

An excerpt from

TRANSITIONS

*Pathways to the Life and World
Your Soul Desires*

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From chapter

Connect with Your Deep Desires

The Iceberg of Deep Desires

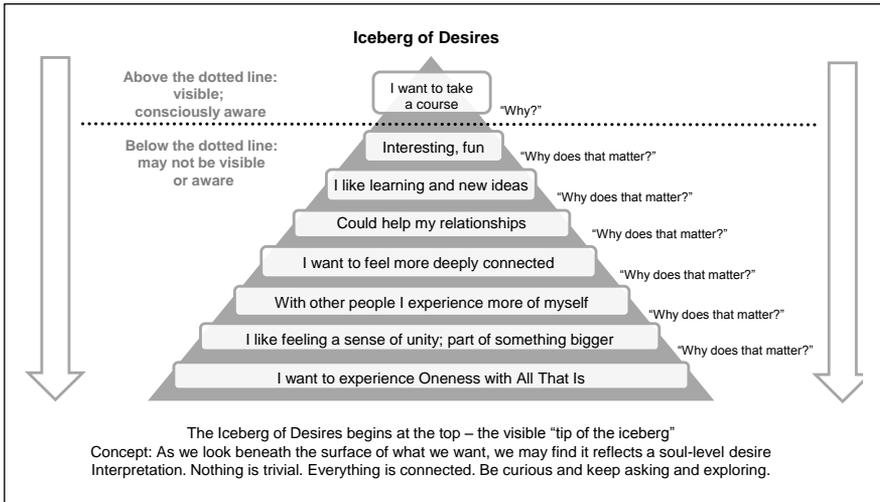
Quick. Instant response: What does your **soul desire**?

Your mind may go blank. Or your responses may be more nebulous; they may appear in glimmers and sensations rather than crisp words or images. Or they may consist of one word or image that doesn't lend itself to easy description. Or maybe you do have instant and clear responses to the question, "What does your soul desire?"

From some perspectives, our souls do not need or desire anything. They are timeless and eternal. But "soul's desire" is not a contradiction in terms.

Transformation – a transition that results in profound adaptive change – usually has something to do with soul-level desires. Soul-level desires seem to emerge in a different manner than wants or needs.

The image of an iceberg illustrates that deep desires may become evident in something that seems small, but is the “tip” of something that is quite deep.



The phrase “tip of the iceberg” perfectly expresses how we may experience deep desires. The tip of the iceberg is visible above water, and may appear small. If all you’re aware of is the tip, you have no idea of how deep or wide the iceberg is under the surface.

As an example, in the Iceberg of Desires diagram, at the tip of the iceberg above the waterline (represented by the dotted line), I’ve inserted something I often say: “I want to take a course.”

If you asked why, I might say, “Because I think it would be fun and interesting.” If you asked why that matters, I might say, “I really enjoy learning stuff.” If you kept asking, “Why would that matter? And why would that matter?” my awareness would keep going down and down into the depths of my “inner iceberg.”

Recently, when I kept asking myself, “and why does that matter?” what eventually came to me was, “I want to experience the unity and expansiveness I’ve glimpsed occasionally, where I felt I was experiencing my divinity.”

That’s what I yearn for and that’s what I want to learn more about. At the bottom of my iceberg of desires, that is what is underlying everything else. That is my soul-level desire.

Why it’s important to connect with our deep desires

Soul level desires tell us about our life mission and purpose. Fulfilling our life mission and purpose creates deeply satisfying experiences.

Being more conscious of our soul-level desires can help us avoid getting diverted into wants or needs – “bright shiny objects” – that actually take us further away from what we really desire.

Whether we realize it or not, transition times are often driven by soul-level desires. In times of transition, when some or all aspects of our lives are fluid, we have a huge opportunity to align our lives with our life mission and purpose, as reflected in deep soul-level desires. Becoming more aware of our soul-level desires can give us a greater sense of how we can fulfill those desires.

Five ways to connect with soul-level desires

Five practices to become aware of soul-level desires are:

- Visit the Place of Your Deep Desires
- Notice when you feel most alive and happiest
- Explore your soul’s purpose and life mission
- Follow the thread of wants and needs
- Pay attention to nudges.

Visit the Place of Your Deep Desires

Use a visualization called, “Visit the Place of Your Deep Desires.” In this activity, ask your soul to show you things that represent your deepest soul-level desires. As you do this, some of the desires you imagine will likely be familiar, some may have flitted through your mind before, and some may be so nebulous you don’t yet have words for them.

In the Bonus section, you’ll find the script for a guided visualization called Visit the Place of Your Deep Desires. In it, you imagine visiting a place where you have experiences that reflect soul-level desires. In your imagination, you can return to the Place of Your Deep Desires any time. Each time, you may have similar or completely different experiences, all of them facets of your soul’s desires.

Notice when you feel most alive and happiest

Remembering or imagining your happiest and most vibrant experiences may give you some clues about your deep desires.

...Think back to when you were a child. What were your favourite times? Your favourite activities? What was it about those experiences that made you feel happy?

...Think back over the past ten years. When did you feel most alive and vibrant? When did you feel most happy? When did you feel at your best?

...Imagine you know that you have only six months to live. Assume you will be healthy and have unlimited money during the six months. What will you do?

...Imagine you are in your nineties, looking back with great satisfaction over your life. You’ve lived a wonderful life and are pleased with the legacy you’re leaving. What do you want to be able to say about your life?

And finally: What do your answers to these questions suggest about your deep soul-level desires?

Explore your soul's purpose and life mission

Our deep desires are a reflection of our soul's purpose and life mission. We don't need to know explicitly what our soul's purpose and life mission are to have the intention to be aligned with them.

Several books may be helpful in exploring your soul's purpose and mission. My favourite is Tim Kelley's *True Purpose: 12 Strategies for Discovering the Difference You Are Meant to Make*.¹ In it, he says our "soul purpose" is *what* we are in this life to do, and our "life mission" is *how* we might go about that.

Besides reading books, you can use guided visualizations, meditation, journaling, re-visiting happy childhood memories and noticing favourite activities as ways to explore the terrain of life purpose and mission.

The key point: our deep desires are reflections and expressions of our life mission and purpose.

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*The chapter explains other practices to connect with your soul-level desires.*  
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And now for the rest of the process

When we are conscious and aware of our deep desires, those desires become the pathway to our highest and most expansive selves. The next five chapters suggest ways that you can bring more of your deep desires into fuller expression in your life.

Have fun carrying on!

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<sup>1</sup> Tim Kelley, *True Purpose: 12 Strategies for Discovering the Difference You Are Meant to Make* (2009), Transcendent Solutions Press, Berkeley CA USA.