

After breaking, we re-learn. We re-wire ourselves. And we do so by being daring. We commit to stand in the fire of our discomfort. Only by working through the discomfort and not slipping back to what we once knew and feel comfortable in, can we evolve and become a better version of ourselves. We may ask wiser people to mentor us and teach us the way, we may read wiser words, we may look deep inside and commit to our inner knowledge.

# learning



## Queen of hearts

I left my final position at a theatre after going down with stress. Knowing something new had to emerge, I waited. I gathered tools and knowledge, and then I met Janet Attwood, founder of *The Passion Test*. She is a force of nature and her book on finding your passions changed the lives of thousands of people across the globe. I know it completely changed my life.

When I did *The Passion Test* that first time, I was in bewilderment about what was important to me. I was good at doing many things, I was paid to do many different things. I was a doer who liked to organize things. I was a theatre producer, who thought I should handle everything for everybody. I had been caught up in being a mom for many years and had to compromise my life to such an extent that I no longer knew what I, on a deep personal level, was passionate about. What was actually important to me? I did not have any roadmap to me or my purpose in life. I did not understand how attraction and resonance worked, that I could consciously create my own life by being intentional.

I met Janet at a couple of workshops here in Denmark. The second time I was ready as I had just finished the projects I was working on and was free to start a new independent life. Doing *The Passion Test* that weekend made me realize with such great clarity what was important in my life: being in a vibrant connection with the universe, having a loving family, helping artists unfold their potential, and traveling the world. Like a magic wand, everything fell

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

*Marianne Williamson, 'A Course in Miracles'*

into place for me and the same night I went home and registered my new company. I even got the name, *Danig Performing Arts Service*, and I knew it was about coaching performing artists internationally. I was ready.

I also knew I had to learn to teach this tool to others, so I signed up to be a Passion Test Facilitator. It was expensive and I had no idea how to find the money, I just knew I had to trust this calling inside of me and trust that the universe would show the way. Funny enough, today I remember that moment of saying yes to *The Passion Test*, but I have no recollection of how the money turned up. At the time, I had no idea where this road would take me.

I was about to start a long journey that would take me to different parts of the world, to find a new kind of family, and at the same time go deep into myself. This was the journey that had the biggest impact on my development on a personal level. I did not know this on a conscious level, but my soul told me very strongly to go on this journey. So maybe this is it: we have to learn to listen.

What fascinated me with Janet was meeting a strong, powerful woman running an international business and being in a high state of spiritual awareness at the same time. I saw the possibilities and that I could also do this. What made me stay was the fun and sense of family, of finding a new way to love. The way of learning everything with a childlike mind, which made me wear and hand out red clown noses at a university campus and walk around with oversized green glasses in a town in Italy.

A week before my father had his fatal heart attack, I found myself for the first time in this love bubble of *The Passion Test*. I was in Denmark and both Janet and Chris Attwood were teaching for four days. They were amazing at creating a sense of connectedness, of belonging. I have



seen it happening several times, and I can still, while writing this, long to be back in that bubble. They allowed for love to unfold, for us to be present fully as spiritual beings. They opened up that inner core of each one of us. I felt alive in a way I have never been before, vibrating with all my energy and being. I doubt I would have been open to the gifts of my father's death had I not been here. I was supported in this way.

I had already seen what the tool or the process could do, so I started using it even before I had the training. Nobody should be deprived of this possibility to meet who they are. I have since been using *The Passion Test* as one of my main tools and I have seen its magic so many times. To see how taking people through a simple process awakens their spirit and being, see how people get clarity and hear what is calling inside of them. I know it is also my magic in being present and listening, but having an easy skeleton for this process gives people some kind of security.

The essence of *The Passion Test* is to help people identify their top five passions in order of priority. Sounds easy, but it is about three things: forming the right spiritually-loaded sentences, feeling the love, and staying true to what your heart tells you about your choices.

For most people, this is harder than you may think because we are so ruled by our thinking. So on a much deeper level, *The Passion Test* is about showing us the way to love. It is our compass for finding our purpose, and our guide to staying in the field of love. What is it that triggers us? What is it that makes our hearts sing? And how can we convince the brain to stay on the heart road, when logic and our surroundings with other ideas for us starts kicking in?

In truth, for me *The Passion Test* is a part of finding clarity about how to live in this world. I love this little



formula: **Intention, Attention, No Tension.** When you know the highest intentions for your life, it is so much easier to give attention to them and choose in favor of them. What is harder is not getting too attached to your intentions, because they may come in very different ways than what your mind has set up for you. Essentially, it is about connecting to a place of joy in yourself, to fuel yourself with happiness, to shine and express your light in a way that feels abundant and attracts your desired surroundings. Then things seem to happen as miracles.

It takes some unlearning and some re-learning to break those patterns we have in us. All the stuff that takes us away from love, away from being receptive, from not daring to be in that state of being in bliss.

A great tool for the unlearning is *The Work* of Byron Katie. When I became an integrated part of *The Passion Test* family, doing *The Work* became a process I did all the time, to an extent that it was quite tiring. It made me utterly aware that the things I said and believed about others was so much a mirror of the way I thought about myself, and there were learnings in everything for me when I got stuck emotionally and was blaming others. On the other hand, it also liberated me from the thinking and judgements of others – what they thought of me was their business. I was responsible for myself and my own actions. And I really don't need to explain or justify them.

Later, I volunteered to assist on a master workshop that Janet held in her house in Fairfield, USA, so I flew to the USA again, out of the blue not really knowing what I was doing. Used ten days in service of a group of Japanese delegates, I had the most fun while I grew and learned more, being in that love bubble again and connecting to some wonderful Japanese that became my friends. Fairfield

There is only one way to  
transform an entanglement  
into a relationship: both  
people must drop projection  
and see that they are  
100 percent the creators  
of their reality.

*Gay Hendricks, 'The Big Leap'*

is the center of Transcendental Meditation (TM) in the USA, and it was an amazing place to be and feel. I met John Hagelin on this travel, who is leader of TM in USA and also works with Quantum Physics. The way he described the relationship between Quantum Physics and the unified field of meditation intrigued and elevated me. So when I came back to Copenhagen, it was a very easy choice to train to be initiated to TM. I talked my husband into doing this with me, and that practice has helped us move to new levels individually and together.

I engaged myself in connecting the Danish Passion Test community and translating the material to Danish out of pure interest, but it caught the eyes of Chris and Janet and they offered me a position of leading the Danish community and organizing local meetings. They coached and mentored me, and things really moved to the next level.

Janet invited me to attend the yearly Passion Test family meeting in San Diego and it was such a heartfelt community of like-minded people on a high frequency of love and compassion – and they were having so much fun. I felt more at home there than I had felt in years. I was asked to be part of that central leadership group, and at our meeting Janet gave each of us names. The name she gave me was “Queen of Hearts.” I owned that. I really felt this was me being recognized with my big heart and I realized that it was what I was – a big heart. I was able to go out into the world and be that big heart and transfer love to everybody. This ability for us to see one another, that’s what I wanted to take with me and give away.