

## Transmuting Desire

There are desires at every level of what we are. Normally we deny most of them, which builds up a great pressure inside of us. This causes a subtle stream of unrest within, which builds over time. If we do acknowledge the desires we have but they go unfulfilled, there is suffering.

If the desires that we fulfill come from our human and animal level of perception, we will not be able to use that power to elevate our point of view and attain the expanded experience of spiritual and divine level desire.

Our human and animal level of desire often causes suffering to ourselves and others. The reason is because from this point of view the desire we have is unconcerned with others. When we must interact with other people, this tends to cause conflict. Soul level desires may pull towards the same physical experience, but the inner state of being is much different, being as much concerned about compassion and equanimity as it is the fulfillment of the desire.

We learn to acknowledge our desires without judgment, and even if they cannot be expressed, all of that inner pressure inside is relieved. That desire will no longer push us unconsciously from one experience to the next.

When a desire goes unfulfilled, we can take that pressure that builds up inside, and instead of projecting that energy outwards we can bring it inside to energize ourselves, and elevate to a higher experience of that desire, even if the physical expression seems to be the same.