

Energy and Talent in the New Millennium

“When one is engaged in a favourite pursuit or a subject absorbingly interesting, the normal conception of labor or time and artificial social distinctions disappear from the mind. In fact, life itself is absorbed in the engagement...” – G. Koizumi

Sit down right now and asked yourself: What do I have the most fun doing?

What exactly do you enjoy doing? What do you enjoy thinking about? What do you enjoy learning about?

You will quickly find that you usually enjoy doing things that you are naturally good at and love to do. More importantly, knowing what you have fun doing is the first indication of your talents. Talent is a natural thing, but it is not simply what you are good at. Talent must not be confused with skills. Skills are acquired through learning, study, and practice. You can have an undeveloped or undiscovered talent or be reasonably proficient in areas where you have no talent.

The bottom line is that much of what we become skilled at is simply a result of interacting with what is in front of us. As a result of geographic, social, economic and political influences, that are often random, we collect skills that are usually an unreliable guide in indicating our life’s work.

It is therefore a mistake to limit your focus to what you have already experienced. We are all in a process of growing, and undiscovered talents are just that, undiscovered.

Many people have a small degree of talent and with considerable training and technical skill achieve competency in an area. This is a very important concept to understand. Because if they were to pursue an area where they have real talent they would experience one of the great joys of life.

Talent can hardly wait to be expressed. Going through life without releasing this strongest of expressions leads to feelings of frustration, confusion, resentment, and sometimes depression. Have you ever wondered whether you are unconsciously holding back a great river of talent and energy?

The moment when you release your talent is one marked by timeless, fluid and harmonious expressions – where you feel right with your true “calling” in this world!

Sounds a bit strange, yet that strong inner impulse towards a specific vocation or profession is what characterizes a “calling”. It literally “calls” you to use your natural aptitudes and in the old days was referred to as a “gift”.

Gift, faculty, aptitude, bent, talent, genius, knack are just some of the words used to describe these natural abilities. The likelihood of success by using them is greatly increased when a purpose drives the talent. When you dedicate yourself to a purpose you will find the right way to express your talents. Talent is said to be raw when it is undeveloped, however with development and integration into your vision, values and purpose, there is no telling how far you can go.

Have you ever met somebody who seems to be “on fire” with the area of interest or their “life’s work”? Doesn’t it surprise you that some people can spend their entire lives devoted to studying beetles, or be fascinated with singing opera? Do you honestly think that they didn’t have to trust in the love for what they do to see them through the hard times? Isn’t it better to grow into what you love to do, rather than pretend you’re satisfied in an area that doesn’t bring you joy?

People often invest tremendously in training and developing skills, but are unwilling to acknowledge the fact that they have any real talent for the area. When they finally admit it, there is a sense of relief, because they can now go on to discover genuine talents. If you have made the mistake of ignoring your true “calling” then cut your losses and begin to chart a new path that will use them.

Why am I spending so much time on this theme?

I frequently come across people who are unhappy with the career choices they make. They moan and groan about how much they hate their jobs, but still refuse to take risks and fully invest in discovering hidden talents.

An even better indication for talent is looking at the difference between what you enjoy as an event and what you enjoy as a process. Many people enjoy watching a movie, but would these same people enjoy the process of making one, or running a movie theatre?

Let’s suppose that you enjoy “singing” in the shower or with friends. Those are altogether different from enjoying the process of rigorous voice training, breathing exercises, and the endless hours of practice required to become professional.

Having a talent in an area doesn’t mean that the process won’t be tough and full of frustrations. However, somewhere there must be a love and enjoyment for the entire process.

By knowing what you enjoy doing, thinking, learning about, and engaging in as a process you will better identify your talents and discover the greatest life work of all, offering your unique special gifts to all mankind, like many others before you.

By the way...if you do become famous please send me a postcard...