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Matching Your Expectations with Your Desires

We have been learning what to expect in life since we first arrived on this Earth. Since a young age we are surrounded with information that teaches what is 'realistic' in this lifetime. Over time through repetition of external environments and thoughts we develop belief systems and habits (whether those be action-orientated and/or mind-orientated). It is these belief systems and habits that largely contribute to the expectations we have in this life.

Sometimes the expectations we have developed do not align with our dreams and desires. We want one thing and yet a part of us doesn't believe that it's possible or realistic; we expect another outcome to arise. In having this pattern we live with inner conflict between what is and what could be, who we are and who we want to be.

By delving into the practice of self-awareness we can uncover our current expectations, and whether that does or does not align with what we wish to create (and how we wish to live). When in this position we can then chose to follow along with our current expectation or chose to take an alternate path – we are gifted a level of control. This practice is one of building a relationship with our mind and all its stored memories and beliefs. It is learning about what has made us into who we are today and where we would like to go from here. In doing so we acknowledge the process of change that will unfold to get us to where we want to be from where we are right now. This is a time where it is important to remind ourselves to be compassionate and kind with ourselves – appreciate just how far you have come, and feel the excitement of what is yet to come.

CREATE CONSCIOUS CHANGE

create change through:

- willingness
- awareness
- understanding

create lasting change through:

- practice
- dedication
- focus

What is the reason for changing our expectations?

Sometimes the expectations that are familiar to us can leave us feeling deflated or unenthused. For example, say you are passionate about music and want to create and share your music, but your mind is telling you that its not realistic; your expectation is that you won't be able to fulfil this desire. This can leave you feeling low in energy and pessimistic. You carry with you a sense of hopelessness because you don't expect your dreams to manifest, you expect a life of unmanifested dreams. In relation to the Law of Attraction you will not be in alignment with your desire – you will be holding it away from yourself, your expectation is one of resistance. Rather, if you can rewire your belief system so that you expect your desired manifestations to come to fruition, you will feel enthusiastic and excited for what is to come; your resistance will be released and you enter a state of alignment. By aligning your expectations you create a

sense of purpose and fulfilment, even if the story unfolds in such a way that is surprising – *Choose what makes you feel better. Life is working out for you in miraculous and fulfilling ways. Trust your process.*

Our expectations are closely related to our emotions, they can leave you with the experience of ‘negative’ emotions or ‘positive’ emotions. Therefore, let your emotions be your guide: what emotions are generated from your expectation? If it leaves you feeling worse, then this is room for change; you can work your way up the emotional guidance scale. If it leaves you feeling better, then you know you are on the right track.

It all begins with your inner awareness, and from that awareness a willingness to grow. No one is forcing change (in this context) upon you, but you decide to create it for yourself out of love for your life experience. You can approach it in such a way that you are experimenting with possibilities; you can’t get it wrong, you can only learn and clarify what resonates (which will naturally change throughout your life). There is no pressure, only play.

It is important to note that the way in which expectation is understood can vary. Expectation can exist on the mind level through thought and belief systems; it can also exist on a level of deep knowing – perhaps there is no intellectual reasoning or understanding for something, but you have a gut instinct. Explore the possibilities within both of these variations and see how they show up in your life.

Helpful Resources:

YouTube: Abraham Hicks ~ Expectation is The Key

https://www.youtube.com/watch?v=VVUEOadyt5U&ab_channel=Well-Being

YouTube: Abraham Hicks ~ Practice an Expectation That Pleases You

https://www.youtube.com/watch?v=c_sovnkUuMs&ab_channel=FeelGood

YouTube: Abraham Hicks 2019 – STRONG EXPECTATION Makes Things HAPPEN

https://www.youtube.com/watch?v=0znyLQC1q6Q&ab_channel=AndreaRoman

YouTube: Abraham Hicks ~ Create Positive Expectations

https://www.youtube.com/watch?v=IrTvoXFq0rg&ab_channel=FeelGood

YouTube: How to Practice Self-Observation | Eckhart Tolle Teachings

https://www.youtube.com/watch?v=UT3s-pgaEvY&ab_channel=EckhartTolle

YouTube: How Do I Manage Self Expectation (*Eckhart Tolle*)

https://www.youtube.com/watch?v=bdMEtpXoMkY&ab_channel=EckhartTolle