

What You're Looking For Is What Is Looking

In this article, we'll explore the nature of desire, arguing that what we seek is not simply external objects but a reflection of our own inner selves. Through introspection and self-awareness, we can discover the true objects of our desire and find fulfillment in life.

Desire is a powerful force that can motivate us to great heights or drive us to the depths of despair. It can lead us to achieve our dreams or destroy our lives. But what exactly is desire?

Psychologists define desire as a "psychological state characterized by a craving for something." It's a feeling of want or need that drives us towards a particular object or goal. Desire can be conscious or unconscious, temporary or permanent.



The Lazy Man's Way To Enlightenment: What You're Looking For Is What Is Looking by David A. Bhodan

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Some desires are basic and necessary for our survival, like the desire for food and water. Other desires are more complex and psychological, like the desire for love, happiness, or fulfillment. These desires are not essential for our survival, but they can make our lives more meaningful and enjoyable.

Where do our desires come from? Some psychologists believe that desires are innate, hardwired into our brains by evolution. These desires are thought to help us survive and reproduce. For example, the desire for food is necessary for our survival, while the desire for sex is necessary for reproduction.

Other psychologists believe that desires are learned, acquired through our experiences and interactions with the world around us. According to this view, we learn to desire things that we see others desiring, or that we believe will make us happy. For example, we may desire a new car because we see our friends driving nice cars, or we may desire a promotion because we believe it will make us feel more successful.

無論我們的慾望來自何處，它們都是由我們的大腦產生的。當我們看到或想到我們想要的東西時，我們的大腦會釋放出多巴胺，這是一種與快樂和獎勵相關的神經遞質。這種快樂的感覺會驅使我們追求我們所渴望的，即使我們知道這對我們來說可能是不好的。

While desire can be a powerful force for good, it can also be a source of great suffering. This is because we often desire things that are ultimately unattainable, or that would not bring us true happiness even if we could achieve them.

For example, we may desire a certain job, relationship, or material possession, believing that it will make us happy. But once we achieve our

goal, we often find that it does not live up to our expectations. We may still feel empty and unfulfilled, and we may even start to desire something else.

The problem with desire is that it is always looking for something outside of ourselves to make us happy. But true happiness cannot be found in external objects or experiences. It must come from within.

The solution to the problem of desire is to find true desire. True desire is not a craving for something external, but a longing for something that is already within us. It is a desire for our own wholeness, for our own true selves.

To find true desire, we need to turn our attention inward. We need to get to know ourselves better, to understand our values and our passions. We need to discover what makes us truly happy and fulfilled.

Once we know what we truly desire, we can start to align our actions with our desires. We can start to live a life that is in harmony with our own inner selves. And as we do, we will find that we are more likely to achieve our goals and find happiness in life.

Identifying true desire can be a challenge, but there are a few things you can do to get started:

1. **Pay attention to your feelings.** What makes you feel happy, fulfilled, and alive? What makes you feel empty, unfulfilled, and bored? Your feelings are a good indicator of what you truly desire.
2. **Think about your values.** What is important to you in life? What do you stand for? Your values are a reflection of your deepest desires.

3. **Consider your life goals.** What do you want to achieve in life? What kind of life do you want to live? Your life goals are a reflection of your desires.
4. **Be honest with yourself.** Don't try to fool yourself about what you truly want. Be honest with yourself about your desires, even if they are difficult to admit.
5. **Trust your intuition.** Your intuition is a powerful guide. If something feels right to you, go for it. Don't let fear or doubt hold you back.

Once you know what you truly desire, you can start to take steps to achieve it. Here are a few tips:

1. **Set realistic goals.** Don't set yourself up for failure by setting unrealistic goals. Break your goals down into smaller, more manageable steps.
2. **Take action.** Don't just sit around and wait for things to happen. Take action towards your goals, even if it's just a small step.
3. **Be persistent.** Don't give up on your goals if you don't achieve them right away. Be persistent and keep working towards them.
4. **Be flexible.** Things don't always go according to plan. Be flexible and willing to adjust your goals as needed.
5. **Enjoy the journey.** The journey to achieving your goals is just as important as the destination. Enjoy the process and learn from your experiences.

Desire is a powerful force that can motivate us to great heights or drive us to the depths of despair. But what exactly is desire? What are we really

looking for when we desire something?

In this article, we have explored the nature of desire, arguing that what we seek is not simply external objects but a reflection of our own inner selves. Through introspection and self-awareness, we can discover the true objects of our desire and find fulfillment in life.

We have also provided some practical tips for identifying and achieving our deepest desires. By following these tips, you can start to live a life that is in harmony with your own inner self. And as you do, you will find that you are more likely to achieve your goals and find happiness in life.



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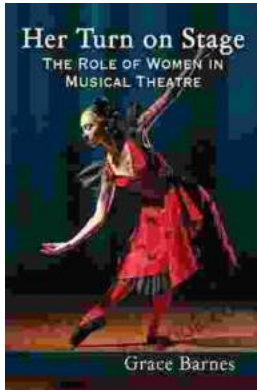
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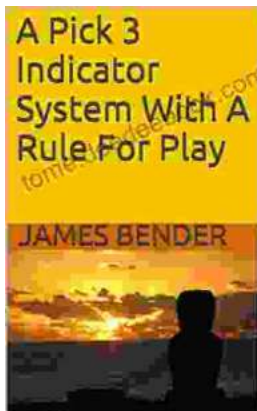
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