



The most satisfying and yet difficult attribute for happiness is **Passion**. This word has many associations. They include: Meaning, Joy, Freedom, Intensity, Devotion, Rapture, and many others. Our focus, with respect to happiness, is “Are you doing what you *really* want to do with your life?” With these thoughts in mind, *I define Passion as an inherent desire to express a contribution to the world that is spiritually sourced.*

An *inherent desire* is a natural, spiritually driven force that seeks expression through a human being. The form of this expression is unique to each individual. Some individuals gravitate to this expression naturally, whereas, most of us do not. Primarily, because we are more strongly influenced by the “symbols of success” dictated by the media and promoted by society.

Presuming there is an interest to explore one’s passion, the first question is, “How do I discover it?” This question involves a stepwise process of exploring answers from one’s inner self: “What do I enjoy doing? Alone or with others?” “What were my hobbies as a child?” “What is fun to do for which I seem to be naturally talented?” “What do my friends think I have a natural propensity for?” Etc. So the first obstacle is answering the question: “What is my passion?” The most important point in finding the answer is a process, not an event, called “Living in the Question.” When it hits you, it is unmistakable! Most of all, you need to make a distinction between “What is your passion” and “How you express it.”

For example, my passion is to *“help facilitate the transformation of the consciousness of Planet Earth from Survival to Compatibility.”* My expressions include: writing, publishing, speaking, workshops, personal consultations, etc.

The second question is “How do I express my passion?” Answers: “Explore what you are good at doing; and have fun doing it.” It is not a chore, but a “labor of love.” Again, with others or alone?” One major assumption you might make is

that everything you have done to this point in your life has been in preparation for the expression of your passion. You may have even done it in a volunteer role. Feedback from your passion is: you are not tired by doing it; you experience joy; you feel it has meaning for you and others; you feel that you have made a contribution; and finally, your life feels meaningless without expressing it.

Both of the processes above require some facility with personal exploration. We tend to be masters of outer exploration—even the solar system and universe—but we are infants of inner exploration. In truth, we are dominantly frightened to explore our inner nature because, at the core, we will discover how survival-driven we really are—even when survival is not real!

The next level of courage is “daring to do what we love.” Having faith in ourselves to “make a living” and/or transcending the fear of “expressing outside of mainstream thinking,” or, even going beyond “the fear of failure.” You can begin to see why most of us settle for resignation. However, even resignation is not free of frustrating consequences.

I *believe* the inherent desire to express our passion is like water against a dam. This spiritual “force” comes with the choice to be human—in spite of one’s circumstances and life situation. If one’s passion is not expressed, it sets up a “chronic stressful condition” in one’s body which interferes with the natural energy flow within one’s body. This stressful condition may be the source of subsequent undesirable physical conditions.

The mental condition of health is much more definitive. When one is not living consistent with his or her passion, a deep sense of resentment, frustration, and lack of commitment appears to set in with respect to what one is doing, called work. What one experiences is a job. When passion is present, one experiences a profession, career, or work as meaning, play, and fun—amidst the stress, disappointment, and conflict, which are normal conditions of human interaction.

Back to Happiness: Most of us experience some degree of unhappiness depending upon the extent we are unwilling to constructively deal with the necessities of our: **Health, Relationships** and **Passion** for life.

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