

song: *Gravity of Love (Judgment Day Club Mix)* – Enigma

week #24

passion (noun: own it)

- any powerful or compelling emotion or feeling, as love or hate
- strong sexual desire; lust
- a strong or extravagant fondness, enthusiasm, or desire for anything

affection, agony, anger, animation, dedication devotion, distress, eagerness, ecstasy, excitement, fire, frenzy, fury, heat, intensity, joy, misery, rage, rapture, spirit, suffering, temper, wrath

“The happiness of a man in this life does not consist in the absence but in the mastery of his passions.” –Alfred Lord Tennyson

Who is your passion? Do you have one...? Have you had one? Can you close your eyes and remember it at its height? (The only restriction when it's with another person...it's generally fleeting; unique realities that cross for a moment...or five kisses...or maybe a year...or five years.)

When your passion is your hobby or your practice or your belief, well, then you have it forever...

This is when you can **growit...replant it...help it to thrive...**allow it to reach for greater heights than you may have imagined.

“Only passions, great passion, can elevate the soul to great things.”
-Denis Diderot

Close your eyes and breathe in the word passion.

Passion – *the word even sounds good in your mouth. Chocolate and berries and port wine. The first kiss. The fifth kiss. Or, driving ambition...competition... dedication. Pure want. Need. Desire.*

Action: Although passion can help drive determination, it's easy to mistake passion as a sole source of vital energy. This week examine something you are passionate about and make sure you are practicing your passion(s) with balance in mind.



This week, experience the Crescendo like never before... with muscle, nerve and heart. Allow your body to move passionately!

June Color: Aspen Gold

The color of the month is aspen gold, an energizing color filled with radiance and light.

June Chakra: Solar Plexus

Like the sun provides solar energy to the earth, the energy that flows from your solar plexus or third chakra, feeds the rest of the body with energy through metabolism.