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Welcome Back

Pulse Check



- What has being steeped in your uniqueness produced?
- > What frictors have you run into regarding uniqueness'?
- ➤ Where are you still not owning your uniqueness?

Illuminating Awareness

Illuminating Awareness Is:

- Subtracting that which obscures Awareness
- Cognizant that Awareness is always present although often hidden by frictors
- Awareness of what fits the passion is calling for:
 - Action
 - Speaking
 - Decisions
 - **❖**Reflection



Frictors

Key Frictors to Illuminating Awareness:

- We may not like what we are aware of
- We may have to do something now that we're aware of it
- We are afraid of the expectations generated by what we're now responsible for

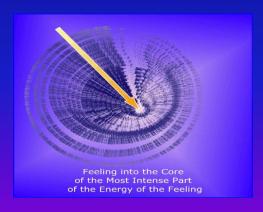


Demo

The tools for subtraction



GAP



CORE



WAIT



SEE



SANYAMA

What to Call - Passion

Passion Is:

- ❖ Great powerful emotion although the dictionary says "any" it doesn't necessarily become useful as applied to ALL emotions
- Eagerness, zeal a fervent enthusiasm

Fire in the belly – an ongoing participatory determination

Often signaled by deep frustration (not petty ones but deep)

Passion Is Not:

- ❖Rage Anger is anger, passion is passion and tho they both have at times, very high energy the undercurrent of passion is much more enduring than the flameout of rage
- ❖Suffering despite huge agreement, there is no need to suffer for your passion; suffering doesn't make you more passionate, it simply impedes your experiencing the joy of it
- ❖An excuse for out of control behavior wherein we justify our action regardless of the impact because we were just being "passionate"



The Passion Trap

❖ The Passion Trap occurs when Passion "takes over" and starts with being caught inside a repetitive cycle that expands to become a roller coaster of experience ultimately leading nowhere.







Rassion at Play



Passion at Play

Passionate Play (Passion at Play)

Occurs when one is fully connected to what is deeply important to them

Has an enduring 'fire in the belly"

Requires 0 motivation since it is being called out of one's essential nature to fulfill



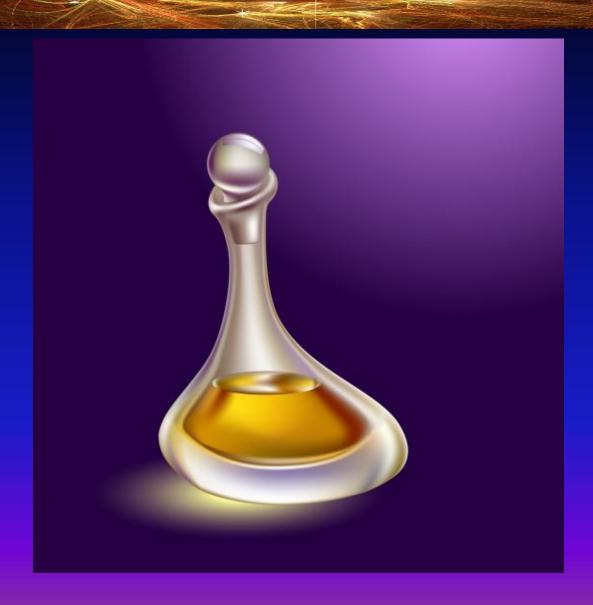
Now What?



Illuminate the existing awareness about the appropriate frictors to subtract for Passion to reveal itself



Essence of Passion





Remember Allways

The client is



...filled with more than they let themselves feel experience