

CHALLENGE II

CONNECTING TO YOUR PASSION

*I feel like I connect to the deepest part of myself through quiet time and through nature.
It's as if nature speaks to me—guides me and provides me with direction.*

Connecting with our passion is the discovery of our aliveness and ourselves. It is the deepest and most profound connection we can experience in our lives. When we feel passion, we are enthusiastic and energetic. Passion motivates and guides us if we let it. Passion invokes many thoughts that are positive and pleasing.

How do we come to find and connect with our passion? When we think of passion, typically we connect it to being sexual. That's a good place to start because we know and understand the feelings and thoughts that are involved in feeling sexually passionate. We are totally immersed in the experience and usually feel feelings and emotions that contribute to feeling alive. This same experience—being totally immersed in the experience—exists when we connect to our passion for living and our everyday lives.

The experience of connecting with our passion expands beyond sexual aspects of our lives and into our entire life—being totally immersed in a hobby, watching your child play or smile, or enjoying your work. When we feel passionate about our everyday lives, we experience pleasure, fulfillment and satisfaction in everything we do.

Listen to your passion—nothing is more important. Passion can get you through just about any situation and give you the self-confidence you need.

Anonymous

Connecting to the Calling

I feel like I am experiencing a calling to do something more—something different—but I don't know what it is yet.

Connecting to the calling allows you to experience your passion. I met a man who started a business but ran out of money and returned to a corporate job. About eight months later, he called to say that the desire to be an entrepreneur just wouldn't let him go. So this time he had a new idea and entered the new business with money from investors. He talked about his “calling” to be an entrepreneur. He became aware of a need to connect to the calling so that he could become an entrepreneur. We talked about how connecting to the calling is the connection to passion.

Becoming an entrepreneur requires an incredible amount of passion. We need to connect to this passion—this calling—in order to transition into entrepreneurship. This step on the path is really quite simple; it is recognizing that you have a passion for something greater than what you are experiencing. It is acknowledging and connecting with your passion—that part of you that wants to express itself. You may have always had a calling to be a poet, an artist, or a retail storeowner. Or you may not know what it is you would like to do; just that you want to do something other than what you are doing. The clarity may be buried underneath other issues and you can't see it yet, it's just a feeling. More will be revealed; you do not need to know the entire path or journey right now. The goal here is to simply connect to the calling.

This calling may surface when you feel specific emotions. I worked with a client whose passion came through frustration. He came in for counseling because of the frustration he was experiencing in growing his business. We worked together for several months developing new marketing strategies and helping him pave a way for his business progress. I saw more frustration than happiness in his business pursuit. After several months of seeing him experience the same frustration, I asked him, “What do you really want to be doing?” He responded immediately: “I want to live and work in Spain.” He said that for six years he'd wanted to live this dream, but was too afraid. He lived at home and was held back by his fears and his family's fears for him.

We spent the rest of the session creating tools he could use to help him connect with his passion and live his dream. We discussed meditation, positive thinking, affirmations and prayer.

About two months after this meeting, he came back for another appointment. He shared that he was going to Spain. He booked his airline tickets and had ten interviews lined up when he got there. He planned to get a job to acclimate himself before becoming self-employed again. It took him six years to acknowledge what he wanted to do and three months to connect to his passion and start doing it.

Say yes to your calling! Allow it to come forth. You may feel resistance; expect it. You may feel fear; feel it. Your feelings are important and valid. The emotions you have are normal; they have served in keeping this part of you quiet. The man who moved overseas didn't think it was possible, but once he acknowledged his calling, things began to work for him. Acknowledging your calling doesn't mean that you need to change everything overnight. It simply means you take the first step on the path and claim that part of you that allows the journey to begin.

What are you being called to do? What is your yearning? What do you really want to be doing that

you are not doing?

If you do not know what your yearning is, write what this yearning feels like. If you are not sure, then describe how you would like to feel. Where is this desire coming from, what is it connected to? What do you want to feel that you are not feeling?

Write about this as much as you need to. This is a good time to use your journal to let your feelings out. When you acknowledge your feelings, you acknowledge your calling—even if you do not know yet what your calling is. Write down the feelings that you want to feel.

How long have you had this desire? These feelings? Write about it. Remember, your feelings are valid.

What has been stopping you from putting this yearning into action? Connect with whatever has been stopping you. When you connect with what is stopping you, you connect to the calling. Write down why you are not doing what you would like to be doing. Remember, you are not alone.

I acknowledge and accept all of me.

