

Work with Passion

by Catherine Harris

Passion—how to find work in which we can engage in order to earn a living doing what we love to do—this is an important question for the 80's. Pollsters have been telling us for quite a few years now that today's worker wants a sense of creativity and purpose in the job. Now women as well as men want to find deep satisfaction doing what it is they do an average of eight hours a day to put bread on the table. Since most of us have to work anyway, how can we make it a true source of joy and excitement in our lives?

Particularly in Eugene, many people despair over finding creative, well-paying work. Many of us absorbed the values of our parents' generation that experienced the depression and have the attitude that one must not be too picky, but be grateful for any job that is available. Then there's always the old Puritan Work Ethic where the idea is to work hard; pleasure and joy have nothing to do with it. We may feel resentful and jealous when we hear of people earning good livings doing things that are fun for them. This is normal; the feelings of jealousy may direct us to what it is that we want and what we need to stop denying.

Nancy Anderson, a career consul-

tant, has written a book called *Work with Passion* and will conduct an evening workshop in Eugene Thursday, May 28. Nancy is an engaging and humorous public speaker and follows her own passion of writing at her home in Mill Valley, California. She is currently working on a fictionalized autobiography. Indeed, the first step clients or readers of her book attempt is the writing of an autobiography, in order to more fully realize what their skills and interests truly are, and not incidentally, some of the blocks that may be keeping them from realizing those goals.

Her book is built around nine "passion secrets" for success. She found that in the lives of successful people, crucial elements are faith, belief and imagination. Getting there is the fun. One of the things she emphasizes in her book is making connections with people who are doing what you would like to do or who have information that would be helpful to you in your search. We have been socialized to be afraid to ask people questions. But once we begin formulating our goals, what she calls the "law of interest" is set in motion, drawing information to us as we reach out for it.

And where are you when you're

there? When we are working with our passion, we have a sense of mastery. We stay alert and healthy. We are open to the unusual and we use resources that are available for personal growth. We love ourselves, and we feel a personal spiritual connection.

In a telephone interview recently, Nancy said that she has no doubt that

this notion of working with passion will transform our society, because she has seen the important changes that have happened in our own life in the last ten years.

She herself came from an alcoholic and low-income background. Groups such as Adult Children of Alcoholics have been important as people stop denying the unpleasant things that have happened to them and open up the feelings that have shut down in response. She calls this the "truth movement." "As barriers are removed

to the feeling nature, we can let our feelings mature; then we are close to passion. Passion is not an emotional free-for-all, but involves discipline and focus similar to that of an artist."

Nancy will speak Thursday evening, May 28, from 6:30 to 10:00 pm at the Valley River Inn. Tickets may be purchased at the door or in advance at Peralandra Books and Records.

[Catherine Harris is owner of Peralandra Books and Records.]



Nancy Anderson.

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