

How to love your work

Passion for your job can be cultivated too

IF YOU ARE not happy with what you are doing for a living, do not be quick to give up as researchers say passion too can be cultivated and you may well enjoy the very job you earlier disliked.

The findings offer assurance to those who have not - or have yet - to find what they are passionate about: If you cannot discover your passion, you can learn to develop it.

"We can choose to change our beliefs or strategies to cultivate passion gradually or seek compatibility from the outset, and be just as effective in the long run at achieving this coveted experience," said the study's lead author Patricia Chen, doctoral psychology student at University of Michigan in the US.

The dominant mentality is the belief that passion is attained through finding a fit with the right line of work, or "following one's passion".

An alternative mindset is that passion can be cultivated over time as one gains competence in a line of work.

Researchers examined people's expectations, choices and outcomes associated with each of these two mindsets -



termed as the "fit theory" and "develop theory".

They found that both mentalities are similarly effective at achieving vocational well-being.

People with the fit theory tend to select vocations that they enjoy from the outset - an

indication of compatibility that is important to them.

In contrast, people with the develop theory focus on cultivating passion and fit over time.

"Thus, they are more likely to prioritise vocational characteristics other than immediate enjoyment, such

as pay," Chen said.

The findings suggest contrary to popular wisdom, a love-at-first-sight experience is not necessary when evaluating a potential job.

The findings appeared in the journal *Personality and Social Psychology Bulletin*. IANS

All for love

WOMEN MAY WELL use their book club membership to increase popularity among potential suitors, says a study. The researchers compared

women's book clubs in the US and Ireland to find how the women in each country used the role of reading in romantic relationships.

Research reveals one of the reasons why women join book clubs

"American women utilised their status as readers and book club members to increase their popularity in the dating field and said they would never date or marry a non-reader," said Christy Craig, doctoral candidate in sociology at University of Kansas in the US.

"Irish women did not find this as relevant, and many said they joined book clubs because their significant others did not spend much time reading," Craig said.

For the study, Craig attended 36 book club meetings and interviewed 53 women from ages 19 to 80.

Separate from the finding about how women view book clubs and the role of romantic

relationships, both US and Irish women utilised reading to develop a sense of self, to foster social and cultural capital and to construct their own identities.

"Conversations at book club meetings served to reinforce women's sense of self as well as provided a place for women to negotiate their personality, particularly through conversations about what kinds of women were being portrayed in books read by the group," Craig said.

The findings were scheduled to be presented at the 110th annual meeting of the American Sociological Association (ASA) in Chicago, Illinois. IANS

ALIGN YOUR LIFE

The Water Star

Many people turn to Feng Shui to improve their business or finances. The common misconception is that Feng Shui can be used to amass wealth and become rich. Many clients have confided in me saying that the main reason for hiring my services is to get rich; quickly! If Feng Shui were responsible for people becoming wealthy, then no one would ever work hard. People would just sit back and let their bank accounts be filled automatically without any effort.

Feng Shui can help to tap into new opportunities and open up avenues for you. What it can't do is alter your destiny and replace hard work. It can help you to focus, become more calm and centered. As a result you will be able to make the right choices and achieve your goals easily. But you will still need to work hard and be prepared to open the door when the right opportunity knocks.

So how can you activate the energy in your home for better opportunity and finances?

Flying Star School of Feng Shui focuses on assessing the energy within your home based on compass direction and detailed formulae. Based on these calculations, it is easy to identify the locations in the house or office to activate Water Star or prosperous energy. There are normally three locations where you can activate Water Star to boost your career and finances. The first location represents your current prosperity, which is valid until 2024. The future prosperity location is valid from 2024 to 2044. And the long-term prosperity location is from 2044 to 2064.

The objects that activate these locations can be simple yet powerful. Lets start with water activation. Normally water fountains are used to enhance Water Star. However using aquariums and creating fishponds have a better impact, as it has live fish energy.

You can also display candles or create a fireplace to activate Water Star. Placing a television, photocopy machine, microwave, cooking range in these locations is also considered to be good. Pendulum clocks, dancing light balls or music can boost this energy as well.

The key is to keep these three locations active through water, light or sound. Once these are active, you will notice a big difference in your outlook towards your work and opportunities ahead. Combine it with hard work and dedication, and you will have a rising bank balance.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

