



## **Aspiration, Ambition and Willingness to Do**

*[Discourse given on a seven day Art of Meditation Foundation Level 1 retreat in France]*

Well aspiration is one thing and Ambition is another.

Ambition tends to be greed-rooted.

Aspiration is desire; but it's more akin to the desire to do our best.

But ambition itself often prompts overreaching and then prompts us to endeavour toward things that we don't really need and then tying up huge amounts of energy in the pursuit of that to the point where we don't necessarily enjoy where we are.

The aspiration to be a better person is alright you can hang onto that if you like.

What happens when your desire fades is that 'a willingness to do' replaces it, and then you'll find plenty of things worth doing. But you know it doesn't really matter what you do. It doesn't. What matters is that you find a peace within yourself in the doing of it. So, you know, you can spend an awful lot of time trying to work out

where you're gonna be in life – how many people when they got to 35 had any idea that that's where they were gonna be when they were 28? – You just don't know. – Unless you are really fixed on a course that's a life vocation.

Life rolls out in ways that we have no way of anticipating so the best thing you can do is to embrace what's in-front of you.

Now if you're going to be a surgeon or something that is a career that you need to train for and once you've trained you'll do that for the rest of your life that's fair enough – but really most people's life path, no matter how much time you spent planning it out, it ends up somewhere else.

So, dance my friends don't worry about it. As long as you're resourceful enough to provide for yourself and not be a burden (that's important), then the rest of it well that's up to you.

Nobody's said you shouldn't have dreams but just try and not be a nuisance with them. But the problem with ambition is it tends to drive us to the idea that we need to be and have more. It's not the same as aspiration. Yes?

How about you aspire to be really happy being who you are!

How Wonderful! Very Good.