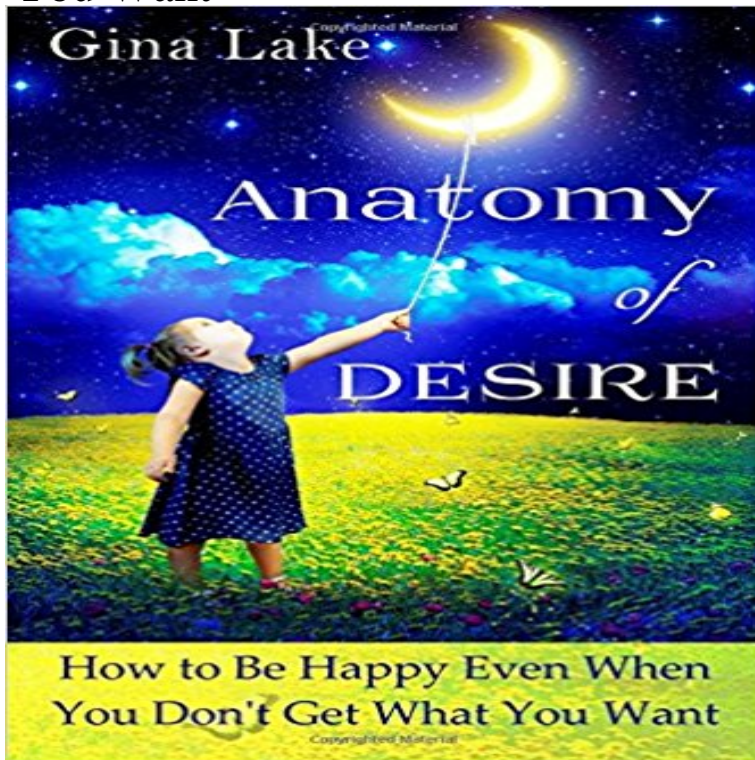


# Anatomy of Desire: How to Be Happy Even When You Dont Get What You Want



We expect that getting what we want will finally make us happy, but what we find is that it mostly just leads to wanting more or wanting something different. Our desires toss us to and fro until we tire of this and begin to question the value of following our desires. Anatomy of Desire will help you understand desire and its purpose in your life. It will also help you discriminate between your Hearts desires and the egos and to relate to the egos desires in a way that reduces suffering and increases joy. By pointing out the myths about desire that keep us tied to our egos desires and the suffering they cause, Anatomy of Desire will help you be happy regardless of your desires and whether you are attaining them. So it is also about spiritual freedom, or liberation, which comes from following the Heart, our deepest desires, instead of the egos desires. It is about becoming a lover of life rather than a desirer. Anatomy of Desire explains: - The truth about desire - Where desires come from and their purpose in spiritual evolution - How to relate to your desires in a way that doesnt cause suffering - How desires, fantasies, memories, and dreams create suffering - How to tell the difference between your Hearts desires and the egos - How to become free from fear - How you create your reality - How to develop your intuition - How to know what your Heart wants and to follow it - How to be happy

The reason it is possible to be happy regardless of our circumstances is because the real you, Essence, is supremely happy regardless of circumstances. The only reason we arent happy with something about ourselves or our life is because we have told ourselves a story about life that is making us unhappy. Instead of blaming the story for our unhappiness, we blame the circumstances, as if it is impossible for us to be happy within those circumstances, which is a lie. Its always possible to be happy. In fact, its impossible for Essence to

be unhappy. Nothing can change this happiness, which can be experienced very subtly energetically as a hum inside. Its like an inner smile. In every moment, regardless of what is happening, something inside you is smiling. This something is the real you: Essence.

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