

2 Huge Joy Zones for Your Soul

Spending

Now here is a pleasure of the soul that can be extremely fun. There are some people whose primary pleasure is spending. They really like the whole process. They receive pleasure in the conceptualizing of something to spend money on. They are pleased in the search of the best product, and others with this pleasure zone are pleased in the pursuit of the best deal.

Yes, to these primary pleasure zones, the shopping network and eBay are like the winds blowing through their hair while driving a Harley-Davidson motorcycle. The word “sale” is like seeing the Grand Canyon or other wonders of the world.

Now like all pleasure zones, there can be extremes on both sides. For now, I just want to highlight that spending is truly a legitimate pleasure zone. The stop by Starbucks for a \$4 coffee is an escape into the zone. Shopping just for shopping's sake, you know that casual two-and-a-half-hour stroll around the mall or outlet stores without buying anything can be pleasurable (really). If you are not a spending pleasure-zone person, not much of this will make very much sense.

Like the other zones, the spending pleasure zone needs to be managed. Having a day here and there for shopping or even buying needs should be planned in advance. Again there is no shame in enjoying spending as long as debt is not an ongoing part of the process.

You are not going to change the zone of another person; it's in their DNA. They are not going to succumb long-term to your reasons why they shouldn't do their pleasure zone. So join in

balance and celebrate the different pleasure zones of the soul.

Travel

Seeing the sights, hearing the silence or special noises, whether they are still or loud and going where no man or woman has gone before—travel is to this soul like a smorgasbord is to the palate.

The travel-zone person sees cities, states, countries and continents as different foods to be eaten. They can deeply experience a river or mountain, and their desert is the tropics of Africa. To them it is about their soul being there in the sounds of the world. They experience pleasure in experiencing the different, the unique and the uncommon.

The travel pleasure-zone people have pleasure through the whole aspect of this process. Getting a travel idea is like meeting someone they want to date. They enjoy setting up the travel; they like the packing, going to the airports, or driving the various highways. To them the arrival is orgasmic and the exploring is the afterglow of life.

A true primary pleasure travel zone person lives to travel. They work to save to travel. If you are a primary travel pleasure-zone person, you may feel stifled by having to focus on the responsibilities of life instead of the pleasures of something new to experience. This travel pleasure zone may be met in smaller increments than global travel. You can explore where you live, but expect a travel pleasure-zone person to want to get out of town quite a bit whether it be to the lake, the mountains or beach. Enjoy with them their pleasures, and they tend to also join you in the mundane routine of daily living.

Allowing pleasure for others is critical for understanding the people you love. So if you are a travel pleasure-zone person, celebrate those who are not. They are not boring, cheap,

uncreative and stuck in the mud. They are just having a different hierarchy of pleasure that needs to be celebrated by you. {eoa}

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