

Heart's Desire: Naming and manifesting one step at a time

by Debbie Lacy

Part One: Naming Your Heart's Desire

Visions manifest one step at a time. Sometimes if your vision seems elusive or too overwhelming to name, you can start with a simpler question about what you want *in the next year*. These questions are meant as prompts – answer all or whichever ones you're drawn to, and focus only on the upcoming year.

What do you want to invite into the upcoming year?

What wants to be born?

What wants to be expressed?

What's something new you'd like to try?

What inner parts of yourself (qualities) do you want to develop or strengthen?

Is there something you want to learn?

What about fun and recreation?

What do you want this year to be like health-wise (physical health, mental, emotional, spiritual...)

How about your relationships (significant other, family, children, friends, co-workers) – what would you like this year to hold for you in connection with others?

Part Two: Building Wings

How can you lift yourself up to create what you desire? First, when seeking change, it's helpful to take stock of those things in your life, or parts of yourself, that remain as a foundation no matter what. What do you know for sure? What do you tend to stand on, and lean into, regardless of what's going on in your life? What can you always “come home” to?

With your foundation more strongly in tact, take in your future vision. Looking at your desires for the upcoming year, how will you feel when you have all this (emotionally, physically, mentally, spiritually)? Feeling what it will be like is critical. This is not a head exercise, so engage your heart freely and often. It's ok to feel how much you want this!

Now, for some work... What inner parts of you do you want to call upon to help attract and hold your heart's desires? How can you begin strengthening these parts of you?

At last, but not least, accept that you cannot do it alone. Who will support your vision? How might you use their help? How/when will you ask for their help?

Part Three: Inspired Actions

Inspired Actions are not the same as a To Do list. Rather than daily tasks that help keep your life maintained and in order, Inspired Actions are meant to create movement and change. They support the vision you hold for yourself and move you along that path. Each Inspired Action creates an inner shift that increases your energy and clarity for the next leg of your journey.

Looking at your vision for the year, what are some immediate Inspired Actions that come to mind? Name one to three things that you can foresee acting on in the next month.