

# Hanging in there Joyfully

## Passion and Persistence

~ from Patch Adams

Passion and persistence can change the world! I'm talking about hanging in there joyfully. That last part is extremely important . . . Passion and persistence are not attributes of special people, blessed to possess them, but rather extremely important tools for change . . . I'm not sure passion and persistence can be taught. But they can be inspired, studied desired, and pursued . . . [and] found through revelation, vision, or thought . . .

**Persistence is a by-product of passion.** If you see persistence, passion is at work. To me passion feels like surrender, a freedom from doubt, a zest for pursuit.

**Passion is not a final product, like work peace. Passion is the name of the process.** This confusion is one reason so many people quit passion, or never even join onto a Big Dream. They quit because achieving the final product is too slow . . . "How is Gesundheit doing?" always implies the final product, rather than the process. You must feel that passion is today, in the process – don't tie it to a finish line.

**Ground yourself in missions of higher good and service.**

**Unite your mission with your personal, perpetual experience of the miracle of life.** Couple it not with pain and tragedy. Celebrate and be thankful to be together enough to step out of your self, giving yourself to others and the world.

**Invite co-travelers,** unless you are clearly hermetic. Co-travelers are the juice. Is there anything in your life more important than your friends? Live your lives that way! Commit yourself to your friends and colleagues! They are your pillars of persistence. Acknowledge them, support them, go for the intimacy of your wildest dreams with every human being you meet. It'll get easy.

**Feel the thrill of the quest all the time.** Dream the impossible dream, fight the *unrightable* wrong . . . Corny stuff, and the best!

**Exercise your wonder, curiosity and imagination at all times.**

**Find creativity in every act, and do not sacrifice your need to be creative.** Creativeness is one of the greatest medicines ever. Exercise it in the way you wash dishes, in the way you walk down the street, and in the way you make art. Creativity is essential nourishment. It is the very soul of our sense of self worth.

**Live the life of an "Enthusiator"** . . . working around the clock, every day for the rest of your life, for your dreams. Not because you're paid to, but because you can't help it. It's that good.

**See life itself as a break.** I want you to find so much delight with your co-travelers, so much thrill in the quest, that a break is an irritation. Now if you need a break (and this is Dr. Adams speaking), I want you to take it on THAT DAY. I don't want you working under stress. The reason there are so few social activities is that in the history of social activism, it looks like it's not any fun! It looks like sacrifice, struggle. It looks like everyone you know is in need of a break. Burnout? You know, we should be burned out from selfishness, from vacation, from breaks. Life, your life, needs to be designed so that the idea of a break is an unwelcome interruption. Until you reach that point, take a break the day you need it.

**Responsibility, sacrifice and struggle.** There's a very good chance if you are motivated by a sense of responsibility, sacrifice and struggle that you will grow to blame the object of your passion as an excuse for it's not happening, or for your pain, frustration, or disappointment.

**Make it fun!** Feel your path as a rich, varied and uplifting experience.

– Patch Adams.

Hunter (Patch) Adams, M.D. is the Founder and Director of the Gesundheit Institute, a holistic medical community in West Virginia found in 1971. Patch is a doctor and a professional clown. He has dedicated his life to humor and the health community.

Patch is one of the best "cheer Leaders" I've ever met. Even with this busy schedule, he finds time to drop a postcard to the newsletter with encouraging words.

When I read this article by Patch entitled *Passion and Persistence* in ACHOO! the Gesundheit Institute newsletter, I was inspired to print some of it here.

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If we focus on our hearts and let our joy carry our work, that is the passion we will share with those around us.

Too often we work out of obligation and responsibility. We focus on our time frames, managed, care, finances, fatigue, fear, need I go on? I often have to remind myself of my dreams and my mission – to share my love and joy. When I focus on my heart, it makes my work as light as the joy in my smile. I truly believe that more passion can radiate out of a calm heart than an agitated mind.

– Shobi