



*Eva Blake's*  
**5 Step Guide to  
Liberating Your Desires**

## **What is Desire?**

**desire:** (noun) a strong feeling of wanting to have something or wishing for something to happen; strong sexual feeling or appetite.  
to desire: (verb) strongly wish for or want something.

Desire is a fuel, a gift, a window into future possibilities, an inevitability of what is to come when you take inspired action, and a partnership from the universe that is always conspiring to provide you with what you keep asking for.

Desire is a compass. Inherently good, desire shows us the way forward to our vision, our pleasure, and our purpose in this life.

“We are desire. It is the essence of the human soul, the secret of our existence. Absolutely nothing of human greatness is ever accomplished without desire. Not a symphony has been written, a mountain climbed, an injustice fought, or a love sustained apart from desire. Desire fuels our search for the life we prize.”

- John Eldridge

## **What happens to us when we withhold our desires?**

You might be like millions of other humans who tuck their desires away, hidden below the surface. You might tell yourself that you can't have what you want or that you don't deserve to have what you desire.

Do you hope that if you push those desires further away and out of sight that you will train yourself to not want the things, experiences, feelings, or moments that you crave? Do you try to convince yourself that you'll be better off by denying your wants?

The act of withholding our needs and desires creates pain. It breeds despair, grief, anxiety, loneliness, and anguish. We numb out, shut down, get farther and farther away from the dreaming of our desires. We go on autopilot

Most of us are withholding our desires in an effort to maintain safety, love, and belonging.

We're really concerned about what other people will say or do now they know our truth.

That withholding becomes the place where we are stuck. We're so committed to someone else's love and belonging, that we will literally stop ourselves in dedication of someone else. We will stay stuck for someone we love.

It is: "I'll forgo a part of myself..." "I'll be who you want me to be..."

- so I don't lose you.
- so you'll keep loving me.
- so you don't stop loving me.
- so you'll stay.

This is our ECOLOGY. the myriad factors, both real and imagined, that keep us from advocating for our fantasies and desires.

## **How to use this guide**

The Liberating Your Desire Guide is not a quick fix or an answer to all your desire problems. This is just one step among many that will help you design the sexual and creative life that you desire, and I'd argue that it may be the most important.

Let this be a mindfulness practice to celebrate yourself and make significant leaps forward in fulfilling your desires and achieving your goals.

Know that once through this work will be helpful. Ongoing practice with this process will alter how you relate to yourself and your wishes, dreams, fantasies, and needs as a complex, creative human.

Please complete Step 1, and then watch the Discover Your Desire video. Move through each step with as much time as you need.



# Step 1: Make a List

## STEP 1: Make a Desire List 100 Strong

First thing first. You have to know what you want before you can make, create, or conjure up the best possible life experience.

Get a few sheets of paper, number 1 - 100, and write down any and all desires you have.

Most folks get real anxious about this step. They say, “I don’t have that many desires... I can’t possibly come up with 100...I have no idea what I want.”

The purpose of this step is to give yourself the time and space to dream, fantasize, and scribble down what you do know. This list is a rough draft, so let your mind wander across any aspect of your life — not just the erotic or sensual— recording anything you think of that excites you.

You will come up with a full and fabulous list if you do these things:

- Sit down and write this all out *by hand*. Pen on the page synchronizes your body and mind to be present in the moment and task like nothing else. “Writing by hand draws our mind into the present moment on a neurological level unlike any other capturing mechanism,” says Ryder Carroll, creator of the *Bullet Journal*.
- **Be specific.** Use as much description as you can to paint a picture for yourself that includes details and imagery that inspires you.
- Write down anything and everything that comes to your mind. AVOID CENSORING YOURSELF. You will organize and edit later.
- Let the list be random and wild. You will organize and refine later.
- Give yourself at least 30 minutes as a block of time. If you need to take a break and come back, give yourself enough time to dream and describe.
- Have fun!

Let yourself dream big. This is a place where the size of your fantasy or vision has no bounds, no limits. Every inch of your paper is waiting for an element of your imagination. Tell a story of who you really want to be, describing the details of the life you long to live!

Trust me. You need to do this list first, BEFORE you move to the next steps. You will organize your thoughts and desires over the next series of steps so you can take bold, inspired action to create the life you desire.

After you've made your list, WATCH THE VIDEO: [DISCOVER YOUR DESIRE](#)

## **The 5 Keys to Liberating Your Desire and Designing a Life You Love**

### *1. Your Desire is Stated in the Positive.*

In order to orient yourself toward what you want, you need to name it.

### *2. Your Desire is Initiated and Maintained by Yourself.*

This means that your desired outcome needs to put your desires at the front and center. You initiate the action. You maintain the momentum. Your best outcome will emerge if you do not require anyone to do or be any different than they are right now.

### *3. You Use Your Senses to Feel Your Success*

When you let yourself imagine how you will feel or what you will see or hear when you have the desires you've named in your list, you give yourself inspiration to keep moving forward.

### *4. Make Time Your Ally*

Give yourself a timeframe or a deadline in order to build momentum, maintain meaningful action, and take the time for your most vibrant possibilities.

### *5. Take Appropriate Sized Chunks*

Your desires have to be big enough to inspire you and small enough to be achievable.

Over the course of the next 4 steps in this guide, you will use these keys to design your desires into a map of meaningful, inspired action.

# Step 2: Be Positively Selfish

## Step 2: Be Positively Selfish

1. **Make everything POSITIVE** — Reframe what you *don't* want into what you *do* want.

Because the universe is constantly conspiring to give you what you focus on, it is wise to name what you want to create or bring into your life, rather than what you want to avoid. When we speak what we want, we orient ourselves toward the specificity of our desires. We stop hiding in the shadows of vague clichés, fairy tales, or basic survival. This is about believing you can design, manifest, or inspire a life you love.

- |  |   |   |
|--|---|---|
| • “I don’t want to feel ashamed of my body.” | → | • “I want to love and appreciate my body.”  |
| • “I don’t want a partner that smokes.”      | → | • “I want a partner that takes conscious and consistent action for overall optimal health.”   |
| • “I don’t want to be in debt anymore.”      | → | • “I want to live with financial security and abundance, generating a wildly successful, diversified income doing work that turns me on, utilizing my talents, and contributing to the liberation and joy of humanity.” |

## 2. Be Selfish in Your Desires

Remove or reframe any statement of desires that depends on anyone else to do anything. Focus on your underlying need or desire, regardless of *who* is participating. Liberating Your Desire is for you to create the life you want, rather than trying to force someone to be different.

- |  |   |   |
|--|---|---|
| • “I want my partner to be more forthcoming in his desires.” | → | • “I want to know what my partner wants, so we can both have it.”                                 |
| • “I want my partner to initiate sexual play more.”          | → | • “I want to feel pursued and wanted for sex.”  |
| • “I want my boss to be less of a jerk.”                     | → | • “I want a boss who is kind, encouraging, and offers specific feedback aimed toward my success.” |



# Step 3: Organize & Order

## Step 3: Organize Your Desires

1. **Group like items together:** Sex, Love, Body, Family, Parenting, Career, Money, Art / Creativity, Activism / Civic Duty, School/ Learning, Leadership, Home, Community
2. **Let an overarching desire or intention emerge** in each category. Move that to the top as a kind of category heading.

### Example List:

I want to love my body.  
I want to feel financially secure.  
I want to live closer to my mom.  
I want to have a better relationship with my partner.  
I want to say what I want in sex.  
I want to approach the people I am attracted to in the moment.  
I want to fall in love.  
I want to find a lifelong partner.  
I want to pay off my debt.  
I want to meet more people who are like me.  
I want to paint my bedroom / refinish my furniture  
I want to save \$5000 for a vacation with my mom  
I want to spend 1 day each week lounging and playing naked.  
I want to celebrate my body every day.  
I want to go slower in sex with my partner.

### **Love My Beautiful Body**

- Take Good Care of My Body
- Spend 1 day per week lounging, bathing, self-caring naked
- Exercise regularly to lose weight, grow strength, and burn off nervous energy
- Create and Sustain a regular best-self routine

### **Create Ideal Sex Life**

- Explicit, diverse, regular, kinky sex
- Say what I want and need as I know it
- Go slower in sex with my partner
- Schedule regular play dates for more involved or elaborate scenes
- Fulfill my XXX fantasy
- Have diverse sex partners: woman, cis man
- Make sex magic a regular moon ritual
- Meet people in the BDSM community
- Build a sex space / dungeon again
- Practice getting aroused before putting the vibrator on my clit
- Make love — squishy “in love” fucking.

### **Love / Relationships / Partnerships**

- I want to fall in love...
- with someone who takes consistent action for their optimal health
- create a kinky polyamorous pod
- to feel truly met and known by my partners as peers
- to share and create magic with my lovers
- pursue people who interest me, and tell them in the moment
- go on a casual dating spree to meet lots of people and have lots of touch

### **Career Desires & Goals**

- financial security & abundance, a lucrative, diversified income doing work that turns me on, utilizing my talents, & contributes to human liberation & joy
- Serve 1,000 women in 2019
- Streamline automation: free & fee content
- Launch Podcast, 1 show per week
- Make \$100k in 2019
- Hire a Team: tech & social
- Create a Women’s Community Space





## Step 4: Fueled by Your Feelings

### **Step 4: Now, with more feeling.**

This is where you **use your senses**, turn your body on, and get into contact with how you will feel when you have what you want. The previous steps have been utilizing the capability of your mind to examine the linguistics of your statements of desire and to organize your thoughts.

We need to associate with these sensations so that all the parts of our brain and body are on board to do the work it takes to get what we want. Let yourself imagine your success and achievement in all these areas in as much specific detail as possible, then record that material under each category.

**What will having all this do for you?**

**How will you feel when you have what you want?**

**What will you see, hear, feel, smell, or taste when you have all this?**

### **Love / Relationships / Partnerships**

- I want to fall in love with someone who...
  - takes consistent action for their optimal holistic health
  - is kinky, curious, adventurous in initiating and creating sexual moments
  - invests in and actively pursues their personal growth
  - is financially successful, stable, plans generationally, with savings
  - is emotionally available and transparent
- create a kinky polyamorous pod
- to feel truly met and known by my partners as peers
- to share and create magic with my lovers
- pursue people who interest me, and tell them in the moment
- go on a casual dating spree to meet lots of people and have lots of touch
- surround myself with people who affirm my wholeness and goodness

#### **When I have all this...**

**I'll be breathing easy and free and fully, feeling relaxed and calm, supported and well loved. I will feel trusted and trusting. I'll smell food freshly cooked, cookies freshly baked. I'll hear adventure planning, big belly laughs, and feel warm welcoming arms wrapped around my body. I will feel connected in time and place with people who get me. I'll feel satiated. I'll be looking forward to and planning forward 10 - 20 years. I'll feel grounded, at home in my body, and with a family.**

# Step 5: Take Meaningful Action

## Step 5: Take Meaningful Action

To fulfill your desires, you have to take meaningful action. In order to make your efforts effective, you'll need to do 3 things here.

1. **Break down big items into appropriate-sized chunks** — actions you can take in a day or an hour — in order to make these actions achievable.
2. **Give yourself timeframes and dates.** This may be the date you will take this action or the day you want to complete a project. *Put these dates on your calendar.* Schedule your desires!

You may want to reorder some of your list, so you can see the items with times and dates at the top of your list, to either cross off or to evolve.

### Create Ideal Sex Life

- Explicit, diverse, regular, kinky sex
- Say what I want and need as I know it
- Go slower in sex with my partner: **Sex Lab 12/8**
- Meet people in the BDSM community: **12/15 munch**
- Make sex magic a regular moon ritual:
  - **new moon 12/6, full moon 12/22, Winter Solstice 12/21**
- Schedule regular play dates for more involved or elaborate scenes
- Fulfill my XXX fantasy: **summer 2019**
- Practice getting aroused before putting the vibrator on my clit
- Have diverse sex partners: woman, cis man
- Build a sex space / dungeon again:
- Make love — squishy “in love” fucking with someone I’m in love with

With your desires organized, prioritized, and clearly articulated, you now have a specific set of tasks, activities, or fantasies to invite your beloveds to be part of with you. Now, you can specifically describe what you want in bed, in love, or in any other part of your life.

Many people don't make progress on their desires because they tell themselves, "I don't know how." The truth is, most of what we want, we know enough about in order to *start* taking action. We have to *do something!*

This is your map. Start taking the action you can NOW. Trust that you know more than you think you do.

When you get to a place where you need more information or support, go get it. If you've done this work, you'll have more information about yourself and what you need to make specific request for support.

Only when you take action can you course correct to get closer to your goals.

3. **Celebrate yourself!** This is also meaningful action.

Cross items off the list, evolve your statements, and keep taking action. Return to this list building, desire fulfillment plan process on a daily, weekly, monthly, quarterly, and yearly basis.

You deserve to be happy and free and living a life that you love.

**“We do not seek to conquer or escape from our desires -- we seek to fulfill them. Desire is the glue of the universe; it binds the electron to the nucleus, the planet to the sun -- and so creates form, creates the world. To follow desire to its end is to unite with that which is desired, to become one with it.”**

**- Starhawk**