

THE WEEKLY BREAKTHROUGH: AUTUMN SEASON

THE 4 PHASES OF DESIRE PART 2

WITH SARAH WESTON

JOIN THE CLASS CHAT



RECAP

CLASS 1 – CHOCHMAH

PASSIVE DESIRE "I WANT IT"

BABY CONSCIOUSNESS: "I WANT. GIVE ME"

We explored:

- What do I really desire?
- Passive vs. active desire
- Competing desires
- Why we're already manifesting
- How we can unconsciously recreate the same patterns

PHASE 2

BINAH THE AWAKENING
TO GIVE BACK

JOURNAL

THINK OF SOMETHING YOU CURRENTLY WANT TO RECEIVE

WHAT WOULD IT MEAN TO **GIVE IN THE
DIRECTION OF THAT DESIRE?**

PHASE 3

ZEIR ANPIN **THE LACK**

DESIRE → GIVE → LACK

WORKSHOP

WHERE DO I RUN?

WHAT I SAY I WANT

Relationship
Career
Money
Spirituality
Health
Business

WHERE I FEEL THE LACK

Not getting enough love
Not enough recognition
Slow growth
No breakthrough
Results are slow
Rejection

HOW I USUALLY ESCAPE

Check out / leave
Change jobs
Give up / new idea
Find something new
Start another diet
Change direction

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NEXT WEEK
OCT. 13

THE 4 PHASES OF DESIRE PT. 3
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