

Day 18 - Living Passion

21-Day Meditation Challenge <meditationchallenge@chopra.com>

Thu, Mar 28, 2013 at 1:13 AM

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"Freedom lies in being bold." —Robert Frost

Quick Links

[Access today's meditation](#)

[Live your passion: find your dharma - Watch Deepak](#)

What to Do if Your Can't Find Your Passion



Welcome to Day 18—Living Passion

Passion is energy. It's the power that comes from focusing on what really excites you. When we live with enthusiasm, we fully engage our brains and bodies in our activities, building new pathways that foster health and wellbeing.

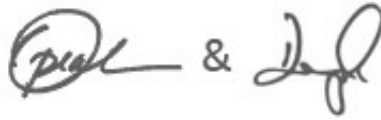
One way to ensure that we live our lives with passion is to find our dharma, our life's true purpose, through which we can serve our community and ourselves in deeply meaningful ways. Engaging in life in this way helps keep our minds active and sharp and strengthens our relationships with everyone we meet.

Our centering thought for today is:

I live my life with passion and enthusiasm.

We enthusiastically await our time together today.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style. The word "Paul" is on the left, followed by an ampersand "&", and then "Jeff" on the right. The ink is dark and the background is white.

MINDFUL MOMENT

Begin to connect with your true life's purpose. Before each meditation, ask yourself, "How can I help? How can I serve?" Then, listen to your heart for the answer.

[Need help? Click here.](#)

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