



Self-Love Journey

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Step 29 :Listen to Your Passion

Many people feel excitement when they hear expressions like self-fulfillment. This feeling that there is a sweet potential that, if only we succeed in realizing it, we will be the happiest in the world, does not leave us even if we try to be realistic or sober.

Something inside, deep inside, longs for the opportunity and for the tools to connect what resonates in the inner spaces of a person's soul with action, attainment, arrival, and encounter with the truth of what a person can become, if only they connect to the elusive potential that at times disappears and at times emerges and invites that person to draw near.

This worldview, that every person has a unique path for expression and contribution to the environment, a view to which I am wholly committed, touches the integration of spiritual, creative, emotional, and practical parts in a person. It also integrates elements such as thought, planning, vision, courage, willingness to be unusual and different, perseverance, patience, tolerance for mistakes, misunderstandings, and unflattering feedback from a conservative environment that does not encourage development, changes, and surprises.

One of the most important factors without which there will be no self-fulfillment is human passion. Passion alone cannot advance a person anywhere, but without it, without the burning fire that warms the muscles of the soul for movement and action, it is impossible to connect to the inner calling and to every expression that reflects a person's wish to attain self-fulfillment.

Human passion is a controversial subject. There are prejudices and unflattering approaches toward it. Many times passion is perceived as a factor that one must beware of and relate to with a suspicious respect. At times passion is seen as a destructive component that may cause a person to do things that are incorrect, unworthy, and improper. Passion is often perceived as a factor that may release a person too much,

cause lawlessness, distance that person from the right path and from responsibility, disconnect that person from social conventions and from emotional balance.

Often the negative stigma attached to passion expresses what happens when we feel and express our negative passion. Negative passion is indeed connected to destructive and addictive behavior that brings no benefit in its wings, passion that diminishes a person, weakens that person, makes that person dependent and lacking in judgment, magnifies childish parts, and distances that person from paths of growth, development, and healing. Negative passion causes people to harm themselves and others, and can create situations that cause suffering, distress, despair, and loss.

Negative passion is indeed a factor from which it is advisable to beware and to distance oneself.

Negative passion is one of the things that self-love can heal.

Yet everything I have mentioned about negative passion is a kind of deception and distraction from what is essential. Negative passion is the product of a vacuum, of lack, and of a lack of awareness. Negative passion is an expression of what happens when we do not wisely listen to our positive passion, to the passion that directs us toward the most special and fascinating places in our soul and toward the most unique and creative paths that allow us to realize what we call our potential.

But as long as we do not connect to our positive passion and set it in motion, an act that requires courage, determination, and adventurousness, we will receive by default the mirror image of the positive, sweet, and promising passion. As long as our life is not led by positive passion that will help us do the unbelievable and change what must be changed, our life will be led by our negative passion.

This is a kind of spiritual law that operates often, when we neglect the positive, the negative comes in its stead and expresses the very opposite, which causes harm, difficulty, and destruction. When love is not cultivated, fear comes in its place. When optimism is not encouraged, pessimism comes in its place. When creativity is not developed, stuck-ness comes in its place. When we do not invest in positive passion, negative, painful, and unnecessary passion comes in its place. This is how it works.

It is not simple to connect correctly to positive passion, to adhere to it, to believe in it, to follow it even when others mock or wonder about the strange things we suddenly feel like doing and about the new and unexpected changes we decide to bring about on a clear day. Joining with positive passion is a worthy, important, essential, and principled challenge that connects a person to their emotional health. This challenge is possible to implement only when self-love is present, cultivated, practiced, and forms a significant part of the mood and of the tools a person uses in everyday life.

It is quite easy not to believe the signals of our positive passion. It is easy to doubt it, to ignore it, and to regard it as illogical, unreasonable, and inaccurate. It is easy to think that if we do not have clear proof that it is worthwhile to listen to our positive passion, and if we do not believe it is positive and reliable, then we should not give it a proper place and fitting attention. It is easy to condemn and to ignore the inner tingles that suggest that we change, do something a bit differently, embark on an adventure, stop waiting, and take a risk in order to advance in life.

Self-love is one of the factors that allows us to gradually move from negative passion to positive passion. This is a kind of detox process in which we slowly learn to give up harmful habits, and their place is taken by helpful, nurturing, and healing habits. Self-love can teach us to distance ourselves from our negative passion and at the same time teach us to rejoin what we knew as children but have had time to forget, how to listen precisely to passion so that it will have a chance to grant us its wonderful gifts, gifts that are a necessary factor on the way to self-fulfillment.

Self-love gives us a bit of healthy naivety, a necessary naivety in order to redevelop trust in our positive passion. Self-love guides us to listen to what stimulates us to break through a barrier, to leap over the excessive criticism from within and from without, to ignore doubts, and to jump into the water even if we are not sure we are ready to swim in the cold water. We need self-love that is steadily growing so that we can support positive passion, that intuitive current that tells us the story we refuse to listen to.

The more we love ourselves, the more we will believe the seemingly crazy parts within us that make us envy others who dared to follow them, even though it would have been advisable to wait a little longer and a little longer and a little longer until we are supposedly ready. The more we love ourselves, the more we will cultivate within us a special kind of courage that is characteristic only of those who have grown their capacity for self-love, and of those who understand that if one seeks the inner voice, tries it, gives it a space for experimentation, and believes there is substance in it, special and important things will happen in their life, blessed changes will occur, and their soul will taste more and more of self-fulfillment. All of this is possible on condition that we listen more to positive passion. All of this is possible if we learn to love ourselves more. And this is exactly what we are doing here and now.

Practice Questions (Answer in handwriting or share in a practice group):

1. To what extent are you currently connected to the healthy desire within you?
2. Are you able to distinguish within yourself between a healthy desire and an unhealthy desire?
3. What does it mean for you to “listen to my desire” with deep love?

4. What changes might occur in your life as you learn to listen more deeply to your healthy desires with greater love?
5. Are you now willing to support yourself even if many people say that what you want or plan to do is strange or unusual?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?