

Discover The Magic Of Doing What You Love

Do what you love to do and give it your very best. Whether it's business or baseball, or the theater, or any field. If you don't love what you're doing and you can't give it your best, get out of it. Life is too short. You'll be an old man before you know it.

Al Lopez

Since childhood we are coerced to follow the conventional path. Along the way, through happy accidents we discover small pockets of doing what we love. Unfortunately, due to the tremendous strength of our conditioning, we relegate our attention to doing what we must to survive.

Only twice have I met people who have done what they loved and both events shook me to the core. Inspiration is watching someone doing what they love.

The first time, I was introduced to a dentist. My mother had sent me to see him because I was about to graduate from high school and I wanted to choose a profession for college. She had been a patient of the dentist and had been highly impressed by him.

The dentist showed me around his office. It was evening, and the office had closed. He was so enthusiastic that I could barely follow along. He showed me a variety of instruments, he showed me textbook after textbook of the most horrific dental conditions and rhapsodized about how dentistry could fix them, and he showed me what it is like to be happy.

The second time, I was introduced to a surgeon. Unfortunately, I was his patient. This man used to be a general practitioner, and then fell in love with surgery. He just loved helping people. Besides saving my life, he also showed me the power of doing what you love. He was always laughing, joking, and appeared to be having the time of his life.

Both these men enjoyed tremendous wealth and success. I met them socially, too, and learned more about them. Life and joy just emanated from them. They were the most charming and amazing people in any social setting. Their charisma emanated from doing what they loved all day long.

If you're not doing what you love, then you're at the wrong place, with the wrong people, and doing the wrong thing. Your life is heavy with repressed desire. And the weight of your un-lived life will not let you have a moment of true spontaneity.

But--how do we just throw away the entire fabric of what we consider our safety and plunge into doing what we love? How do we probe past the layers of self-denial that have what we love to do?

There are three things to do to live your life on your own terms doing what you love.

The first is to spend some time in introspection and find what you love to do.

The second is to begin where you're at to do it. Do it as recreation if you don't have an outlet. The main thing to do is to let it happen.

The third thing is to let it expand by itself to fill your life. Your skills will improve, your hobby will attract opportunity, and one day, you'll find the joy of living your life the way you want and be a blessing to all those around you.

Source: <http://www.articlecircle.com>

About the Author

Saleem Rana got his masters in psychotherapy from California Lutheran University. His articles on the internet have inspired over ten thousand people from around the world. Discover how to create a remarkable life. Free information. <http://theempoweredsoul.com/enter.html> Copyright 2005 Saleem Rana. Please feel free to pass this article on to your friends, or use it in your ezine or newsletter. It's a shareware article.