

## **Awakening Your Passion**

### **By Paula Becker**

To awaken is to become aware of what is already there. Passion is not something that must be created out of nothing. It is the ground out of which we are formed. We come into this world with pure and clear purpose. Passion comes from living into the gift of that purpose and sharing it with the world. We do not have to force or coerce passion to come forward. It is there, beneath the rubble of resistance, fear, anger, resentment, and pride. We hide, fearing what we would be like and what would happen if we lived with trust and abandon, heeding the call of our inner yearnings.

An acorn falls to the ground waiting to be pushed into the earth so that warmth, darkness, and moisture can combine to break it open. It waits with purpose, knowing what it is meant to be. As it sinks into the dark soil it accepts its fate, seeing the blackness as a blanket that is nurturing it into new life. The acorn allows itself to be supported and surrounded while its skin cracks and pushes out sprouts that become deep roots. It lives passionately, wanting to be only what it is.

We have much to learn from the acorn. Most of us are taught from little on up that who we are is not enough, that what we have defines who we are, and that much of life is without meaning or purpose. We learn that the way to get through life is to resist, put up walls and protect ourselves. We deny our self the privilege of dreaming for fear they will never come true. We focus on our inadequacies or all that is lacking both with and around us, proving that dreams are useless. As a result, life becomes a battle with its only purpose being to ward off the onslaught of whatever comes our way. This ongoing war pinches off the river of passion that flows within us and makes us feel lifeless and hollow.

What would happen if from birth we were told that all of life was meant to support and nurture us into being exactly who we truly are? What if we learned how to see each step along the path as a new expression of our greatness? What if we allowed people to support us in our pain and celebrate our breakthroughs? What if we spent as much time congratulating ourselves for everything we accomplish as we do dissecting what is wrong? Life begins with this kind of open and optimistic vision. None of us would ever have learned to walk if all we had done was fixate on the fact that we stumble and fall in the process. We naturally move towards who we are if we do not stop ourselves along the way.

Passion erupts within us when we imagine possibilities, allow ourselves to expand in limitless ways, and let go of the aching fears that have dried us up. When we stop saying, "I would do this, but..." or "I would love to do that, but..." and give ourselves permission to think wildly and act courageously, life steps up to support us just as it does with the acorn that is nestled in the earth. You may be thinking that you've tried to step out and do what you wanted, only to get

knocked down and laid flat. I would not argue that this indeed happens. I would ask, what made you decide that what you got was not what you needed? What else could you have learned besides not to risk? Of course, it is easier to talk about it than it is to live through enormous and pain and still see the hand of a loving God guiding you and caring for you. Yet, I believe this is what we are meant to do, and how we are meant to live.

If a flood comes and lifts the acorn from its home, and deposits it in a new and unfamiliar or hostile place, it does not decide that it must not have been meant to be a tree. It roots itself again and grows wherever it is. We too can learn to trust the process of life, expecting it to bring us what we need, both what we interpret to be good as well as bad. Living life passionately requires a new set of questions and different ways to think and believe. By doing this our prayers move from pleas for mercy to songs of thanksgiving as we so often see written the Psalms.

You are being called to awaken the passion that is within you because you need to live life fully and the world needs you to be who you are. People need you to give the gifts you came to give. Today, I encourage you to begin to ask new questions. What are the dreams I have been afraid to dream? How am I living those dreams already? How have the tragedies of my life been fodder for moving into my passion? What is good and right about who I am? What do I love? What do I yet wish to experience? Focus on these things. Let your mind be awash in the mystery and wonder of you.

When we live into our passion we give to the world what we are meant to give and we welcome the gifts that others offer to us as they live into their passion. A passionate life is not one without trials. It lives through trials as if they were there as guides and signposts which are transformed into blessing. All of life is given to support you being the treasure you are. May you open wide the eyes of faith and see the awesome truth of who you are, living it as a gift to all eternity.

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