



1 | Unlocking What Breaks Your Heart

Lesson 1 Part 4

Transcript

It is good to be aware of your Little Hungers. It can also leave you wondering if there's a path out, if there is hope for shifting your attention and getting in tune with things that matter.

The good news is yes, it is very possible to learn to shift your attention and to get in tune with your Great Hunger. And even better news, it doesn't require you quitting your job or giving up modern luxuries to help save the world. But then, how do you find your great hunger? By asking yourself, "What breaks my heart?"

I asked Margo this same question, "What breaks your heart?" She looked at me like I was joking, and she asked, "But how is it possible to begin to live a life with greater meaning by answering that question?" Margo wanted to know how would answering what breaks her heart provided her with clarity and direction she was seeking. That by understanding what breaks her heart, she would find the inspiration to change her current circumstances and to create a different life for herself and others, because it is in those moments of our brokenness, those moments that break our hearts, is when we find our path to a better life.

So again, I asked Margo the question, "What breaks your heart?" This time there was a long silence, followed by shaking of her head and some tears, as she shared that she had not thought much about it. She was always asking why she was not happy, and what she could do to make herself find meaning in her life. To help Margo unleash her Great Hunger, and to keep her moving toward her goals and dreams, I asked her to make a list of four to six things that really break her heart. She quickly began to make the list.

Margo stated that it broke her heart when she would see or think about women who remain in abusive relationships because they rely on their abuser's income; when she sees women struggling with their finances and security; when she thinks about her mother's lifelong struggle with money; and whenever she sees young mothers struggling to balance their work life and raising babies on a salary that is not enough.

I then asked Margo to go back through the list, reflect, and identify those which were most painful to her, or to even identify the top ones. This step is necessary, because once Margo is able to unlock what breaks her heart, she would be ready to align her passion and purpose with her Great Hunger and begin to map out a future she desired. Through this process of making a list and prioritizing, I was guiding Margo to reflect on the issues that really broke her heart. In essence, to unlock what breaks her heart, and to eventually give rise for her to become a joyful and compassionate individual. And in the end, for Margo, what broke her heart was seeing women struggle with financial independence.

Margo was surprised that the primary thing that broke her heart was rooted in her own difficult relationship with money, a relationship formed early in life. She shared how even through her parents, even though they worked very hard, they still struggled. Margo remembered watching her mom taking risks with her hard-earned money. She remembers so many scary moments when her mother failed to repay the money that she had borrowed from her friends. In fact, her mother would end up filing for bankruptcy many, many times.

Through the process, Margo had begun to realize that what she truly yearned for was the chance to run a business, a successful one, that would help other women who struggled with financial literacy and security. This was her Great Hunger. This is what breaks her heart. "This is also part of my healing," Margot told me excitedly, and before I could respond, Margot said, "I am yearning for something bigger than my corporate job, the many Little Hungers that are sucking the life out of me, and even some of the workshops and retreats that I have attended, I think I was just using those to numb my pain."

Margo was right. The worry about not having enough, paired with fear that she too would take too big of risks, pulled her to numb the worries by engaging in her Little Hungers, by trying to find happiness in things that never made her feel happy.

Do you see the connection between turning into our Great Hunger and unlocking what really breaks our heart? Can you see the connections Margo was starting to make? The wonderful thing about our Great Hunger, now or yet to be discovered, it will continue to call us to become the person we were always meant to be, to reach our full potential. And even if we are not exactly sure, when we tap into that Great Hunger, we find so much joy and meaning in our life.

It may be useful, at this point in the lesson, to download the application activity that can be found on the lesson's main page and complete Steps four and five.

Answer the question, "What breaks my heart? What really breaks my heart?" Prioritize the list. We will then continue with Margo's journey, and learn how she became more aware of her own gifts and talents, and their alignment to her Great Hunger, and what truly breaks her heart.