

How to Rekindle the Inner Fire and Regain your Passion!

(Written and Published by Martin Brits).

What do you do when your inner fire goes out?

When difficulties and troubles trample your life and business for an extended period of time, the steam seems to dissipate and the joy of living slowly quenches away. While in every man and woman's life there comes times when we are challenged and when every skill and ability, every resource of our being is tested – yet motivation for the journey can easily dwindle. This is a time when life seems to be unfair. A time when our faith; our values, our abilities to persist are all pushed to the ultimate limit and beyond. Isn't it strange how difficult it is to obtain encouragement from family and friends when your own courage and motivation to persist start fading away. While some may flame up their passion through either a relation or within a spiritual practice and the anchor of hope through faith, others prefer to be alone, re-strategize their lives and may even choose to learn something new. Whatever we choose to do, this is an opportunity for growth. The secret, however, is to discover how you can use any experience and make it work for you. When motivation dwindles it normally signifies that it is a time to reassess your life, your interests, your goals, and the direction the journey nudges you toward.



Inspiration is the sense of being filled with energy and passion. It is having a burning desire to create and express, and the feeling that makes us take action. It is a longing to use our talents, when it takes on an energy all of its own that demands release and fulfillment. Motivation is, perhaps the mental equivalent of inspiration. It is the will, and the drive, to take action. Motivation pushes us to get off the couch, and to take steps that bring us in line with our goals and desires. Inspiration and motivation together are a formidable combination. If you are both inspired and motivated enough to help yourself and therefore also other people ... then watch out world, you will be unstoppable! As the alchemist (Paulo Coelho) said "When a person really desires something all the universe conspires to help that person realize his dream..." So, "don't give into your fears", said the alchemist "If you do - you won't be able to talk to your heart". Goethe also encourages us to make a commitment to find a solution in this opportunity, "for at the moment of commitment the entire universe conspires to assist you." Now what do we need to do to get untangled from the disillusion in life and re-obtain that passion that was the first cause, or mover in my zeal to make a difference and bring value to life.

Passion is not an emotion but a measure of how deeply we feel and experience each of our individual emotions. Simply stated, those with more passion feel more deeply, feel alive and significant. They feel the pain of others more, they marvel in their achievements more, they hunger, yearn, lust, and thirst more and they are able to love more. Passion, therefore, is the barometer of how intensely we lead our lives. Like a candle burning brilliantly atop a wick, our passion measures whether we blaze brightly or smoulder silently. Inner Fire" does not arrive, it's neither an effort to sustain, nor a striving to make a living while passively allowing life to unfold. Yes we can temporarily shift state of mind to



get going again, yet when not sustained by your deeper yearning for life, it will not go for long. Rather creation is a spontaneous outflow of your essence. It happens when we are silent and allow the stillness of beingness to express your passion. What we really long for is the active desire to express that inner dream, without succumbing to the "should be or must be" expectations to perform or conform. Inspiration comes from being "In Spirit", flowing from the intuitive active expression of purpose – the reason why you want to be alive. When you take action from the inner light, your spark will ignite the world. Becoming inspired is really about changing your awareness of yourself – the way you look at yourself. What then do you want to say, have, or be, to again become inspired in your life?

"Risk anything! Care no more for the opinion of others, for those voices. Do the hardest thing on earth for you. Act for yourself. Face the Truth" (Katherine Mansfield).

How and why do we lose inspiration in the first place?

What needs to be addressed is the search whether that inner flame has really “gone out”, or aren’t we just over tired, stretched by long periods of stress and the fear of failure and loss. Often when we get discouraged, the sense of loss or disappointment in the expectations held lead to depressions, and of-course we don’t want to connect the sadness and non-caringness we experience with the hopes that we are secretly looking forward to. And the questions we need to harbour probe the faith in the correctness of our dreams and our real ability to succeed. Until the weeds of doubt and fear grow so high that we lose perspective of the goal, and get entangled in strain of cutting through jungle of responsibility in order to survive. When overwhelmed with despair - how do you *make your dreams come true and what can we do to flame the inner fire again?*



It does not matter what approach you use to make your dreams come true, if you are not in balance with action and thought, passion will be omitted. People usually do either the thought part or the action part - most rely more on thought than action. There is however more to happiness than clinical analysis and logical steps to obtain goals, which will retain passion and stimulate growth and expansion in your life. Some people obtain a sense of value and significance through the jobs they do and the feedback from clients or accomplished tasks, not even to speak of a great salary to afford the luxury by which we comfort our sense of disconnectedness to the deeper sense of aliveness lost along the way. And when we get angry or resentful because the dream is not there - in this process we will continue to receive the same result, a lot of nothing. For attitude determines altitude, and when the obstacle becomes the enemy, struggle and death of passion is the destiny. “Following your bliss, is not self-indulgent but vital; your whole physical system knows that this is the way to be alive in this world and the way to give the world the very best that you have to offer. There is a track just waiting for each of us, and once on it, doors will open that were not open before and would not open for anyone else. You do have only to take that one step ... That step, the heroic first step of the journey, is out of, or over the edge of, your boundaries, and it often must be taken before you know that you will be supported. Without the blood and tearing and pain, there is no new life.” (Joseph Campbell).

Here are some suggestions to regain clarity and perspective.

Keeping passion in perspective is about never letting the novelty and inspiration fade. As we grow and evolve intellectually and spiritually, new interests and values also emerge. What used to be stimulating and motivating may become mundane. There will be times when we need to adjust our attitude and outlook, and reconnect with an inspiring vision by re-evaluating our outdated belief systems and see what if anything remain that still serve my deeper needs. Knowing this can help us come back to who we really are as a person and what we really desire from life to start building your dreams and objectives around a new reality. So let’s start by asking a couple of questions;

- ◆ Think about all the reasons you enjoyed what you did, or do, and list the value you have found in following your passion. What was it that used to give you such satisfaction?
- ◆ When you first got interested in what you wanted to do, what was the first thing you did. Most people become immersed in the passion by reading, learning, and continuing to seek-out opportunity to obtain more information on that activity and interest.
- ◆ Next we find like minded others who are passionate about the same thing and connect to gain new insight and ideas. We build networks, take hands and gain support, and the worst of critics cannot break our speed.
- ◆ To sharpen our focus we spend hours rethinking vision and strategising the mission, and getting clarity on the aim and objectives on why you’re doing what you’re doing.
- ◆ Now, do you remember the value and satisfaction you’ve gained while dreaming about reaching your destiny, realising the vision and establishing your long-term goals. This is the feelings and passions that rise again when you feel a sense of purpose and direction as you build pictures in the sky (vision boards) to visualise the outcomes you want to obtain.
- ◆ It was so easy then to acknowledge that each attempt to reach your goals is only a learning opportunity, and adjusting your approach is just part of getting closer to your vision.

And sometimes we just need a bit of support when the long journey become so burdensome, and the dark valleys obscure the sun and hinder our sight of the vision we once held onto. When the going gets tough and we walk the road all alone, it can become difficult to lose sight of the original reasons for stepping out to claim our own power and reason for taking up space in the world.

What if there is no support along the Journey?

One of the greatest benefits of Life-Coaching is to focus on what you want, rather than what you don't want, keeping you self-motivated to ensure you achieve your dreams. A life-coach will guide and inspire you to bring about a clearer understanding of your aspirations, goals and life purpose. Coaching is like a synthesis process where a mentor or spiritual guide who believes in you, help to set bigger dreams and assist you in the strategy needed to achieve them. Also called Personal or Transformational Coaching – it is a solution-focused approach to personal development that can help you make lasting change in all areas of your life. Coaches facilitate this change using specific tools and scientifically tested techniques that work, thereby empowering you to be the very best you can be. With the motivation, support and caring that Meta-Life Coaching © can provide, you will find you are capable of achieving far more, and leading a much more fulfilling life, than if left to your own devices. Applied Meta-NLP techniques removes self imposed limits and explores the relationship between how we think (neuro), communicate both verbally and non-verbally (linguistic) and our patterns of behaviour and emotion (programs). Meta-physical Life Coaching is a step forward in the field of personal development and implements tools like Affirmations, Visualisation and Meditation. The objective of the Metaphysical Coach is to facilitate spiritual growth and insight in the Universal Spiritual Principles that governs our quest and life journey. When family and friends fail to see the vision and be the encouragement you need, there is always a professional Life-Coach or Counsellor close-by that can assist you in regaining perspective and motivation in life. When the hopes and anchors we have held unto become brittle and collapse, maybe the Mystery is guiding you to a deeper re-connection with yourself and a deeper level with the Source of life. Never give up, help is only a phone call or email away, even when you don't have the resources available, just asks.

How do you, again, go about making your dreams come true?

When you find yourself struggling to keep on track, there are a few key things you can do though;

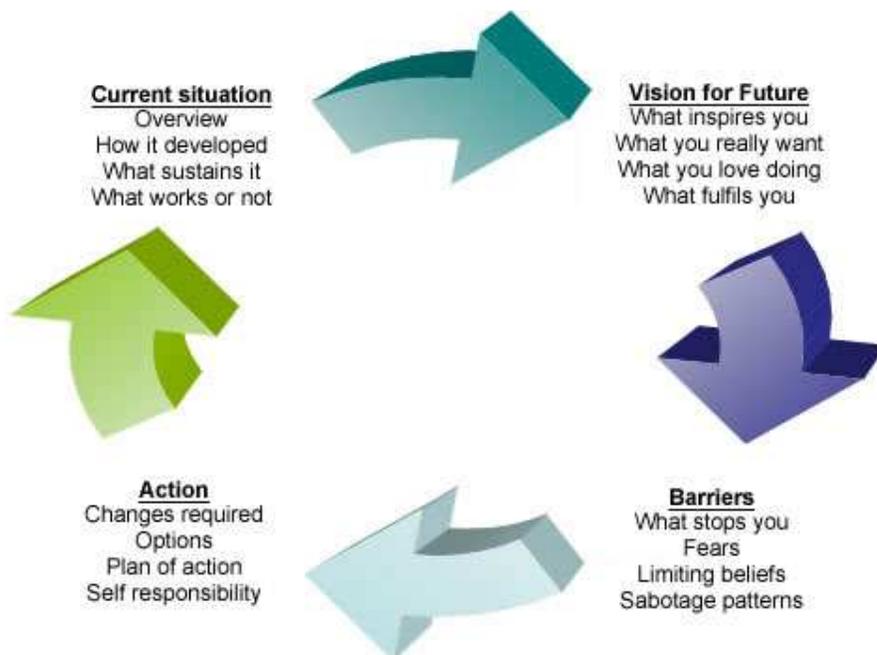
1. Surround yourself with positive people who support your plans, and do your best to stay focused. Not to resist criticism, rather to avoid contact with those who tend to bring you down. BELIEVE IN YOURSELF. This can be easier said than done, yet you ARE capable of many amazing things, and by paying attention to your own potential and by reinforcing that perspective with enhancing believes, will fuel your stamina & resilience.
2. One important tool to master is affirmations. We may not always be able to secure support structures, however, affirmations is thought processes that reinforces your believe in greater possibilities and stimulates hope and faith in miracles. It also serves as reorientation to reframe negative emotions towards a positive attitude and focused mindset. Affirmations are also used to raise your vibration, the inner vibrancy that stimulates action.
3. For those who want to spend time alone, make sure that you don't cut yourself off from friends and family completely. Don't burn bridges, maintain good relationships, you may need them later.
4. Set yourself new goals. Go through the passion discovery process again and pen it down. Commit yourself to writing, sketching and gluing the vision down. When you have a goal you know where you are going and it can provide guidance for simple action steps. When we always do what we have always done, we will get what we always got. So if you loose steam, find the leak and seal it. When the old steam engine is no longer serving you, leave the old purpose, adopt a new purpose, and make it your goal to advance on a new path. There is always another option in a Universe of Infinite possibility, and obstacles are only new opportunities in life.
5. Have an open mind. You can find inspiration in new, wonderful and unexpected places and people. When you ask the right questions, Angels will appear to give you the answers needed to gain new direction for your journey. The problem is that we keep playing the blame game instead of letting go when old dreams and relations move away. When we open our hearts and release the attachments of old, including the pain, the Fountain of Life will wash the soul and nourish the ground to prepare the soil for a great harvest, if only we make room for new seeds to be sowed.
6. In the words of Alan Armstrong, "If there is no passion in your life, then have you really lived? Find your passion, whatever it may be. Become it, and let it become you and you will find great things happen for you, to you and because of you." The problem is that most people expect it to happen to them, that someone must tell them what to do, instead of searching for and diligently finding ways to fulfil your deepest desires.



There are many programs available on the market that can assist in this search to find your passion and life-purpose as you regain vision for your life. It requires commitment and hard work. Nothing in life will happen without setting the intention, clarifying the vision and taking steps to reach your full potential. Creation happens in a threefold step – think and feel (Visualise), set the intension and commit to the path, and lastly take action. The real question will remain ... “are we of those who never do what they want to do?” The Personal Mastery Training Program presented by Meta-Life Coaching; is designed to awaken in you the yearning and capacity to return to your own inner passion. The training process helps people close the gap between where they are and where they want to be in their personal, spiritual and professional lives. It involves a holistic healing approach to Spiritual and Personal Enrichment in the formulation and development of wholesome objectives and outcomes that assist a deeper awakening to your Life-purpose. The course presented will answer these questions; “Do you know who you are, know what you want and what you can do to change the quality of your life ... What is the meaning of your life, Who are you really, what are you doing here, and what is your purpose in life?” It is ideally for people who feel they are in a place of transition, trying to make sense of it all. I believe that we all have dreams, we all want to know deep down in our souls that we have a special gift, and that we can make a difference in life. Then this opportunity is for you, for growth and transformation.

Four Steps to Create and Live Your Life on Purpose

When we are no longer able to change a situation, we are challenged to change ourselves. (Victor Frankl). If nothing ever changed, there'd be no butterflies. (Author Unknown).



The following Coaching Model can be used to re-align yourself with your own authenticity, calling, and putting vision into action every day towards actualising your Life-Purpose.

Step 1: Awareness of the Current Situation (Re-Assess).

The first step is to realistically evaluate the current situation and asking yourself what is working and what not. It is also an awareness of what it is that you are doing that is not an authentic expression of your true, powerful, and creative self, or what have lead to and sustains the current situation? We can only create vision for the future when we begin to acknowledge the difference between constantly projecting personal desires toward a future state that never actually becomes real, and living mindfully in the present moment, instead of chasing the comfort of security and social acceptance.

For some people this is the most difficult stage of the journey, to acknowledge when something is not working, to stop and re-evaluate their lives, cleaning and adjusting the lenses through which they look at their lives and taking a new direction in life. Sometime this require a period of Sacred Stillness, when we enter into the aloneness in order to gain new insight, strength, and understanding of purpose and the inspiration needed to take action. It is also becoming mindful of limiting beliefs and stories you tell yourself that arise from your conditioned past; and working with e.g. your coach to take back authority over your thoughts and feelings, and create new thinking that supports your highest intentions.

Step 2: Gaining Vision for the Future (and Recover your Passion).

A common approach to finding your passion often involves looking through magazines and book stores to find common interests that draw your attention. Unfortunately this is usually founded on the assumption that your passion is something you need to go out and locate. The key here is to focus on what is within you, and sometimes it helps to go exploring your past to uncover sacred agreements and ideas or believes formed around events, or key moments that formed your pursuit of current passions. It is also completely fine if all the evidence doesn't point in one direction. It rarely will. Here are some questions that will help you uncover or recover your passion:

- ◆ What is something that you would love to be an expert in?
- ◆ What is a profession you could enjoy exploring for years without ever tiring or becoming bored?
- ◆ In your heart, what do you feel called to pursue as a craft or vocation?
- ◆ What are you naturally talented at? What seems second nature to you?
- ◆ In what ways do you deeply enjoy serving others?
- ◆ What are some moments in the past when you've felt deeply fulfilled in a project or cause?
- ◆ In which moments did you became completely lost in work and time ceased to exist?

Asking these questions will give you clarity to that which inspires you, the things you really want to enjoy in life or obtain for yourself. It will also point to the values that bring fulfilment and activities that you love doing. When doubt and fear overwhelms, sit in quiet meditation, and listen to the story you are telling yourself. When we recognize that the story and thought behind it are not real and just passing unconscious thoughts that arises from hurt that capture your attention, it will take you out of the stuck state. Through stillness come the awareness that acting in service to others from an inner knowing and expression of your purpose is the highest form of life fulfilment.

Step 3: Dealing with Barriers.

The first barrier that needs to be dealt with is the fear of the unknown. Yet when we commit to a new path of living your purpose in the present moment, fear is nothing else than a sabotaging moment. Unrealistic expectations and limiting believes is filters that blind perception of ourselves and a vision for greater possibilities. What stopped us in our tracks was pain. When we become determined and commit to work though this conditioned patterns and unconscious impulses that created barriers to my greatest life, we discover the hero's path. Here are some reasons why we don't move forward?

1. We are fearful that if we act on our longing, we will be disappointed (Law of Attraction). When the illusion disappear the longing cries out to follow a new path. When you're able to break the agreement with old ways and respond to the longing you feel inside - you find passion.
2. When we touch our longing – we're afraid it will mislead us in some sort of way that what I gave up will be more costly than the anticipated gain (Rewards vs. punishment conflict). We don't have to learn to let-go, we only have to recognise what is already gone and then adjust to that.
3. When we touch our longing – we also touch our deepest pain and because we are afraid to get hurt or disappointed and experience loss again, we prefer to live in the illusion of separation.
4. I will be worse of than anybody else. When we compare, we create expectations and attract the opposite. When who I am is not good enough, I will not be able to perform as well as others do.
5. Falling into a day-dream mentality. (Well one day, what if ...?). We tend to only listen to our deep longing when circumstances around us breaks us open, so don't call it to yourself.
6. All the Images that you have build up in your mind and in the World would be at jeopardy. Staying true to your quest may be seen as a betrayal of your identity ... especially cultural. You will be seen as unstable, and untrustworthy and out of integrity with the norm ... !
7. Jumping on the band wagon of self-improvement, looking for a free ride; but never apply the principles you acquire, with no burning bridges behind and the kitchen door left open to escape.

Facing our own dragons we learn what it takes to overcome limiting beliefs and childhood pains and disappointments, to live intentionally and appropriate your own power to express your true self. By dealing with the barriers that we have created in our lives, we learn to progress through obstacles and avoid looking for reasons to move around them. This is your greatest power – your own fear. By being accountable to your Life-Coach, you're making new intentions known, and then in that support gained can develop a plan to go forward.

The majority of people do not question the meaning of life and, moreover;most people should not question it. Until the individual are ready to face his real nature and in that embrace himself ... the deepest essence of the soul, dragon and all.

Step 4: A Call for Action

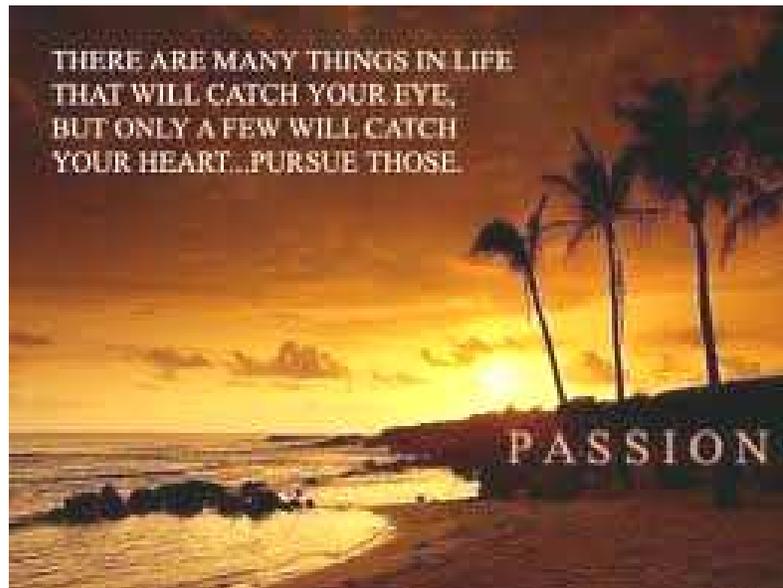
When we take action, life requires us to adjust and look at various options available. To reach the goal and obtain the desired outcomes of the dreams we harbour in the heart may require a Plan of Action that on the surface seem to be gigantic. To be self responsible means that we can take an objective look at the big picture and break the plan down into do-able bits. This may involve taking some risks, as long as you are committed to the path and hold yourself accountable for any delays and procrastination – you will reach your destination. Living is the destination and the purpose of the chosen course of action is the path of self-discovery and empowerment. When all else fails, choose differently and keep moving until that a-ha returns to the heart. And when you experience the satisfaction of reaching and materialising the dream, choose again and keep on moving and evolving; growing yourself and your earth expression with an attitude of joy, forgiveness, and non-judgment.

What to do if this doesn't work.

Then try again. Stop and re-assess the situation to gain greater awareness of what it is that you need to learn. When we pay diligent attention to the lessons of life and apply the principles learnt through them, the challenges will disappear and new ones will arrive. They will always be there, so get used to it and keep on moving, for when you try and avoid them (running away from the storm), our steam seem to run out and the trauma will catch up. It is the Law of Progression and Continual Evolution (Expansion). And when the mundane tasks of life overwhelm and distract or break our speed, re-assess. We all have things to do that we really just don't want to do, but have to for some reason. These are the toughest to find motivation for, especially getting up in the morning when you feel bruised and abused, and lovingly feed the children and do what needs to be done. [See "The Invitation", by Oriah Mountain Dreamer]. For these especially difficult situations, question whether or not this thing really needs to be done. What are the consequences of not doing it, and can you live with the consequences? Is there any way to not do this thing, and when this thing absolutely has to get done, focus on simply getting past it. When the task is done you free yourself up to do what you love to do. Now go out and get something important done.

"The purpose of life is the purpose you give it". (Abraham). Anyone who wishes to improve the quality of their inner as well as their outer worlds would do well to take out a piece of paper and start writing out their life aims. At the very moment that this is done, natural forces will come into play that starts to transform these dreams into reality. Know what you want from this game of life, know your outcome, what you aim to obtain and make it your personal creed. Once you have realised this, you can prepare your game plan. Enthusiasm is the key ingredient that surpasses any amount of effort to Master the destiny of your Life. Finding your passion doesn't have to be difficult or scary. Why must you recover, and not discover, for once the yearning of your soul is touched you will know what makes your heart sing. You need to go on a quest to "discover" your passion, for your greatest passion is within you, waiting to be recovered.

"It has been said that the purpose of life, is a life of purpose. The delight and aim of life is the consistent reality of Dharma, which is the Sanskrit word for life's purpose. Life long contentment flows from the fulfilment of this "heroic" kind of mission while we walk this earth. We all have been granted a unique set of gifts and talents that will readily allow us to realize this lifework. The key is to discover them, and in doing so, discover the main objective of your life. It may seem like a risk, where many people quite jobs that have stifled their progress to discover what you are best at and the process to discover the true purpose of their existence, is the essence of your life's existence." (The Monk who sold his Ferrari).



Recommended Reading.

1. Raphael Cushnir. 2003. Setting your Heart on Fire. London; Bantam Books.
2. Oriah Mountain Dreamer. 1995. The Invitation / The Dance / The Call. London; Harper Collins
3. Patty De Llosa. 2006. The Practice of Presence: Five Paths for Daily Life. Sandpoint, Idaho: Morning Light Press.
4. Robbins, Anthony. 1986. Unlimited Power: The New Science of Personal Achievement. London : Pocket Books.
5. Daniel Goleman. 1996. Emotional Intelligence. London: Bloomsbury



Meta-Life Coaching

Personal Development Consultants and Business Mentoring.

Life Coaching assist Individuals and groups to overcome difficult areas in their lives to reach their dreams and objectives. We present Life-Enrichment and Personal Mastery Experiential Workshops, Life-Skills and Metaphysical Training. We also assist Entrepreneurs with New Venture Creation, as well as guide/coach Seasonal Managers in Transformational Leadership and Business Development. For more information visit us at www.meta-lifecoaching.yolasite.com

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Life is a dream - living is the awakening of whom we truly are. Life will show up for you in exactly the way you expect it. Be the person that you dream of being. Who you are is a process of creation. Why are we afraid to be embarrassed to get our needs met? Or are we willing to dare to do what we can, willing to take the risk to be a fool and desperate enough to find our deepest hungers fulfilled? It only takes one idea, one second in time, one friend, one dream, one leap of faith, to change everything forever. Just one, yet ... Eternity lies in the palm of your hand. You are the creator of your own destiny.