

Finding the Way to Passion



There is a point in one's life when the cosmos sneaks up and delivers one of those "thwaps" to the back of the skull and poses the question – ***"What are you doing??"***

Previous to this incident, I had been on mindless cruise control – living life by rote. Getting by, but dull as ever. Abundant living sounded kind of Pollyanna and I must have been standing in the wrong line when tickets were being passed out. Through all the usual and unusual paths, such as counseling, etc. I was seeking the path to myself. As the cosmos had asked the question – I was unable to answer.

Finding my passion became my mission. I had done all the spiritual reading of many wonderful works by Dyer, Williamson, the Fillmore's and so on to help point me in the direction I needed to go. I found though, I was paying lip service to many of the principles found in these works. Rather than answer the question – I sought refuge in the usual string of addictions.

Initially it was much easier to drop into self destructive behaviors than to face some serious introspection; dead end after dead end. OK, so when is the other boot going to drop? When you deal with addictions, it is as if the road sign always points you down the negative route. Life is supposed to be a grand picnic not the doom and gloom pictures of mushroom clouds. So when does the fun begin?

Passion, the thing that makes you want to jump out of bed and do a little soft-shoe to get the morning started.

I have worked at various types of positions – construction work, retail and finally wound up in the office environment. While I would not consider working for local government as one of my passions, I found that this was the first step on the path to my passion. I did have to put a roof over my head and feed family as well. It reminds me of knowing that I should not jump off the high dive until I see what's below. You need a foundation before you embark into the unknown.

I love horses and I love horse sports – there is something about these noble beasts that put a spring in my step. Another flag on the way to passion – there is this emotional wellspring that does this volcano like eruption when I watch the cross country phase of a three day event or a steeplechase race. I guess my heart is singing now. Mission

objective #1 – I want to work with horses. So, the path of exploration begins and the goal is finding my niche in the horse world. Experimentation or when at first you don't find the goal – keep looking and looking and looking.

I rode with my farrier and tried my hand at horseshoeing. Not too bad, but really did not think my back and spine would hold up. Vet school – no, I could not fathom being back in a classroom environment as a more senior citizen (I know, you are only as old as you feel – but tell that to the 'twenty-somethings') and just really did not take a shine to equine dentistry. Then it hit me – cosmic thunderbolt – “Equine Massage”. My God, I can do this!!!



Mission objective #2 – Training – and the neat part of this is LOA in action – now I have to go to school to get training in the basics – OK, Universe I need funding – focus, state my intention and let it go. The universe, in the form of my spiritually sharp mother, delivered. Off to school, I go.

Now, as part of the deal – that little voice in my head said “Don’t forget the gratitude!!!” It is an essential element in my path to passion.

I am so grateful each and every day for the opportunities I have been blessed with. Mom, you rock.

Training completed, I am now ready for the big step. Put that shingle out for public consumption. But, I hear that still, small voice inside saying “Not yet!!” I asked the universe for guidance and was told more study was needed. I am blessed that our operation includes a boarding and training portion which gave me the chance to practice on some of our resident equines. After about a year of practice and further reading, the voice let me know it was time to go public.

Could I thrive doing this type of work – why YES, of course – it is my intention – I did realize that it was to be done in steps. The selfish part of me wanted to quite the day job and jump off the high dive without looking but common sense prevailed. After all, I had to build a client base. Lesson from the Universe – PATIENCE and leave the “HOWS” to the universe. I had to let go of a firmly held belief that I am responsible for the HOWS. I would always get so wrapped up in the how's I would forget the end result.

Now I understand – my focus is on the end result – I am a gifted equine bodyworker.

When I work on a horse there is a deep sense of peace and fulfillment. It is rewarding to know that on many levels I am helping. My soul does smile and it makes me extremely grateful to be able to do this.

I see passion as a fire that sparkles in the eyes and projects a sense of purpose and serenity. Thriving is a way of living one's purpose, dancing one's dance and singing one's song.

In the overall scheme of things, having passion is like having a sense of direction. I was riding home the other day from doing two massages and just had this knowing feeling in my bones that this was what I was meant to do. The day was gorgeous with everything in vivid, brilliant color. Talk about serenity. More lessons from the universe – Be kind, be thoughtful and patient while on the journey. In the age of instant gratification and me, me, me... now, now, now, each step on the path to passion is blessed. It is supposed to be FUN!!!

Until the next adventure
& In Peace

[Bob Rush](#)

The proverbial horse lover, Bob Rush has realized his dream about becoming a horse man. Visit our [Audio Section](#) and spend some time with Bob and Kat while he reveals his passions and how he created his dream of living his passion.