

great leveler, everyone has them. No one escapes. There are differences in people though.

Some people are conscious of their hungers and feed them well, while others are unconscious of their hungers and get run by them. And for those who do feed them well and regularly, like we feed our hunger for air, the hunger seems to fade into the background and not get in the way of what else we want to focus our attention on.

However, watch what happens to a person's hunger for air when it begins to be deprived, either by being underwater, in a high altitude, through exertion or some other means. It all of a sudden becomes noticeable that we don't have enough and our body, and our selves become directed to taking care of the desire to have more. We will breathe more slowly and deeply, we will stop over exerting, or slow the pace, we will even invent aqualungs to breathe underwater or simply come up to the surface. The hunger dictates that action is taken whether we want to focus on our hopes and dreams, or not.

Luckily, you don't need to know how the hunger got there in order to satisfy it; you just need to feed it—regularly and healthfully. Hungers are the needs of our souls and of our being. Without the soul's sustenance, our energy dissipates and our spirit either withers and dies, or it voraciously consumes whatever is in its path in order to live.

Some hungers are steadily or easily satisfied and remain comfortably in the background of our lives like