

## Enthusiasm for life

Enthusiasm is defined as warmth and interest. It could range from a positive spirit about life to passion and excitement for life. What is necessary for enjoying life is an appreciation of all that life has to offer. This makes life meaningful and gives energy to function well.

It is interesting that the origin of the word enthusiasm is from the early 17<sup>th</sup> century; from the French word enthousiasme, or late Latin from Greek enthousiasmos, from enthous 'possessed by a god, inspired', based on theos 'god' (<https://en.oxforddictionaries.com/definition/enthusiasm>)

### Enthusiasm and faith

Knowing that there is a Lord who is loving, kind and just and who is with you all the time gives a believer a lot of warmth and spirit in life. He does not feel alone. The enthusiasm that comes from a strong faith is not fleeting and unreliable. It is constant so long as there is remembrance of Allah and closeness to Him. Enthusiasm makes you satisfied with life and brings with it with gratitude and hope. These bring you closer to God. It makes you interested in life and all that it has to offer.

Shaytan tries to dampen the enthusiasm of a believer. He does not like to see the motivational energy that flows from enthusiasm and propels action. It is not in line with his goal of turning away the human being from God and from achieving his potential. He instills hopelessness and presents life as difficult. He encourages apathy, negligence and weak will. To counter that a believer needs to be on guard from the whisperings of Shaytan that dampen his enthusiasm.

Allah says in the Quran; *When those who are Godward are touched by a visitation of Satan, they remember [Allah] and, behold, they perceive.* (Sura A'raaf, no.7, verse 201)

### How enthusiasm changes your life

- 1) It helps you to live more fully. When there is no enthusiasm in life people while away their lives. They are not engaged in what they do in life and move like robots through it. Enthusiasm helps them to live in the moment and the most of each part.
- 2) Makes each day exciting. A believer wakes up enthusiastic at having another opportunity to serve God. To improve and change. This gives a person zeal for life.
- 3) Creates tolerance and big heartedness. Enthusiasm makes you let go of pettiness. When you are unhappy small things can trigger an unproportioned negative response. Enthusiasm colors life differently so everything is not a struggle.

Faking enthusiasm can sometimes trigger real enthusiasm. When you act cheerful and upbeat, the physical symptoms affect your emotions and it becomes more of a reality.

### Becoming more enthusiastic

**Do something you enjoy** – even spending a short time on something that you are passionate about makes you more enthusiastic about life. You can look forward to it and get excited about it.

**Look after yourself** – The human being has needs that must be fulfilled. Physical, spiritual, mental and emotional needs. Looking after these in some ways, helps you feel balanced and enthusiastic about life. Ignoring the needs leads to a deprived feeling that can bring apathy, sadness, etc.

**Appreciate small things** – there is much in life to savor and enjoy. Our senses can feel the pleasure of many things which we ignore because we take them for granted. Noticing and enjoying them can increase joy in life.

**Simplicity** – avoid extravagance and clutter. When the environment is clean, simple, and organized, the human being feels better about life.

**Look for enthusiasm resources** – these could be cheerful people, books or talks that help you keep your spirits up. A regular dose is a good reminder to be enthusiastic in life.

**Connect with others** – good communication, meaningful conversations, helping others ... are all good ways to lifting the spirit. Man was not meant to live a lonely life. There is energy in meeting and connecting with people.

If enthusiasm is lacking in life, or is at very low levels, the cause must be investigated. Lack of confidence, fear, stress, not caring for the self, not having a clear goal and focus . . . are some of the factors that rob you of enthusiasm in life. If nothing is done about it, it has the potential to get worse. Thus, a general feeling of apathy about life must be treated as a disease that needs a cure.

### Quotes on enthusiasm

Enthusiasm bears the same relationship to a human being that steam does to the locomotive – it is the vital moving force that impels action.

Napoleon Hill

Enthusiasm is one of your greatest assets. It is better than money, power or influence—with enthusiasm you become the master of these. Combine enthusiasm with faith and initiative, and you can move mountains and achieve results unheard of.

Earl Prevette