

# TRUE NORTH

## *Wanderlust, Desires, and Dreams*

Module 4, Video 3



### **North Star Quote:**

“Nothing is more practical than finding God, than falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you do with your evenings, how you spend your weekends, what you read, whom you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything.” -Pedro Arrupe

***Think back to your A or B option from Module one. You’ll choose one of them when this course ends. Run through the list below and ask yourself honestly, “is one of these my motivation for option A?” “Option B?”***

- **False necessity:** *Remember, there are very few things we actually have to do! We get to choose even the very basic necessities like holding a job or housework.*
- **Pleasing someone else:** *Who will be pleased by my doing this or that thing? My parents? My friends? An idea I hold in my mind of the person I’m “supposed” to be? Or me- the real me?*
- **Safety:** *Any perceived safety or comfort in this world is ultimately an illusion.*
- **Escape:** *You don’t want to make your choices out of a reaction to something.*
- **Comfort:** *Staying in your comfort zone will stunt your growth in the long run.*

### ***Answers:***

Option A motivations:

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Option B motivations:

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*Use consolation and desolation to dig deeper into your gut reactions*

- **Consolation-** Where do I experience joy, a sense of being lifted upward, challenge, invitation, being part of something greater than yourself, a deep peace?
- **Desolation-** Where do I feel a deep sense of disquiet, or separation from myself, of shrinking, of turning inward, of being crushed, or of sadness?

*Answers:*

Option A: Consolation or desolation?

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Option B: Consolation or desolation?

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