

April Reflection, 2014, with Merlin!



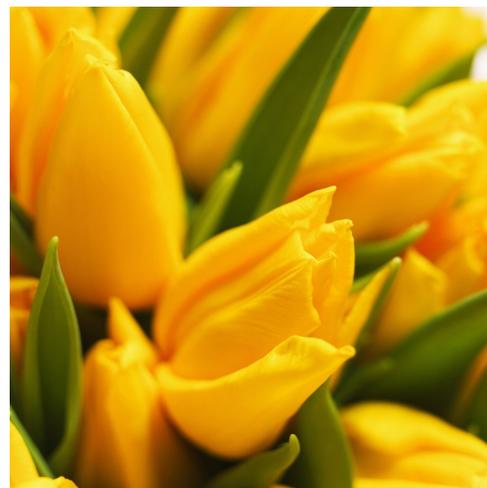
Well now here we are once again to have a little chat and how I do enjoy our moments in time together, my dears! I would like to speak with you about your personal fulfillment during this chat. Seems like that would be a good topic for you all... especially when you are trying so hard to be who you believe you must be, and especially for those who are floundering and trying to find the right path. I suppose, once I think upon it, this topic is good for just about everyone. Ha! So. Here we go!

Firstly, let's begin with a little question and answer. My questions and your answers to your own self. My questions are these: When you take a deep breath and relax for moment, does a long list of things-to-do come to mind and keep trying to get your focus? Nothing wrong with that, of course. You are or can be quite busy in your lives upon earth. Yet, I will ask another question. Does the list of things-to-do bring you an uplift? That is, do you feel excited about the items on your list? Granted, you might not be excited about cleaning the oven, raking leaves, or carrying out the trash; but for the most part, are the items on your list exciting to you?

Perhaps we should stop right there. You see, my dears, we have already come to the crux of the proper foundation for your personal fulfillment. During your lifely journey, there have been times, and perhaps now is one of those times, when you have gone forth in ways that are familiar to you in order to make a living, as you have the phrase. You have gone forth to make enough money so that you can live, sometimes comfortably and at other times what you call squeaking by. And you have continued in these manners simply because you must, in order to stay afloat. Yes, nearly every being who is walking the earth knows or is familiar with that part of life's journey.

Here is another question. If you had all the money that you could possibly need, what would you do? And then, after taking a vacation to somewhere wonderful, after not doing anything for a while, *then* what would you do? And then after that, what would you do? And then what? And then what?

You see, my dears, if you continue to ask yourself that question, you will eventually come to a conclusion. The conclusion might be resting upon something that you have always wanted to do... or, the conclusion might be that you simply do not know what you would really like to do. Both or either are neither right nor wrong, of course. Yet this conclusion will tell you something about yourself. What is it? It is this.



If you have come to a conclusion that you would like to do something that gives you pleasure, perhaps an old – or new – hobby, or perhaps something that you have never tried before; then you are ready to begin to give yourself the freedom of fulfillment.

The primary ingredient is that you are either excited about the possibility, or recognize that you have always had a longing to go forth and explore this manner of being. Perhaps it is something simple. Perhaps it is travel, photography, gardening, baking, sewing, pet-sitting, reading stories aloud to children or others who cannot read, visiting long-time friends, collecting stories from the lives of the elderly, taking your grandchildren – or nieces or nephews -- on a vacation. Perhaps you have always wanted to paint and you might want to take a few classes. Perhaps you have always wanted to try pottery. Perhaps you have always wanted to go deep-sea fishing. The list of possibilities are as long as are the many who receive these words!

If, however, you have come to the conclusion that you do not really know what you would like to do, you are also at a wonderful moment. You are at the beginning of a beautiful journey of discovery. Now these aren't just flowery words! You can't sit in a chair and read about possibilities and decide with your mind what will be enjoyable and what will not. It is the *experience* that will give to you the answers or directions that you are seeking... in order to be fulfilled. Ask yourself questions like, what have I never done before? What are my friends doing that I haven't yet tried? What opportunities are available in my present location? What is stopping me from going forth and exploring what might be enjoyable, what might be fun?

You see, my dears, when you begin to nourish yourself in new and different ways; when you begin to give to yourself those moments within which you can explore either something new or something that you have always wanted to do; you will begin to discover something deep inside... it might be a little giggle, it might be a shout for joy, it might be a

deep recognition that you actually have permission to go forth and do whatever it is that you would like to do, that you have permission – from your own inner self, from your beautiful Spirit Self – to dare to go forth and to discover what might bring you real joy, real contentment, real fulfillment.

Remember, your mind will want to try and figure out what it is that you could be doing, and though your mind is most wonderful and fully capable of thinking; the truth remains that your mind cannot know if anything will bring you joy or fulfillment if you have no experience to feed into that mind's wanting to conclude, to decide, to determine if it is actually going to be fulfilled.

Through your own going forth, through your own explorations and experiences, do you then feel and begin to dance a bit, to laugh a bit more, to smile deeply from inside to outside; and when you begin to have that feeling that you are daring to go forth; that by the joy that you feel, your innermost Self has given you the go-ahead; then!.... yes, then, your mind can actually play a valid and important part in further choices. Do you see?

You cannot think yourself into fulfillment. This journey just does not work that way. And good that it doesn't, are my thoughts! You are, after all, explorers and adventurers, you are the forerunners for all of humanity; just as those ones ventured forth before you and have left for you their stories and their invitations to remember who you are, who you really are, and then to go forth and not only explore possibilities, but to dare... yes, to actually *dare* to enter into something that feels like fun, that feels like it might just be fulfilling, that it just might give to you a certain accomplishment that has been waiting waiting waiting for your participation.

And of course, I'll say again that your mind might want to what you call *think this all through*. But that is just an attempt at dodging the issue, as you have the phrase. When you think that you might want to *think this all through*, you have given up the spark of the moment.

Just go forth, my dears. Dare to take one step and then another and play... dare to play, dare to take a few risks. This is your lively journey, after all. If you what you call *play it safe* all of the time, how will you be able to experience that of you that is the



adventurer? Remember, you can always change your direction. You can always begin something new. You can always decide... upon experience... to recognize what else is calling to you.

Do you see? This is a journey. A journey. Not a destination. Fulfillment isn't a destination, but it is what can be called a path, a path that will get your feet to dancing or skipping or jumping for joy... simply because you have recognized that you not only have the permission of your Inner Spirit to go forth and play, but that you are jumping for joy because you have shed the cloak of who you believed you were and you have emerged into the daring of the moment, the call of the wild, so to speak, wherein you go forth and discover. Discover! Yes, you are discovering everything.



You have been on this journey for a very long time, most of you, and you have lived lifetimes and lifetimes only to be residing in this moment... and this moment is calling to you, it is calling you to go forth... and you can't think what the going forth is... only one step and then another and another will give you the clues that you are look for, the clues that say to you, this might be fun, this might be fulfillment, or this feels right, or maybe this is what I am meant to be doing. All of those statements rest upon experience.

And now, my dears, I challenge you to do just that. Ask yourself the questions. Be honest with yourself. Don't allow your thinking mind to tell you that you just don't have time to do anything exploratory. Don't allow your day to be so very filled with obligations that you cannot take a moment to ask yourself what you would really like to be doing. And after the long rest, or the hot bath, what else would you like to be doing? Keep asking. Your beautiful Inner Self will answer... and won't you be surprised at how lovely you will feel with the answers that come. Yes you will! The answers have been waiting for you... and now, here you are, ready to ask.

I won't detain you any longer, my dears. I am most fond of you... and I would so enjoy seeing you laugh and play and shout "Yahoo" or something like that. You more than deserve this, my dears. You have been emanating great light and now it is ready to return to you... a hundred fold. You might say that it is your turn now. Yes.

Until we speak again, I am your friend, Merlin.