

A Conscious Encounter with Desire

From: Senses of the Soul, by GuruMeher Singh

Close your eyes after reading each phrase that follows and create that feeling within yourself. Identify someone or something, either from memory or expectation, that generates each level of attraction.

Slight preference Strong yearning Burning passion
Sweet inkling Determined wanting Overpowering demand
Appealing interest Pleading necessity Insatiable lust
Wishful longing Strong craving Ravaging addiction

In the same way, now sample the other side with a feeling and object to match the level of intensity.

Displeasure Revulsion Detesting
Dislike Disgust Abhorrence
Aversion Loathing Hate

Do you notice the strong physical sensations that make the emotion very real? Was either attraction or aversion stronger or more familiar for you? Was there a certain range of intensity that was more familiar or habitual to you? These stronger feelings reveal where you spend more of your time emotionally. Could you detect other emotions present and distinguish them from the Desire? Anger, Guilt, and Shame commonly accompany repulsion, whereas Fear and Sadness may pair up with attraction. All combinations are possible.