

## IGNITE YOUR PERSONAL PASSION

# EVOLVE

**Do you feel alive and present to your life? Are you doing the things you love in your work, your home and your relationships? Are you raising your heart rate on a daily basis, whether you are exercising or making love? Do you have a passion-filled life?**

Sometimes when I speak to audiences about passion, people first think of sex or the things they will do someday when they have more time or money. Passion is secondary for many people and so they settle for observing it in books, movies and the lives of others, rather than embracing their own wants and needs. The truth is... passion is a powerful feeling, a strong desire for something or someone; and I believe it needs to be in as many parts of our lives as possible.

Passion is the beginning of a dream or an idea. It is the fire burning inside us when we feel completely aligned with our thoughts, feelings, desires, and values. Pursuing fervor is the bearing of our souls, and having ecstatic experiences gives us the confidence to get what we want. Passion can be described as a spontaneous act of abandoning all reason and that is exactly what we need to do, get out of our heads and listen to the longing in our hearts.

Excavating our deepest passions is important, and we must find ways to outwardly and concretely unleash our suppressed desires. The risk of not expressing our essence is the withering of our soul, a slow death in our relationships, wasting our unique talents, creating emotional and financial poverty, living with unfulfilled dreams, unwritten books and disconnecting to our spirit which is the source of our inspiration. All great ideas start with excitement, and we must be fearless for a passion-filled life.

### WAYS TO TURN ON YOUR PASSIONS EVERY DAY, EVERY WAY:

Be fully present to what you are doing and completely engage with who you are with.

Get out of your head and pay attention to your heart's desires, your gut feelings.

Make love... A LOT.

Tap into the 5 senses of smell, taste, sight, hearing and feeling to create your own sensuality.

Look for your partner's soul through his/her eyes, and feel the sparks.

Spend time with people you want to be with, not people you have to... and really get to know them.

Liberate your physical spaces by cleaning out clutter, bringing in beautiful items and adding colors that inspire whatever emotion you want to feel.

Be fierce about your creative pursuits.

Follow your urges and be spontaneous.

Only buy things that you love.

Savor the climatic moments of your life.

Create rituals for yourself.

Don't wait... get started NOW.

When we fill our lives with divinely-inspired acts, cause no harm and are actively engaged, then all of the areas of life transcend and fall into place. Our spiritual, mental, emotional, physical and creative pursuits will attract the perfect partner, the dream job, spiritual connection, the healthy body, the abundant bank account, the completed novel, true friendships and a beautiful home. By playing with possibilities, dreaming about new ventures, meeting zealous people, making a difference for others, and seeing the world from new perspectives, we bring passion not only to ourselves but also to those around us. Passion is contagious and available everywhere, in everything and for everyone.

### DISCOVERING AND EXPANDING YOUR PERSONAL PASSION:

1. By answering the following questions, create a list of the things you are passionate about:

What activities energize or intoxicate you, get your heart beating faster, take your breath away and make you come alive?

What makes you HOT and bothered? It might give you some clues as to what you truly care about.

If making love is bringing love into the world, what can you do to bring more love into the world?

2. Now, give life to your passionate pursuits by sharing this list with your best friend, your partner or coach. Ask them to note when you smile, your energy is higher, your voice picks ups and which items make you the happiest.

3. Choose the activities that you were most excited about when you shared your list and start at least one new passion today.

Evolve your personal passion with a discussion of this month's column. Join Jennifer for the Wired & Inspired series titled "Sex, Sizzle & Salsa" at 7:00 pm on Thursday, July 24 at Glassworks. For more details, see page 17.

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