Desires List

Course document, Deicidus, Internet School of Magic

*As always, please leave questions and comments in the document if you do not mind sharing them with other students. This makes it much faster and easier for me to answer the questions, in-context. This document will be publically viewable.*

**Summary:** The desires list is a method by which to focus, extrapolate, integrate, and activate your desires. The point is to build a vortex of passion which will carry you along, and to link this vortex with your highest desires—your core passions—so that you can propel yourself further along the path. Additionally, the practice of the Desires List will result in many of your desires coming true much faster than you would expect. This is the intended effect.

# Step 1—Take an inventory of your genuine desires

List your *genuine desires*. These can be anything at any scale, as long as they are your *genuine desires.* Key word genuine. Use this word to filter out false desires.

+

Your desires list must be enjoyable to read and write—every word of it. Rework the language of your list each time you read it for any items for which you detect boredom or a lack of excitement and joy in reading. Every word must be necessary and passionate—this is your desires list so it ought to be exciting, enjoyable, and inspiring to read, every time. For now, just try to get all your desires down on paper (or rather, as I would suggest, a document you can easily edit).

# Step 2—Polarize your desires

Categorize your desires into the 4 directions: North, South, East, and West. I suspect you will have many more in North and West than in East or South. A basic introduction to the feelings of the four polarities are as follows:

* North—Desire it to manifest immediately, without delay. Require it now. This is a decision you make.
* West—Desire to have it in due time, at “appropriate pacing”[[1]](#footnote-0).
* East—Desire to speed up something that is already happening, to have it finish faster. This may be something you want more of, or something you want to go away because either you like it and want it completed so you can have more, or you are bored. Ultimately, completion lies in the North, whereas the East can create an asymptotic approach to completion which becomes increasingly intense but never quite finishes.
* South—Desire to get rid of it—desire to push it away, to forget it.

# Step 3—Make adjustments to bring the list into alignment

Continue to reread and revisit your list over the next several weeks. Unlike a todo list, which is really a “don’t-want-to-do-list” or a “putting-it-off-list” (South and Southwest, respectively), your desires list should be so wonderful and exciting and such a joy to read that returning to it is easy and natural—at least on average (it will get easier as you develop the desires list, but there may be speedbumps at first as blocks are worked out and false desires sneak onto your list). If you are not naturally returning to your list to develop it due to exciting and moving-forward passion, then you are doing something wrong—if this happens spend some extra time carefully evaluating each item in the list and rewriting it as necessary until it inspires you with its content, phrasing, and brevity. You will find that the desires list becomes increasingly accurate as you bring it into alignment with your genuine desires—as you synchronize it to your true feelings line-by-line. This extreme care in rereading and rewriting the list as you revisit it is what is necessary in any case to move the list forward.

As you reread and make adjustments, focus on *bringing the list into alignment* (or ‘synchronizing’ it) with your true desires and their actual polarities as you currently experience them. For example, you may revisit the list and realize that you do not actually need one of your desires right now; you would prefer it happen at some later point when the time is right. Move it to the West sublist. Or for example, you may read a list item and realize that you actually or no longer desire or require that thing—you have changed or you feel slightly bored reading the list item, and this makes you realize that it is not a genuine desire. Despite the pain of nostalgia and it's letting go, remove the list item. You will recall it if you truly desire that thing, or if you desire it again in the future. Throw it in another list (another document) if you must—”Desires Archive” or somesuch.

Remember that the goal is to synchronize this list with a *complete inventory* of your *genuine desires*. All your desires, however ephemeral—as long as they are consistently recurring—go on this list. That means that if you ever desire something for any significant length of time (in the general present), it should be on this list. If you find yourself thinking about something you desire in your day-to-day life, write it down and add it to this list. If you continue this practice you will find it difficult to think of anything you desire that isn’t already on this list, after a while. This project forces you to become keenly aware of your desires and of the feeling of desire in your life.

# Step 4—Develop Core Desires, your values (Passions)

In the same document, start a new list titled “Core Desires” or some variation of that that appeals to you (values, ideals, etc.). These are the desires which cause you epiphanies and which you experience as epiphanous. These are words such as ‘passion’, ‘beauty’, ‘vitality’, ‘musicality’

# Step 5—Attune the Core Desires to your list

Gradually modify both the Core Desires list and your specific desires—attune them to each other so that the wording and intention of your individual desires resonates with your Core Desires. Be hesitant to change the words you chose for your Core Desires—you chose those words for a reason so figure out what that reason is before gradually complexifying, beautifying, or reducing (your choices) your list of primary Words.

# Step 6—Stalk your passions, sigilize your desires (long-term)

This step can be a logical development of the Ethics Stone exercise, and it will lead into discussions of Questing and what I am tentatively calling Magic Money or Karmic Currency.

Remember, the Ethics Stone was a stone which you assigned to the function of symbolizing self-care and self-love, and which you threw away and replaced with a new stone whenever it become a magnet for toxic emotional substances. After your ethics stone is strong and rarely collects negative emotions that stick to it or cover it, you place this stone as the founding center of your world and call this place your altar. Now, if you have studied Buddhism at all, you may recognize a key point here: self-love or self-care is compassion, and the nature of compassion is emptiness (and the nature of emptiness is compassion). In Christian terms this is saying “God is Love” or “All is Love”. An Athenian (like myself) might say “Perfect Wisdom is Perfect Nothing, and this also is Love”. So my point here is that “ethics” is truly a pivot point, an empty pivot, and it is also miraculously a pure and empty form of self-love and font of self-care. (You could assert other truths, but this one is both extremely helpful and possibly objective, as extended meditation will reveal.)

So, after you have established a center of your altar with your ethics stone, what’s next? Well, you can begin noticing in your environment key symbolic objects which you could link with your desires and passions (core desires). In particular we are looking for objects which could strongly symbolize our passions—our deepest sufferings which also give rise to our deepest joys and motivations. For example, I want to get a viola, and when I do, it would make a perfect symbol for my passion of Musicality. In the meantime, my headphone serve this symbolic purpose.

By collecting objects and carefully inventorying our symbolic objects, we do something that spiritual masters often do in legend when they first attain enlightenment: we “capture the demons” or “name the demons” or “subdue the passions”. By carefully stalking our passions by watching how they appear in sets of physical objects in our lives—just as we watched how esoteric substances stuck to (“inhered in”) the ethics stone—we can inventory these passions and link them with strong symbols in our mind, symbols which have the added benefit of being physical objects we can interact with.

This topic is the beginning of 3-4 other lessons on Questing, Talismans, Magic Money, and Karmic Shuffling that I would like to write, but I just wanted to throw these things out here to show how the Ethics Stone and Desires List exercise can be developed into a fuller practice of self-stalking (self-observation and working towards self-knowledge) in a magical practice of talismanic acquisition (“quest items” for the videogame players).

# Step 7—Refine your directionalities

As you continue to work with the four directions, you will begin to see more subtle distinctions that you would like to make. Gradually allow yourself to grow into a command of 8 directions and beyond. I have a few notes on what I have found for myself so far (it took me about two months of work with my desires list to begin seeing beyond the four directions to the eight):

* Northeast (NE): Pre-desires. This is really the "to-do list", these are things which MUST take precedence over all else. So until you have nothing here you are going to be running around like a chicken with its head cut off trying to put out all the fires in the Northeast. NE is a powerful and dangerous energy—I only write down NE items on paper to prevent them from hanging around in my computer too long (this happened once and it was not pretty). Use sparingly.
* Southwest (SW): Stillnesses. These are your moments of rest or Slack; your moments of non-requirement, of fun and play. Watching a favorite TV show and NOT interpreting it as some grand mythic design. Chilling and smoking some weed with your friends. A good night's sleep.
* Northwest (NW): My favorite direction: The direction of waiting patiently for the perfect thing to arrive. Simply wait in patience and things will go well for you, and keep getting better and better.
* Southeast (SE): Pissing in the corner: this is the direction of self-destruction which will lead to a cleansing purge of the whole self. Dangerous and destructive, it will leave you with scars and burnmarks as it cleans out your gutters.

**Tips**

* keep document clean and minimal—it is a sigil so it must be perfectly whole—every word must count
* focus on results, but do not conceptualize them as goals—goals are telic and reduce the process and its pleasure
* you will be surprised at how quickly your desires begin to move forward as you practice this activity

Comments? You can select text and press Control-Alt-M to leave a comment.

1. This document and its terminology owes a heavy, heavy debt to Sorceress Cagliastro, my teacher. The following terms are heavily in use by her and I would call them her terms, although they are just normal words with an intensified usage: *desire, genuine desires, require, appropriate pacing, make adjustments, results,* the idea of organizing desires into four polarities, and the idea of finding words which represent your core desires (my term) and “animate the list”. [↑](#footnote-ref-0)