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Passion

by Rebbie Straubing

I recently did a webcast in a question and answer format and several questions arose about passion. Listeners wanted to know what they could do to unleash their passion for life.

Very often a single word can evoke vastly different meanings for different people. And with those divergent meanings come even more disparate values and judgments. Some spiritual paths are devoted to eradicating passions. Others are built on them. So before we go any further, let's all get together about what we mean when we use the word "passion."

I love Abraham's (www.abraham-hicks.com) definition. If we were to look at it as a mathematical equation, it would look something like this: strong desire + no resistance = passion

And what does that feel like? Freedom. Ecstasy. Empowerment.

Of course we want that. But more often than not, we may find ourselves in a different equation.

It goes like this: strong desire + strong resistance = negative emotion

It's easy to see that there is only one difference between these two recipes. The one with resistance leads to suffering. The equation with no resistance produces the pure experience of passion, freedom, ecstasy and empowerment that makes life rich and fulfilling.

In those moments when we cannot find our passion for life, we can usually find a bit of negative emotion in its place. So, if we follow the formula, it becomes clear that the negative emotion we are experiencing indicates that we have desires that we are resisting. And since the feeling of lack of passion has a dullness encircling it, the negative emotion itself is probably not that strong either. We have found a way to subdue the desire itself.

If you can relate to this dilemma, here's how it probably evolved:

You had a strong desire. You tried to fulfill it and failed. You tried again and again. Eventually, you developed the belief that the fulfillment of that desire was impossible. That was the moment when resistance entered into the equation. And with that came the negative emotion.

The negative emotion became so unbearable to you that you convinced yourself out of the desires. You lost the passion, but at least it didn't hurt so much. Who knows how many years ago this all happened and how long it took for it to get to where it is now.

Fortunately, you can begin to reverse this in an instant.

TRY THIS

You can start very slowly and easily.

Find something that is pleasing to you like a color, a style of music, a kind of animal or anything that brings you a sense of ease.

Then, as you go through the next few days, stay tuned for any signs of that thing. You can even go out looking for examples of it. Go to the store and look only for clothing or paint or food that is that color.

Or go to a pet store and hold a puppy or a kitten of your favorite breed.

Or go to a music store and listen to samples of your favorite kind of music.

You are not trying to manifest anything here. All you are doing is priming the pump. You are reminding yourself of who you are and what you love so that the energy can begin to flow again. Your only mission is to find a few simple moments of reconnection.

This ability to enjoy things in the moment, with no great goals or desires, is the secret to enjoying the big goals once they arrive. Some people achieve great things and they are not skilled at enjoying them. If you get this skill in place, then you can graduate to bigger and bigger adventures. And as you do, you will be authentically grounded in yourself so that you can enjoy the journey.

This sets you on the path of your true passion. You don't have to buy anything in the stores. You don't have to take the puppy home with you. You are just out tasting life. You are in search of the slightest trace of fun.

These mini-moments of spontaneous smiles and soul awakenings, when nurtured and cared for, grow up into passion, freedom, ecstasy and empowerment.

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Dr. Rebbie Straubing teaches a system of inner alignment in her book "Rooted in the Infinite." You can download the beginning of the book at www.RootedintheInfinite.com. Rebbie is a workshop leader, Abraham Coach and spiritual writer. You can get her free eCourse at <http://YOFA.net>.

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Tel: (248)569-3888 Email Address: info@phenomenews.com Fax: (248)569-4512
phenomeNEWS · 18444 West 10 Mile Rd. Suite 105 · Southfield, MI 48075
Send comments & suggestions to: webgoddess@phenomenews.com
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