

# Newsletter "The Source"

## The Art of Being Fulfilled

by Shihan Richard J. Van Donk

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Are you committed to this existence? I mean Really committed? What is important to you in this life? Have you ever taken the time to think on this? Have you gotten to the point where being fulfilled in this life matters to you?

This life is a gift. Some days when our focus is on our ideas, judgments, and conceptions of the world it seems to appear as if the world is unsupportive to us. In truth it is sometimes unsupportive to our ideas but never to our fulfillment. Our fulfillment comes not from our ideas but from our feelings. Innately every human being seeks this contentment, this comfort, this happiness and joy inside. We do everything we do based upon the feeling it gives us on the inside.

It does not matter how much joy is happening in the outside world if the inside of you is in turmoil. And by the same law, It does not matter how much turmoil is happening in the outside world if the inside of you is filled with joy. Your internal state will dictate your representation of how the world is doing on the outside. What we perceive of the outside world is always filtered through a set of beliefs and values which delete, distort and generalize our evaluation of our outer world. This may be why it has been called Maya (illusion) or a dream. Your heart never lies to you- only your expectations for the heart. The bridge between mind and heart is the bridge of consciousness. It's rewards are eternal joy and satisfaction.

Conscious awareness is the key to this existence. You never make a mistake when you are consciously aware. Only when you are unaware do you stub your toe, spill something, create stress. Be aware. Be conscious. You begin life in this body with your first breath and it will end when you take your last one. And make no mistake - you will take your last breath someday in this physical form you now occupy. Your breath is the living link to the Source that gives you life. Breath is Spirit.

So what matters to you in this life? The time given to you on this Earth is a gift. Have you fully unwrapped it? Are you enjoying this existence? Are you busy fulfilling your life? Out of everything you have done and experienced in this life what have you stored in you the most? Think about it. Feelings know no time. They are ageless. What feelings have you chosen to store in you the most? What are you full of? Joy? Or pain, frustration and anger? Do you know? Have you gotten to the point where it matters to you? Be committed to this existence. Fully committed.

### **Fulfillment Technique for Bridging the Mind and Heart.**

Sit up straight, hands on lap. Close eyes and have flowing music playing in the background.

Concentrate on your breath

As you Exhale say - "I am."

As you Inhale say the word- "Within"

Put your fingers in both ears as you feel your breath go in your nose up the canal to the center of the head. Ride your breath down to your heart and let the feeling grow in your chest, remembering all the feelings you've ever had of being loved and fulfilled.

Let go of the verbal and be Within, continuing to ride the breath.

Imagine a reservoir in your chest like a lake of full love and let the feeling spread all over your body. Create a rainbow bridge between your mind's eye (center of forehead between your eyebrows) and your heart. Ride the rainbow bridge with your breath.

"Always have the courage to live what you love and to love what you live."

Be Fulfilled, Rich Van Donk, Shihan Shidoshi Feb 96