

Follow your heart / bliss  
BY Paul Clayton

Following your heart / bliss is a saying and an idea that you have found what you are looking for in life and that you are pretty happy. We all have found bliss in some things in our lives. Life just feels good and you feel good about who you are. There are many bliss's but I would like to address two of them that are important in our lives.

- a. Relationship
- b. Work

You probably have met a couple in your life that have been together for 50 years or more and are still very much in love. They hold hands; they refer to each other not as husband and wife but as best friends. If you were to ask one of them "If we came back a second time would you marry the same person?" I am willing to bet that they would respond quickly with "yes, I would". They will tell you that their relationship had its ups and downs but that overall they felt they were meant to be together. This is what I would call a blissful relationship. Ask yourself the same question, if I came back to Earth again would I marry the same person and would I do the same thing for work. Another way of checking out if you are in a blissful relationship either with your partner or work. At the end of each day at work put :- ) :-] or a :- ( on your calendar representing how the day was overall. After about six months go back and count to see how you made out. If there are more Mr. Yucky 9 then Mr. Smiley that may be are good indicator that you are not in a blissful job, relationship. Do the same with whom you are in a relationship. (I can hear someone saying to their partner "one more 9 and you are out of here") If you have more negatives than positives then it is time for you to start by asking the question to yourself "what / where is what I am looking for" The biggest thing is not pointing fingers at others but rather asking for the solution of where I best fit.

These are the responses from "Follow your heart." Each one has information that helped me have insights in to my career.

Enjoy and have a great week.

Paul

I love my job! Why? I have challenges, goals, friendship, enthusiasm and feel that I make a difference. I send out a daily 'Thought for the Day.' This is meant to be motivational and I always add my own thoughts and sometimes my own life experiences. Working with our participants...they need to know that what they are experiencing is only a bump in the road of life. Our participants also need to know that we also have problems, crisis' and chaos. Its being aware of options and having a strong support system that has gotten me through the rough times in my life.

Lulu CA

I feel that Joy comes from learning to be content in whatever circumstances you find yourself. No relationship or work situation is perfect, however, if we are flexible and practice contentment in our situation we will have joy. When we lack joy it is usually because we expect others to make us happy. Your mate is not here to make you happy, your supervisor or employer is not here to make you happy. Happiness and Joy or Bliss are two different things. Maybe if we ourselves were perfect we could expect perfection from others, but alas, we are not perfect, so take the time to love others just the way they are and in the same way love yourself and relax and enjoy. P. S. I love my job. I like the contact with people and the chance to interact with them and perchance to make a positive difference in their lives.

Sandy - California

I have to say I am one of the lucky ones, in that, I would most definitely marry my husband of 33 years again. He is my best friend, he is fair, generous, kind and encourages me to grow as an individual. Having said that, he is not perfect, as there are no perfect people. I choose to weigh things prior to handling them. I ask myself, will it matter a week from now or 10 years from now. If not, I don't go there. If it will matter, we discuss it in a conversation and resolve the issue. As for my job, I am happy. I would like to see some changes made, but if they are not made, I will not look elsewhere. I believe a person can find the joy in any situation, no matter how dire the circumstances. If one focuses on the good, the frame of mind can help to overcome what ever is bad about one's work.

Susan GA

I recently had two interviews for promotions. One was a grade higher than the other, my thoughts were on what would happen if both of these positions were offered to me. I weighed the pros and cons of both positions and was immediately offered the job which was a step lower than the other one. All the pros on my list for this position, far outweighed the pros for the higher position, which was more money. There was no decision to be made I immediately took the position which I knew would bring me much more pleasure and is in a field I enjoy. Not to mention the perks of two wonderful offices and the great staff in each one. It was a wonderful decision, and I feel "bliss" as well as "Blessed". OV CA

Well you gave me a good idea for a new article for our newsletter. I will develop the Bliss-ed List. Let's see ....it'll go like:

Bliss-ed are those who care about their clients.

Bliss-ed are those who have understanding supervisors

Bliss-ed are those who have partners who care and are understanding

Bliss-ed are those who live in a wonderful caring community

Bliss-ed are those who have family and friends who care

Bliss-ed are those who live in Humboldt County where it is about 63 degrees!

Ginger CA

After 8 years in this business, I have the best boss, work with super people in the very best center. Whatever they want me to do I will be happy to do. (Don't tell anyone or I will get moved AGAIN.) This is a good way to start a meeting.

Jan TX

I have found my job very productive and a wonderful learning experience. Even through all the ups and downs, I'm very much content with what I do. It keeps me focused, alert, and always remind me of what is important to do my best. Not just as a professional but also as a person.

I knew from very early stage in my life that I want to help people. I did not what do you call this desire, but I want for Social Work late one in my life. Most professionals in any field would said that Social Workers are not needed. I differed from them. You see, before a problem becomes a illness is a social issue behind, just hiding. I believe that sickness is an effect of a social problem in a person life.

I like my job, I have invested a lot in it, I don't fill any recognition. I see other program directors copying my ideas, how I decorate my office, How I present a topic, How I prepare the room, but know one has said yet, I got this Idea from her workshop. I got this Idea from her presentation. This agency has been open from more then 30 years, and I came a board, I use all equipment that I purchase and I like to luck professional. And just know other directors star using the same as I used, I do, even room decorations; after been directors for soooo long.

I like people and I'm people orientated, but I don't like see favoritism between employees. Sometimes it get in my way, because it make my feel frustrated. I get angry then I said " I will not let this people get me down". Then I will re-structure my self and remember why I'm in this office.

My father said that I will day poor because Social Workers don't make any money, it may be true, but I have so much experience in life with people, that at the end it boils to: Man is the major of God's creation, if I can help to this creation to be better in some way, just one person, touch one life then I can said I did something good. What else I can said: I'm people person. Money doesn't get everything, but it helps. MT AR

I feel so guilty sometimes complaining, but lately this whole place and the "system" and the fraud just get me down. Social Reform is pretty much common sense. Put decent money into daycare, make welfare almost impossible to get, pay people decent wages and training and most importantly make the "fathers" accountable for child support. But the way I see it, is that the government takes two steps forward and then four steps backward. In the mean time millions get wasted on bogus programs that really DON'T WORK. Other states have made it work, so I know it can be done. Here is a whole different ball game

though....Thanks again for your support. Talk to you soon. your e-mail gave me a "blissful moment". FL

I appreciate your thoughts. I like the pointing fingers part, because I often find the most miserable people are the most judgmental. And it is good to always remember whenever we point the finger, three are pointing back to us.

I feel pretty blissful about my life right now. My job is great, and I work with an exceptional team of people who are committed to improving life for persons with disabilities. I recently remarried to a man who is my best friend and soul mate. I think we are often mistaken to believe something "out there" will bring us bliss. I have found like the Prophet Paul that I can "learn to be content in all things", if my mind is focused on the positive not the negative.

I have some bad days, but I used to have bad years, when I was married to an abusive alcoholic. I am thankful each day, for the opportunity to learn new ways to love and appreciate myself. As I focus on the healing God is bringing to me, I am better able to value and appreciate others. When we were children we learned in Sunday school to "love others as ourselves". However, the church did a pretty crumbing job at teach us how to love ourselves. I think true bliss comes from learning how to feel comfortable in our own skin (warts and all). Bliss comes from true love of self and others. This will open the pathways to the good and positive life force God wants us all to experience. Have a blissful day! You are loved!

And as far as "follow your heart" in loving your job, I do know that "perception is your reality", and thoughts/beliefs/attitude are what we view our reality with... I have attached an Einstein who can sum up some simple truth....

Well, the external is coloring so much these days, especially in the form of budget cuts, lay offs, and even closing county offices... The environment is not good as the "doomed" await the axe, and the "survivors" anticipate the heavy workloads left behind... Your heart is pretty heavy to carry under those circumstances... even for we who survive....

Will this pass on, and will we love our work again.... ? The cliché of when life gives you lemons...well, they aren't giving us any lemons either... (too expensive for the austere budget)

Yep, we will make it, and yes, we will build a skeleton team, and do what we can, and probably be successful, for that is the way we do things here.....With the uncertainty of who, what, and when ending by Xmas, the new year may find us with lighter hearts, and ready to tackle the task at hand. We have to grieve first....PH - IL

hmmmmmm. Had to respond. I like most of what you had to say here. Especially the part towards the end when you mention that part about pointing fingers. But, I do feel the

need to help you finish that train of thoughts, if you dont mind. Unlike jobs, relationships are usually for life. Most relationships that we are in, we cannot and/or should not end just because of the lack of bliss. I can remember thinking at many times when my kids were in the midst of their teenage terrors. I remember thinking, "holy smokes!!!! Just think, I read to these monsters when they were little, sang to them and even breast fed them! They used to be so cute." There was a huge chunk of the time when I really wished for a "post term, post birth, post rearing abortion", and I am most defiantly (normally) of a pro-life value system. I had to make some decisions with them, (and with my marriage) that kept me from fleeing, and abandoning my family. If I had counted the days of 9s, and followed my heart at the time, I would have certainly brought ruins to my life and several others.

For me, I really had to come to grips of reality, and take a look at what I needed to work on within myself to make for blissful relationships here. I am only able to change myself. All the changing in my kids came to an end way to early for my wishes, but at a normal stage of their development. Same with husband. He certainly saw things in his eyes much differently than I did. Therefore, he was only responsible for his changing, and growth, not mine. (I am sure that many still wish for great changes in me, and are still waiting.)

Just some thoughts to add to your own. I so appreciate your ideas, and love reading them... Keep up the GREAT work that you are doing. CA

I waited a long time to find my husband. I had a "tryout" marriage in my 30's that was not even close to what I was looking for. After 8 years I divorced and started attending a self-help group. I also got into some counseling...this was the best thing I could have done for myself. Shortly thereafter I met my current husband and it was love at first sight - for both of us. We have a caring, nurturing relationship and celebrated 10 years of marriage in May 2002. We are both very strong personalities and oftentimes we butt heads, but it's never strong enough for either of us to think "I'm outta here!" I am blessed that God sent this person into my life.

I have been at my current job for a little over 8 years. When I became involved in employment & training I knew it was the field for me. Two months after being on-the-job, I instinctively knew that I wanted to be a career counselor. In my opinion, the agency I work for is very nurturing and strives to treat it's co-workers as we treat the customers who come into the One-Stop...with dignity and respect.

Five years after I started working here, I reached my goal of becoming a career counselor. Last year I returned to Graduate school to get my Master's in Career Counseling. I was born to do this kind of work. Working with customers and clients enriches my soul and I learn more from them than they do from me. I get to help others live life on life's terms and they teach me how to be grateful for what I have.

Cynthia - CA

One of the most rewarding things about being a counselor in Career Development is helping someone realize that they can be successful. After testing for aptitudes and interests and going over the results, seeing how they react to careers they never thought of doing or reinforcing those that they have thought of, helping them set goals, following

through on what needs to be done to attain their goal is most rewarding. When they return to tell us how they are doing, that they have completed their training, have a job in their field with benefits and a decent wage, it is cause for celebration! Their demeanor is entirely different from the one that they brought the first time they came into one of our programs. They are proud of themselves, their attitude is positive, and they feel good about themselves. What more can we ask for than to know that we have helped someone chip away at their barriers, that they are going away or are gone, and that they are involved in what they like? Success stories are what we aim for and it is most worthwhile when we attain them.

Have a great day. Thanks so much for sharing all of your information with us each week Paul. Your letters help with new ideas and information. I really look forward to hearing from you and getting new insights into doing a better job. Carole MI

The part I love of my job is the people that come in. I know it would be different possibly if I worked at one of our other offices. I work in the town and county I live in. I don't see anyone I know from before my job, but the people are pleasant. I live and work in a town that is smaller. I find myself talking with my clients on more than what it takes to fill out my paperwork. Many have said they feel comfortable in my office, unlike the other helping agencies in the county. I work at an agency that if you qualify for our assistance, you are under a certain level of income. They say I don't make them feel that they are below me.

I believe the people that you have come in for assistance is what make you like your job or hate it. Penny IN

have heard it said that "success" is finding something you really love to do. Then being able to get paid to do it. With that definition in mind, I have a very successful job.

Now, I didn't say a blissful job. It has its challenges, disappointments, struggles, etc, but over all, I LUV my job.

I enjoy training and teaching. I never wanted to be a school teacher,, If I had wanted to do that I would have majored in music and been a band or choral teacher. My real "breakout in teaching" came with the ACE training. When I listened to the cassette tape of your talking about CETA clients and accepting responsibility, Then after sitting thru a one week class on ACE for CETA clients, I knew I had found the Stuff I was looking for. While others took the training and went on about their business, I read every book in your reference material before I tried teaching my first class..... With that first class I had 2 of the 9 whose lives were changed by the class. They took the material, applied in their lives and things were never the same for them. And they were extremely grateful..... In both cases they climbed out of extremely deep, self imposed ruts, and started a new life.

Since that time I have taught hundreds of self development and motivational classes. They are always uplifting for me and often make a difference in the clients lives. However, they have not transformed into the successful employment numbers that I had

hoped for. For the most part I am teaching folks who love the subsidized employment and wouldn't trade it for the world. So I have had to focus on folks who have not had the "soft life" and are currently looking for work. We get them placed immediately in private sector jobs at higher than minimum wage and our services to them are minimal, but very helpful. They are better off without the community service assignment.

The Dept of Labor isn't totally convinced,, but I am working with them on their "attitude". And while I may or may not succeed in this endeavor, never the less, it is fun and life it good. GENE UT