

## What's Your Passion?

Throughout the years, I've encountered many people with interesting hobbies. When I think of passionate people, I think of Robert, a good friend during my college years, whose obsession was bugs. He studied them, fed them, dissected them, and basically lived happily ever after with these little creatures. He eventually became a prominent entomologist, and I couldn't help but admire this man who combined work and a hobby for a more meaningful existence.

A man in my neighborhood gets up at five a.m. four times a week and rides his racing bike thirty to forty miles. I've often wondered why he felt compelled to wake up at the crack of dawn, while he probably wonders why I choose to sleep in. What about Anna, a doctor of internal medicine by day who moonlights as a body

painter? Body painting nurtures her free spirit, and gives her a much-needed creative outlet. And who can forget about Doris, a sixty year old gal who goes to a blues club every Sunday. She cuts loose and dances like no one is watching to momentarily forget the loss of her husband of 30 years.

Not everyone is fortunate enough to have found their passion. In counseling, I often help my clients identify something they like to do - perhaps it's something they enjoyed doing years ago, or they might even discover something completely new. It doesn't have to cost a lot of money or take a lot of time. Perhaps you would enjoy star-gazing, going for walks in nature, or meditation - all FREEBIES. Whatever it is, I hope it excites you, keeps you energized and full of life, and makes life worth living. So, have you found your passion?