



## Six steps to finding your passion

Soniyaa Kiran Punjabi, founder of Illuminations Well-Being Center and Clinical Hypnotherapist, shares her expertise on self-awareness and opening the mind to opportunity.

It's very well saying get back on track, but what if you don't know what that track is? Passion and purpose can vary greatly from one person to the next. Maybe you have a great relationship, but you want to find a professional calling. Or you have your perfect career, but you have long-term health goals.

### 1 Move past the 'But...'

This first step is the hardest: understanding that you create your reality. Everything that's happening in your life is because of you, and not your circumstance. This will move you from victim consciousness to creator consciousness. That is so empowering in itself – and yet scary, too; 'I created this? How am I responsible for everything that's happened in my life?' It's hard for a lot of people to come to terms with. But the moment you take accountability for your life, you will feel a transformational shift in mind-set and will begin to gravitate outside old habits.

### 2 Release your baggage

The mind is full of garbage! Our rational minds are excellent at calculating the

hundreds of reasons why we'll never achieve our goals. As children, we've been taught that you can't do this, you don't do that; we come from a world of limitation, and it's part of our programming.

We need to be aware of how our past has conditioned us, and let go of that which no longer serves us. Our limitations are nothing but perception, but your perception is what is creating your reality. People can try a number of tools – whether that be hypnosis reprogramming, practicing affirmations, or reading an inspiring book – to work through their barriers.

### 3 Learn to be present

Mindfulness is the power of remaining in the present moment. Why is that important? Because 99 percent of our fears and worries are based on the past or the future. In the present, there are actually no issues.

Mindfulness involves being still for a few moments in the day when you focus on your breath. Whenever your mind wanders, all you have to do is bring it back to the present. When you're living in the moment, you're accepting life for what it is. You're no longer in reactive mode; you're in observer mode, so you can see situations for what they are, rather than what you are conditioned to believe they are.

### 4 Find the discomfort zone

What is known to the mind is comfortable and pleasurable; what is unknown is fearful and painful. As you start to take on new ventures, and the fears from your past and your programming move to the surface, many people stop and give in to unhelpful patterns of belief.

Realise that a lot of the time, when breaking out of your comfort zone, there will be obstacles in the way, but that's just part of the process. When the obstacles

come, ask yourself: what's this experience trying to teach me about myself? When you ask yourself that question, you're no longer a victim and will avoid returning to old cycles. See everything as an opportunity to learn and to grow.

### 5 Listen to your intuition

How do you discover what you want? You don't necessarily need to. You let it come to you by letting go of the internal 'programmes' that don't serve you, and by listening to yourself.

Your intuition never fails. People underestimate this. Some call it spiritual guidance or a sixth sense, but we all have this inner voice. When we become still in our lives and start to look at life as opportunities to learn, intuition helps us and takes us where we need to go. If we feel right about, for example, hiring a new employee or getting out of a relationship – whatever it may be, or whatever your goals are – the idea is always to follow the inner voice.

### 6 Exercise your natural intelligence

Emotional intelligence is the key. This is not about cultivating your logical mind or rational intelligence, but rather your natural intelligence. That means, for example, your ability to observe people, to respond neutrally, and to react to pain in a positive manner. Pain is extremely constructive if you use it wisely.

The more emotionally intelligent you are, the more mindful you become. And that's when you're really able to come to a place of authenticity. When you let go, you gravitate to what your heart wants and what your inner calling is – and then, in my belief, you attract the right people, the right opportunities, and the right circumstances to help you on your path.

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