as sung by Nina Simone

I was walking with a friend in a field of tall grass on a perfect summer day. It was completely idyllic. There was even a babbling brook. *Cotton is high and I'm feeling fine*, I thought to myself.

My friend had just gone off antidepressants and anti-anxiety meds after five-plus years of off-and-on. She was having a hard time managing her feelings at this point, mostly because she hadn't felt them in so long—they confused her. “So how are you feeling these days?” I asked her. “I just don't know. I think I feel things, but I'm not sure what to call them. I don't know if this is anger or sadness, or if I'm feeling happiness or just *wanting* to feel happy.” We just walked in silence, peacefully, for a lot of that afternoon.

After you've been numbed for a while, disorientation is a natural reaction as you come back around. It's like waking up from anesthesia and not knowing exactly where you are.

We all numb out to some degree—avoiding the negative feelings that are painful and seemingly impossible to transmute, or deflecting the positive feelings that seem foreign to our system and threatening to our habitual ways of being. We down the wine, light up, sugar out. We gorge on TV, distract ourselves with shopping, snack on gossip, let our minds natter on.

But when we avoid the greater range and depths of feelings over the long term it makes for shallow and narrow living—actually, it makes for not quite living at all. So upping our willingness to feel the full range of our feelings is a surer way to create healing.

TO BE

WHOLE

IS TO

MAKE SPACE

FOR THE  
FULL RANGE  
OF HUMAN  
EMOTION

That doesn't mean that we act out the dark emotions. To the contrary, one of the reasons to be aware of all of our feelings is so that we can be deliberate about the emotions that we play out in the world and in our work.

We need to honor the diversity of our emotions, respect all of our faces, masks, and sounds—even the dark stuff. *Ah, rage, there you are yet again, teaching me about peace.*

When you can respect the darkness within yourself without any guilt trips, you're becoming truly free.

But if in your fear you would seek only love's peace and love's pleasure, then it is better for you that you cover your nakedness and pass out of love's threshing-floor, into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears.

—Khalil Gibran

## WE'RE ALL IN THIS TOGETHER

Sometimes we need to learn to feel again. This is like relearning a dance move you haven't done for years, or getting back into the foreign language you haven't spoken since high school. After a broken heart, a long, time-enduring compromise, or years of consuming any and all kinds of feeling-blockers, it's time to take a refresher course in the geometry of feelings.

Strangely enough, even though feelings are such a preciously private experience, we can relearn how to feel somewhat by observing other people. For this reason, we need to become inspectors of the heart. Just like we check out what people are wearing, we need to become keener at checking out what they're feeling—and asking them about it. *Where'd you get that happiness? It goes great with your eyes. Are you feeling angry or sad, or is this facial expression just a habit? How come you're in such a good mood?*

There's a technique taught in acting classes for getting in touch with your own emotions as well as developing empathy for others' emotions. When you're among other people and observing them, especially strangers, you use your skills of observation to take in what you see and hear, very specifically, and

then use your imagination to make stuff up about who the strangers are and what they want, what they're feeling, where they may be going.

The great gift of human beings is that we have the power of empathy.

—Meryl Streep

Sinead O'Connor taught me how to be constructively angry. The PNE Coliseum. Toronto. 1994. Acoustic encore. Only her onstage. White tank, mini kilt, army boots. "This is the last day of our acquaintance . . . I will meet you later in somebody's office." Ever so soft and sincere. And then wail, wallop, wazam! "I'll talk but you won't listen to meeeeeeee!" She wailed. She made her final, cracking guitar strum, slammed the guitar down, and just as lithely as she'd entered, left the stage. The audience stared in silence at the empty spotlight. And then, the crowd went wild.

I'd never seen a woman channel rage in such a clean way. *Anger trips your freedom circuits*, I thought. That night, I decided to quit my job.

A stranger in a bar taught me about crippling depression. "When I was standing upright, the distance between the floor and me felt too far," she told me. "So I decided it was better if I just crawled around the house. I was glad we had carpeting." At the time we met she was a high-functioning, radiant woman. I've recalled her story in my own dark nights. *Radiance will happen again, radiance will happen again*.

In an interview with Oprah, Goldie Hawn said that she was so happy all the damn time because she "decided to be." When I heard this, I decided to make the same decision daily.

**Seek out grand expressions of life force everywhere.** When you're just waking up to the deliberate practice of feeling more in your life, it's helpful to look for outpourings of emotion in art: The agony of Edvard Munch's *The Scream*. The pride of Georgia O'Keefe's black-purple flower petals. Pablo Neruda's love poems. Beethoven's "Ode To Joy." Heart-crackers, all of them.

Be curious. Come to life.

# 150+ POSITIVE FEELINGS

abundant, abundance  
accepting, acceptance  
accessible  
accomplishment, accomplished  
acknowledged, acknowledgment  
adorable, adored, adoring, adoration  
adventure, adventurous,  
adventuresome  
anticipation, anticipatory, anticipating  
affectionate, affection  
affluent, affluence  
alive, aliveness  
alluring, allure, allurement  
amazing, amazement, amazed  
amorous, amour  
appreciation, appreciated, appreciative  
at ease  
attractive, attracted  
authentic, authenticity  
awed, awesome, in awe  
balance, balanced  
beatific  
blessed, blessing  
bold, boldness  
bountiful, bounty, bounteous  
boundless, boundlessness  
brave, bravery  
bright, brightened  
brilliant, brilliance  
calm, calming, calmed  
capable  
celebration, celebratory, celebrated  
centered, centering  
certain, certainty  
cheerful, cheer, cheery  
cherishing, cherished  
clear, clarity  
close, closeness  
comfortable, comfort, comforted,  
comforting  
confident, confidence, confiding  
connected, connection, connectedness  
considerate  
content, contented, contentedness  
courageous, courage  
cozy, coziness  
creative, creativity, creating  
curious, curiosity  
current  
daring  
decisive, decisiveness  
delighted, delight, delightful  
desired, desire, desiring, desirous  
determined, determination  
devoted, devotion  
drawn toward, drawing toward  
dynamic, dynamism  
eager, eagerness  
earnest, earnestness  
easy, ease  
ebullient  
ecstatic, ecstasy  
effectual, effective, effectiveness  
elated, elation  
elegant, elegance  
embodied, embodying  
emboldened  
empowered, empowering  
enamored

encouraged, encouraging,  
encouragement  
energized, energy, energetic  
enjoying, enjoyed  
enlightened, enlightenment,  
enlightening  
enthusiasm, enthusiastic, enthused  
equanimity  
excitement, exciting, excited  
exquisite  
fabulous, fabulousity, fabulousness  
fantastic, fantasy, fantastical  
fascination, fascinating, fascinated  
feminine, femininity  
festive  
focus, focused  
fortune, fortunate  
free, freedom, freeing  
fresh, freshness, freshened  
friendly, friendship  
full, fulfilled, fulfillment, fullness  
generous, generosity  
gentle, gentleness  
genuine, genuineness  
glad, gladdening, gladdened  
glamorous, glamour  
grace, graceful, gracious, graced  
grateful, gratitude  
grounded, grounding  
guidance, guided, guiding  
happy, happiness  
harmony, harmonious, harmonic  
healthy, healing, healed, health  
held  
home, at home, homey

hopeful, hope, hoping  
holy, holiness  
illuminated, illuminating, illumination  
impassioned  
important, importance  
innovative, innovation, innovating  
inquisitive  
inspired, inspiration, inspiring  
integrity, integrous, integral  
intent, intentional, intention  
interested, interest, interesting  
intrigued, intrigue, intriguing  
inspiration, inspiring, inspired  
invigorate, invigorated, invigoration  
joy, joyous, joyful  
jubilant, jubilation, jubilation  
keen  
kind, kindness  
liberation, liberated, liberal  
light, lightness, lit up, lightening,  
lightened  
limitless, unlimited  
love, loving, loved, in love, lovely  
luminous, luminosity, luminescence  
magic, magical  
mindful, mindfulness  
masculine, masculinity  
momentum  
natural, nature  
new, anew  
nourished, nourishing, nourishment  
nurtured, nurturing, nurturance  
one, oneness  
open, openness  
open-hearted, open-heartedness

open-minded, open-mindedness  
optimistic, optimism, optimist  
opulent, opulence  
overjoyed  
passion, passionate  
peace, peaceful, peacefulness  
play, playful, playing  
pleasure, pleasurable, pleasurable,  
pleasured  
pleasant  
positive, positivity  
power, powerful  
prosperity, prosperous, prospering  
proud, sense of pride  
purpose, purposeful, on purpose  
quiet, quietude  
ready, readiness  
receptive, reception, receptivity,  
received, receiving  
refreshed, refreshing, refreshment  
regal, regality, regally  
relaxation, relaxed, relaxing  
reliable  
renewed, renewal  
rested, restful  
revitalized, revitalizing, revitalization  
rich, riches, richness  
righteous, righteousness  
romantic, romance, romanced  
rooted, roots, rootedness  
sacred, sacredness  
safe, safety  
satisfaction, satisfied, satisfying  
secure, security  
seen, seeing  
sensitive

sensuous, sensual, sensitivity,  
sensitized, sensuality  
serene, serenity  
settled, settling  
sexy, sexual, sexiness, sexuality  
sincere, sincerity, sincereness  
spontaneous, spontaneity  
solid, solidity  
spirit, spirited, spiritual, spirituality  
strong, strength, strengthening,  
strengthened  
supportive, support, supported  
sure, surety  
sweet, sweetness  
tenacity, tenacious  
tender, tenderness  
thankful, thankfulness, thanked  
thrilling, thrilled  
touched, touch  
treasuring, treasured, treasure  
understanding, understood  
unity, unified, unifying, unification,  
union  
unique, uniqueness  
useful, usefulness  
value, valuable, valuing  
vibrant, vibrancy  
vibration, vibrating  
vivacious, vivacity  
vital, vitality, vitalizing  
vulnerable, vulnerability  
warm, warmth, warmed, warming  
wealth, wealthy  
whole, wholesome, holistic, wholeness  
wonder, wondrous, wonderful