

PASSION: What is yours for?

Would you like to experience more passion in your life?

Did you know that you were born with your passion in you? It is a basic characteristic of your soul, your breath of life. Your soul knows the exact purpose and reason you were put on this earth. Your soul knows that you are 100% qualified and totally adequate to accomplish your life's purpose. Your soul communicates this information to you by giving you desires. Every human being has desires. Some natural desires include; a desire to be loved, a desire to be accepted, a desire to feel a sense of belonging, a desire to be purposeful, etc. These natural desires typically stay with us throughout our life.

Many of our childhood desires/passions may have been disapproved of by parents or caretakers who did not support our desires or ideas of what we wanted to be when we grew up. Any one who has been a parent can already identify specific strengths and abilities in their children by the time they are in elementary school. One child may have a passion for sports, another child may have a passion for singing and music, another child may have a passion to learn about space and science, another child may be passionate about building things, etc. Each of these children can even come from the same home and have totally different desires. It is important to note that desires of which we are meant to fulfill, DO NOT go away. Acting on our desires is what allows more passionate living. What long standing desires do you have, that you have not fulfilled yet?

We can block our desires and our freedom to live out our passions because we allow ourselves to focus on our excuses, fears and insecurities, rather than on our strengths, abilities, and access to unlimited help from spirit. If there are certain areas of your life you feel unhappy and dissatisfied with, these are the areas that could use more passion.

There are a few requirements to living life passionately, which you have the ability to do.

Do you have the willingness?

1. To allow spirit to flow through you. Spirit has NO FEAR and NO DOUBT about who you are and what you are capable of. Your doubts and fears come from your ego, not from your spirit. Do not give your fears and doubts your attention. Respond back to them with affirming statements such as, "I was created to be purposeful." All the requirements I need to be amazing, are already within me."

2. To allow spirit more expression through you, take five to 10 minutes each day and sit quietly. Bring a paper and pen with you to write. Close your eyes and take in several deep breaths (spirit is your breath of life). Ask questions, such as, "What is my purpose today? or "What are my talents and abilities that I have to offer others?" Write down as many questions as you want to know the answer to. Ask one question each day. As you practice focusing on your relaxed breathing and your question. The information will be revealed to you in ways that you are able to understand.

Some quick exercises to begin getting more passion in your life today, are:

- * Write down some desires that have been with you for a long time.
- * Pick one desire and write down some possible ideas that would bring it one step closer to fruition.
- * Commit a minimum of several minutes each day to visualizing seeing your desire become a reality.
- * Share what you are passionate about with at least two to three different people.
- * Set aside a minimum of 5 minutes each day to working on one of your ideas.
- * Interview at least one person about what their passion(s) are and how they plan on making their passion a reality.
- * Know that it is never too late to begin living life passionately.

The roots to your passion live deep within your soul. Allow your passion to be expressed.

LIVE LIFE PASSIONATELY