

## Live the life you love!

Living the life you love starts with the question, and then the answer of first knowing what one wants. How do we know what we want? Where does one's desire or conception of desire begin?

Think for a moment: as an infant, we want for basic necessities including all that brings us pleasure. Next, we are offered information from our environment, our homes, technology, culture, and family beliefs and values—all information and lenses that both enable us to make sense of the world we live as well as limit what we perceive. This is really a topic that entire books are written about—a subject that I introduce in a three-hour workshop titled: “Introduction to Neuro-Linguistic Programming: The Study of Subjective Experience.” ([see more “What is NLP?”](#))

Early in life people are taught as children what pleases their parents. In order to receive love and feel safe, people learn how to perform:—they can't do certain things and they can do other things. As hard as parents might try, they forget about any disapproval or approval that really shapes their children, and so there are grown up people running around the world doing what they have been taught is the “right” thing to do and the “proper” thing to do, and what the “proper” path to happiness is. ([read more about socialization](#)).

Living the life you truly want first starts with answering the question on a consistent basis, “What do I want?” while at the same time answering the question, “What have I learned that I wanted from parents, teachers, and society at large?” Said a bit more crudely, what are we doing to be good little boys and girls, good workers, good husbands and wives, good parents, good people? The more important question that I will continue to refer back to is: “What do you want? Go ahead and ask yourself, for any life area: “What do you want now?” A couple of other common questions I will ask new clients are: “How do you feed your spirit?”; “How do you nourish yourself? What do you do that feels deeply soulful to you? In other words, what moves you?

Too many of us have become separate from what is truly human in each of us—our feelings, our desires and yes, even our dreams and ability to manifest those dreams. My coaching helps people to reconnect with their desires, their dreams, and what truly stirs them. We then become involved together on a path that begins to make all the things happen they truly want! The questions what do I want, what feels good to me, that sparks my interest, and what tickles my fancy,

are so rarely asked! I want my clients to regularly ask themselves, on a soulful level “What do I want?” Try it again, now, for your most intimate relationship, or your sexual life, what do you truly want? What do you desire? Knowing our true desires by asking this great question is key in getting what you want; it carries great gravity and power.

Napoleon Hill speaks of this ‘knowing’ and then imagining, expecting and desiring in his book “Think and Grow Rich” (1937)... I have created useful adaptations to this procedure in chapter 2 of my book, [Getting What You Want: The Art of Living on Purpose](#). This is very much along the lines of the more popular [“Law of Attraction”](#) as discussed in [“The Secret.”](#) The next step in our coaching is allowing and experiencing those things that tickle our fancy, that stir and excite us, that bring us to a place of joy. Talk about living richly!

To choose to enjoy simple pleasures and do what you love in the world is to truly experience humanness. So I think connecting with our passion while living in the world and being very present is what being truly human is about. It is in the ‘being present’ that is lost for too many people. Unbeknown to themselves, these folks (and there are many) are caught in their own schedules, their ongoing to-do lists: “I have to do this next. I have to do that next.” Being “Truly Human” is the difference in choosing to be, rather than choosing to do. It means responsibly owning our personal power and then consciously choosing—choosing to be and choosing to do.

Do you know where you are giving up your ability to choose? Giving up your personal power? If not, please [contact me](#) and take charge of your life today!