

REDISCOVERING PASSION IN YOUR LIFE

"Sometime in your life you will go on a journey. It will be the longest journey you have ever taken. It is the journey to find yourself." - Katherine Sharp

Do you have passion in your life? What is passion? Passion is one of the most powerful emotions you have. It is an internal experience not an external event. It moves you in the most powerful way whether that is excitement or tears. Nurture it and you will enjoy life, ignore it and life will pass you by. Finding your passion means connecting with your body, mind and soul. For most, this is an enormous challenge that most people don't take up and this is a shame. Your lives are busy, nonstop and chaotic. This disconnects you from yourself and what you are feeling. You can't connect with anything or anyone in this state.

Day after day people go about doing the same thing in the same routine doing it over and over again. You need to work to pay the bills, put the kids through school and save for retirement. After awhile you forget who you are and what you are actually doing and what you would like to be doing for the most important person YOU. Sometimes life just passes you by and you don't even know if you are living anymore. Life can be one hectic moment after another if you don't take the time to slow down and enjoy the process of now. Most live in the past (trying to avoid what mistakes you have already made or not taking responsibility for your actions) or in the future (trying to control every step of your life). What about the present? Do you sit with the moment and enjoy what happens right now? What specifically stops you from doing that? Is it the past or the future? Either is FEAR!. Being in the present allows you to be truly honest and aware of what is important to you. Embrace your emotions and allow yourself to be comfortable with not trying to control everything.

What makes your heart sing? Singing in the shower, listening to the kids laugh, watching the world go by. Do you actually take the time to stop and do these things on a regular basis? By that we mean do you stop and be in the present moment and connect or are you just a spectator on the sidelines, not actually feeling and being in the present enjoying the experience. Does your life, job feel like a grind? Recognise crisis. Take the opportunity to appraise your life. The key to moving forward is actually admitting that you are unfulfilled, unhappy, unsatisfied.

There is always time to reconnect with yourself and find that spark, that passion that makes you want to get up in the morning. Life doesn't have to be one long slog. If you long for something more, something more meaningful then you can have it. The choice is yours. Often you believe that you have no choices in the way your life is traveling when in actual fact

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...bringing together 'where you are now' to 'where you most want to be'

you have the greatest choice. For in making no choice you are choosing to make no choice and not taking responsibility for your life.

Try the following process to rediscover passion in your life.

Make Quiet Time For Yourself

This is the key step in reconnecting with passion. To do this you need to slow down, spend time with yourself alone nurturing your body, mind and spirit. Listening to your inner voice takes practice. The messages don't always come the way you want or expect them. They come in subtle ways sometimes in a whisper. They usually give you the same message of what is important to you. Take the time to spend quite time. Make the strongest and most important voice in your life your own.

Get In Touch With Your Environment

Have a look around you. What is happening, what are you being told? Exploring and discovering things around you allows passion to come to the fore. Spend a week paying close attention your feelings, your reactions, your conversations. Is there a pattern? When you take the time to observe what is happening you often get different responses and reactions. These are your greatest learning experiences.

Who Is In Your Life?

Who are you surrounding your life and time with? What are they doing that irritates you? This is a reflection of you. Often the people who we have relationships with are our mirrors. Being aware of similar situations occurring over and over. This is an opportunity for you to work on an issue in your life. Open your eyes and ears to what is happening around. You will start to see and hear your inner voice becoming louder and louder.

Answer The Following Questions

Asking yourself questions is a good way to discover what you want and need. Spend quiet time answering the following:

- ✓ What do I want?
- ✓ Why do I want it?
- ✓ How much power does my environment have over me?
- ✓ How have I been trapped by success?
- ✓ Am I afraid of looking inward?

- ✓ What's stopping you from moving forward exploring your passion?
- ✓ What one thing do you dream about doing that you've never told anyone?
- ✓ What would you regret not having done if your life was ending?
- ✓ Am I willing to spend years before letting my dream manifest itself?

After you have answered these questions, read through the answers. What do they tell you? Do you see any patterns?

Take A Risk And Do It

Fear and getting past this is always a challenge when dealing with new things. Doing something about passion is not something that is taught or expected. It is actually considered selfish to ignite your passion. You, however need to ignore this. Challenge your fear with action. Challenge yourself and step outside of your comfort zone. If your not sure what to do ask a trusted person in your life. One action that seems insignificant and unrelated could be just what you need. Doing one thing differently could expand your mind but also give you a different result to what you have been experiencing.

Trust the process of transformation and see what happens. Challenges and change are a part of life. They will happen regardless. Avoid letting past experiences put you off. Take the first step and see what happens. Destiny can't help you unless you take that first step and walk into the unknown. Allowing you to tap into the unconscious mind by sitting quietly with yourself and asking some important questions, increases the passion of conscious living.

Be patient in finding passion in your life. It may take time. You have spent so much time neglecting it; it might take a while to hear the voice inside. Being honest with yourself in what you see, hear and do, allows you the opportunity to challenge your perception and what you are creating for yourself. If you desire to be true to yourself and allow yourself to enjoy what comes from that – that is what will happen. If you make a commitment you can make it happen. The CHOICE is actually YOURS!

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