

With Passion

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*With passion pray.
With passion work.
With passion make love.
With passion eat and drink
and dance and play.
Why look like a dead fish in
this ocean of God.
-Rumi²*

era, so much that they can be considered as a unique breed whose descendants are so few and far in between that they are nearing extinction. Today we are so overburdened by studies, work, social and economical commitments and expectations that any endeavour to find a balanced life seems over the reach for us and hence easily forgotten. Sooner or later, one by one we easily

stop searching, attempting, hoping, dreaming, remembering...a vicious cycle really! One that gets us further and further away from ourselves, our true selves.

Young people back then had a cause, and for that cause they sacrificed everything. It is not the cause that they stood up for rather the strength of character that they portrayed that moves me

deeply. Their passion marked a blue print on the pages of history for us to admire and aspire to. Studies, work, family, wealth, possessions...they are the norms of life, but they are not life!

What is our cause? How many of us today have that? Find it. Pursue it. Live it. With passion.

Finishing What You Start



This may seem like a funny ideal but it is in fact very important. Disciplining yourself to finish what you start shows that you have stability and focus. You can discipline yourself with small things like making sure you finish your daily tasks before watching TV

at night. This will help to strengthen your capability in committing to longer term goals.

We all know how easy it is to get swayed from our goal as obstacles arise and subsequently choose

the trouble-free road instead. However, if you commit yourself to your goal you will find that in the end you have become a stronger and more confident person.

Dare to Dream



Be true. Dare to dream. Life is short.

In life we often get so hurt, scarred or heart broken by situations or people around us that we start to develop layers to shield us against all that is painful. Soon enough we replace that childhood innocence, warmth, purity and energy with a tough, rough and strong exterior.

If we live life with this notion, just imagine what

we would look like or how we would be 20, 40 or 60 years down the track! Closed in a shell and disconnected from all the joy and abundance that the universe has to offer.

We only get one chance in life so why not live it the way we want to live, be who we want to be, do what we want to do, experience what we want

to experience and dream what we want to dream.

One of the precious lessons that my teacher, Professor Nader Angha, has taught me is to be true to myself regardless of situations, people or the environment around me. Be true. Dare to dream. Life is short.

References:
1. Compiled by Wilcox, L., *Seeds of the Soul Steps*, 1997, Washington, D.C. M.T.O. Shamshaghad Publications.
2. <http://www.rumi.com/entry/1614/Show/entry/1614/20>