

SATIATED - Spiritual Theme of the Month

December 2020

FILLED: I am *filled* with MY life, Spirit and the Universe. I am *filled* because of my thirst for them. When I ignore that "thirst," I begin filling myself with something else, other than me. The interesting thing is, when I <u>try-too-hard</u> to get things, do things, or have things (or have someone) I will never be truly satisfied. Meaning, I will be caught in a cycle of, 'The Great Out There' (living for the outer). Yet, there is no trying to get it or achieve it or even have it . . . I am it; What ever I seek, it is me and I am it. While this can sound ethereal, it is very robust and practical. I allow myself to believe and feel what I am accomplishing spiritually, 100%, all the time. This is the feeling I take forward, to achieve, and to accomplish in my life. In other words, I will have a great deal of material things and have great relations, because I am *filled* with them. But if I lie to myself and say, I don't have this or that, I will devolve into an emptiness — a state of being hollow and brittle; that's what mental gymnastics are all about. The facts are, when I know that I know, I am the authority for me and security is within me. I am in-charge of my energy and free from the void.

SATISFIED: I do the very best I know how, in all my situations and in all my opportunities. I also treat myself the very best I know how, no matter who I am with. In doing this I become more whole; I become *satisfied*. This is important to remember and follow-through on, especially if I don't want to be distracted or be involved in tangents. It is easier than people think to tune-into the feeling of pure involvement, when I know my loyalties and their priorities. There truly are no limits to my service and growth when I am consistent in this. If I am inconsistent however, I will use 'veneers' to work with people and 'tricks' to do my work. The reality is, my need to do my work here is strong. I will only be temporarily *satisfied* with things or people unless I am fully committed to who I am and what I have come to do. The good news is, no matter where I am, or what I have done, I can still reach my potential. It starts with the feeling of doing my best.

FREE: I am on My path, doing My thing. I have had ventures that have succeeded and some that did not. And I still have many adventures to go; both big or small. In it all, I am neither on-guard nor defensive. I am simply free. I am in the process of becoming one with all things; the process of personal evolution inherent in me. This has been going on for a long time. It did not start overnight. What does all this mean it means I am free and that I am beginning to accept this gospel in ways I haven't before. No one else can guarantee my safety, nor be responsible for my fate. And anyone, or anything, that says they can (or will) is operating under a zone of limitation and in a small picture. I must stay alert to those 'promising' such things and to those wanting to be taken-care-of, as well. If I get caught in that thankless game I will muddy my water. That is to say, I will start thinking there is something between me and my goal such that things will no longer be clear. The truth is, I am only as free to live as I am free to let go. Or to put it another way, no one enjoys the true taste of life except she or he who is ready to quit it. Bottom-line, I am not afraid of death, and so I am not afraid of life! I experience this as moving in and moving out with ease. I experience this through the passing on of what I have pulled together, without hooks.

GIVER: Something intriguing and wonderful happens when I am infused with the onewith-all vibration. I easily receive and freely pass on peace, freedom, abundance, and love. I stay directed by following my life's compass. Because of this, I also become a beacon and constant for others; something people can count on. This isn't even anything I have to "try" to do. It is nothing more than being an example: unwavering in fulfilling my purpose, through service. Let me sum it up in a simple phrase: I am a giver. I give to myself as I give to others — and I give to others as I give to myself. "I am a giver." I don't need to explain it or justify it; it is a fact. Same as the sun shining everywhere throughout the solar system. The moment my vibration becomes inconsistent, I open the door to thoughts & emotions of emptiness, fear and survival. The *taker* vibration moves in on me, internally or externally. It is thinking and trying to play the game by what the rules 'should be' rather than what they are. Ultimately I will stimulate myself to engage with (and become entangled by) all the influences around me. I can reverse this pattern by relaxing, breathing, and remembering I am already whole and complete, and just here to be of service. I stop thinking I have to play by other people's rules and instead start living based on the actual rules-of-life.

CONTENT: My life is but one moment leading the next. I can be at peace and *content*, knowing that this moment will flow to yet another, and that they all head toward my physical and spiritual goals. I don't have to 'over-think' anything, or get emotional. I merely need to feel my desires and be organized enough to achieve them. You see, there is nothing impossible, nor any limitation that cannot be overcome. Over the years I have seen this time and time again. Here is what I must fully accept: There is nothing outside myself that can ever enable me to get better, stronger, richer, freer or have more love in my life. Everything is within. And it is that which is "within" that I am here for; it is the true thirst-quencher. All else is temporary or fictional. The successful soul is merely the average woman or man, fully focused on their purpose. Of course, along the way, there will be challenges and likely set-backs from time to time. It may seem difficult at first — but everything is difficult at first. I am *content* in this. Why, you may ask, should I be so "content," even with all the obstacles and dangers that I may encounter? It's because I am fully *satiated* by what is, what has been, and what will always be . . . ME!