

Follow Your Enthusiasm

What brought us to a spiritual path? What do we expect from it? Are we wanting to be a better or nicer person? Are we looking for relief from suffering and misery? At some point our focus needs to change from trying to get rid of something we don't like, to following what we love and enjoy. This is the starting-point for the Direct Path. In the following quotes from Francis's book *Truth, Love, Beauty*, he explains how enthusiasm plays a central role in this path. It is a path of enjoyment:

We should be very honest about our motivation. The enquiry that I am talking about is an enquiry that is conducted out of a love for, and fascination with, consciousness itself. Ours is not an enquiry motivated by a desire for relief or personal self-improvement. This would be an attempt to *use* presence. Presence cannot be used—we can only surrender to presence.

[Francis Lucille: *Truth, Love, Beauty: Truth, Love, Beauty and Happiness*]

The thought that seeks the truth comes spontaneously from the sky, out of thin air. It is new and not from the past. It liberates and brings joy. That's why I say, "Follow your bliss" which also means, "Follow your interest." When you are a truth lover, you don't need to focus or concentrate on the truth or on God; you let God do that for you. It is Her love that is focusing you whenever there is a thought about truth. It is not you-as-a-person having it, it is God thinking of Herself.

[Francis Lucille: *Truth, Love, Beauty: Before the Big Bang*]

What is important is to be happy, to live without problems, so that you greet the beginning of each day with enthusiasm, and the end of each day with satisfaction. There is a moment when you can feel this happening, and when that moment arrives you no longer care all that much for Advaita and that sort of stuff. You sense that you have already caught the fish, that you don't need to worry any more about the intricacies of lures and the techniques of casting.

[Francis Lucille: *Truth, Love, Beauty: Let the Moment Flow*]

Enthusiasm is natural. But for many of us it has been discouraged through the society and culture in which we live. In the following dialogue, Francis explains how this happens:

Q: Enthusiasm seems to come and go. Is it a state of mind?

FL: Enthusiasm is a form of love. Enthusiasm comes from interest. I just think about something because I'm interested in it. And interest is also an expression of love. I cannot be enthusiastic about something without being interested in it, you would agree? And on the other hand, if I am interested in something, there is a love quality through interest.

Q: ...Yes, but it seems like it comes and goes?

FL: I think that which comes and goes is the object of the enthusiasm. But it is true that the enthusiasm in us has been made dull as we have become adults.

Q: Interesting. So the enthusiasm would be part of the natural state?

FL: Yes, and the goal is to rediscover this enthusiasm, the child likeness if you will. And the reason why we have lost our enthusiasm is because we have replaced play with work. And that has been done because of ulterior motives. In other words, instead of just being interested in for example being a musician or a gardener, or a baker or whatever we were interested in, we have been told 'no you need to make money, you need to raise a family, you need to have a house, and you need to have all of that'. And as a result, you need to do something which are not really fond of, but which will bring about all of that stuff that you need. And so we live in a society, in a culture, which has alienated us in that sense.

And education is alienating. Why? Because the education is designed to make the children subservient to the state and to the politicians and cooperate with them. That's the goal of education. ... School should be a playground where people pursue their interest and their enthusiasm as much as possible. But when you have paid teachers who are not at all enthusiastic about what they teach, how can they communicate to the children an enthusiasm they don't have? That's also a big question.

So here the idea is that enthusiasm is not dead. It has been simply made dull by all these duties accumulated on top of it – the do's and the don'ts, the obligations of society. I can understand some obligations of society that are basic, but there are a lot of obligations that don't make sense like having a very fancy grave.

[Francis Lucille, [Satsang 16 of 24 – The Mind is a Child of Time](#)]

But it not only through society and culture that enthusiasm is discouraged. Many progressive spiritual paths encourage hours and hours of repetitive spiritual practice designed to somehow purify the body-mind. Francis is very clear that everything we do on this path needs to come from interest and love, rather than a desire to change anything. When asked how to ensure that the yoga he teaches is done through interest rather than as a repetitive practice, this was his reply:

FL: Think of the time of your life as a gift, as an inheritance you have received, and ask yourself at every moment, 'this time, what is the best use for it I can think of in this moment?' And the way to determine what is the best use is very simple – it's happiness. The best use of the time of your life is when it makes you happy, the way you spend it. So the goal is happiness. ... It's time well spent when the enthusiasm is there. When the interest is not there, it's not well spent.

Yoga is not something you do for a certain period of time and doing some position or some exotic exercises. It is your entire life which is yoga. And the most important aspect of the yoga is bhoga yoga. Bhoga yoga means follow your enthusiasm. ... What you do are your asanas. They are your postures, what you do at every moment. But what you do has to be related to your enthusiasm, and not repetition of bad habits, especially all desires that you know are addictions, that you know are not making you happy. Why repeat those? You have to really follow your enthusiasm.

[Francis Lucille, 22/10/2017 [Don't Curb Your Enthusiasm, Follow It!](#)]

For those of us who need to work to earn money and perhaps support a family, the ideal is to find work that we enjoy. If that is not practical, Francis advises finding work that gives us enough free time to engage in activities we enjoy, and involves working with 'nice people'. In any line of work, and also in daily life outside of work, there are boring things that have to be done. But if we are clear that they have to be done, there is no resistance and it becomes 'the best use of my time in this moment'.

This is Francis's reply to someone who feels an impulse to change direction in his working life and is wondering what to do:

FL: Follow your enthusiasm. I'm not saying get rid of everything in a stupid way. No. Be smart about it. But try to be the servant of your enthusiasm and not the opposite way – your enthusiasm being the servant of your body-mind. That's not good. Put your body-mind at the service of your enthusiasm. Use your body-mind in a smart way trying to let it be a tool of your enthusiasm. Don't try to curb your enthusiasm to satisfy the belief systems of your body-mind, the belief systems of what you have to do, of what you feel is going to make you happy, but at the same time you know it's not going to make you happy etc. Start from happiness. Don't move

towards happiness. Start to find this place of eagerness, of interest – I call it enthusiasm. You can also call it love in you – love for life. And then once you get in touch with this source, let it give form to your actions and to your decisions.

Don't come from fear. Be not afraid of life. Don't come from 'Oh if I do this, what are my parents going to think about it, what is Francis going to think about it, what are people going to think about it?' I mean who cares? Be a free spirit. ...

Ultimately, what you do professionally is not the real vocation. The real vocation of your life is to discover freedom and to enjoy it. So we shouldn't be overly concerned with our vocation and professional endeavours because the most important endeavour is freedom. And here again we cannot accelerate the process. We just have to say yes when we feel like following our interest for the truth. Just that is sufficient. We don't need to overdo it.

[Francis Lucille 12/2/2022 [Everything is Possible – Be Not Afraid of Life](#)]

It might seem that just following our enthusiasm is selfish. Shouldn't we think about the potential consequences for ourselves and others? Francis explains how following our heart's desire will automatically result in ethical actions, as our real heart's desire will be based on the assumption that there is only one reality and that we share our being with everything and everyone:

Q: In following your heart's desire, do you give weight to the consequences? ...

FL: Yes. You decide what you want to do now is that which really satisfies both your heart's desire and your intelligence and your sense of being universal. It ties to what is ethical behaviour and in non-duality, ethics is not predefined in a book of rules, but is defined operationally at every moment, by making the decision which is based upon the assumption that there is only one reality that consciousness is universal. And this decision will be both ethical aesthetical and intelligent. It would satisfy the three realms of truth love and beauty. So the search for this decision is ethical behaviour and ethical behaviour is dharma.

[Francis Lucille, 16/10/2021, [Is Following Our Heart's Desire Ethical?](#)]

What about enthusiasm and interest that comes from a sense of separation? Isn't it possible to be enthusiastic about something that we believe will make us happy? Here is Francis's advice on how to make sure that our desire comes from happiness, rather than from a sense of lack:

Q: What advice do you have when it comes to discerning when enthusiasm, when interest comes from a place of truth, and when it comes from an egoic interest?

FL: Enthusiasm is always coming from the truth. The object of the enthusiasm – that's a different matter. So the idea is to ask ourselves the question: what is it that I am interested in or what is it that is my the source of my interest for this object. And what is it that I expect. If the source is truth, love or beauty I'm fine. If I am expecting truth love or beauty from this object, coming from a position of lack, then I am going to be disappointed. But the idea is to nevertheless if I revisit my enthusiasm, not to prevent myself from any exploration. To go where my enthusiasm is taking me, to follow it completely. But to be true to my enthusiasm – not to an object. To be true to love, to be true to beauty, to be true to intelligence. So my interest may remain steady for this object, or it may diverge. All I need is clarity. The clarity can be reached only if we ask the question – the real question.

Sometimes it's easy, sometimes it's more difficult to make this assessment. Sometimes society would bring ready-made answers to this type of question and we discover these answers that conventional morals would bring are not the answer to the actual situation which is presenting

itself. So we have to seek this clarity and to be true to our understanding of the true origin of our enthusiasm, which is also going to be its true destination.

Q: So that's the question: where does the enthusiasm originate from?

FL: Yes. If it originates from a sense of lack, it's not enthusiasm. True enthusiasm originates from a joyful thing, from happiness. If it originates from 'I am miserable', no, that's not real enthusiasm. It's not real love, it's not real any of that. If it originates from a sense of lack it's all fake, there is no juice to it. There is no real love, real freedom, real beauty.

[Francis Lucille, 19/2/2022 [Following your enthusiasm from the Ego vs. Truth, Love, and Beauty](#)]

Contemplation

Egoless actions reveal qualities of liberty and enthusiasm similar to those of a playful child. They also have the same quality of dispassion, because, when the game is over, the outcome is immaterial and they are ready to enjoy the next game.

[Francis Lucille, *Eternity Now*]