

Curious by Nature | Episode 9

What Do You Really, Really Want?

An exploration of desire, values and letting go

This reflection guide accompanies episode nine of *Curious by Nature*, where we explore the symbolism of Venus retrograde alongside the wisdom of autumn and the Metal element.

Rather than beginning with what we want to let go of, we're flipping things around and starting with what we want more of.

Our desires can reveal something about what we value, what we need and what matters to us, and when we begin to recognise these things, we have a different starting point from which to consider what we're ready to release and what we'd like to nurture.

You can work through these reflections alongside the episode or return to them whenever you feel you have the time and space.

Remember, this is a practice of depth and capacity, you can explore as deeply as you feel resourced enough to meet.

1. What do I really, really want?

For this first reflection, imagine that you don't have to earn your worth.

You don't have to prove yourself, justify your desires or explain why you want what you want.

Give yourself permission to be bold, playful, even a little outrageous!

We're not worrying about whether something is realistic, sensible, affordable, appropriate or possible.

Write at the top of your page:

What do I really, really want?

Now begin every sentence with:

I want...

Keep writing allowing whatever comes to mind to find its way onto the page.

If you notice yourself censoring your desires, judging them or thinking they're selfish or impossible, see if you can put those thoughts to one side for now.

2. What are my desires revealing?

Take a little time to read back over what you've written, approaching it with curiosity rather than judgement.

- Are there any recurring themes? Do a group of your desires seem to be pointing towards something similar?
- Is there a particular area of your life that keeps appearing — relationships, work, creativity, freedom, pleasure or your relationship with yourself?
- What do these desires tell you about what you value? E.g. is there something underneath a desire that feels particularly important? A need to feel loved, appreciated, free, secure, seen, fulfilled or connected, for example?
- Are there desires you've been dismissing or denying yourself? Remember, we don't necessarily have to take every desire literally. Sometimes what we think we want is pointing towards something deeper.

3. What deserves more space in my life?

Choose one desire or recurring theme from your writing that feels particularly significant. It doesn't have to be the biggest or most dramatic, just something that feels important to you.

Now consider:

- Does this desire or value currently have a significant place in my life?
- Where might I be neglecting it, compromising it or pushing it aside?
- What is getting in the way of giving it more space?
- Is there something I'm continuing to do, believe or carry that is making it difficult to honour this part of myself?

This is where we begin connecting our desires and values with the autumnal theme of letting go.

4. Releasing and reclaiming

- What might I need to release, change or reconsider to make more room for the thing (above) I genuinely value?

Letting go is only one part of the picture. As we recognise what might be getting in the way of something we value, we can also begin to consider what we'd like to nurture or cultivate in its place.

For example, if we're working on releasing a habit of self-criticism, we might also begin practising a more appreciative and compassionate relationship with ourselves.

Complete these two sentences:

To make more room for what I value, I'm ready to begin releasing...

And in its place, I'd like to begin cultivating...

Then consider:

What is one small, practical thing I could begin doing to honour what I've recognised?

It doesn't need to be a dramatic change. Sometimes a small, consistent act can begin to shift the way we relate to ourselves and our lives.

5. Reconnecting with beauty and pleasure

Venus also reminds us of the importance of beauty, pleasure and enjoyment.

And these things don't have to be extravagant or expensive.

Think about the things that genuinely delight you. Music, poetry, art, nature, food, dancing, creativity, beautiful surroundings, meaningful connection, or something entirely your own.

What brings me into contact with beauty and pleasure?

Make a little list, and then ask yourself:

How might I bring a little more of one of these things into my life over the coming weeks?

Simply because you enjoy it, and that, in itself, is enough.

A final thought

Our desires are worth listening to, even when we don't know what to do with them.

We don't have to act on everything we want, and we don't have to make immediate decisions about what to change or release, but we can begin to develop a more conscious relationship with our desires and make choices that reflect those values.

As you move through the coming days, keep listening.

What do I want to give more of my energy and attention to? And what might I be ready to loosen my grip on to make room for it?

With love,

Melissa x

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