

# 10 KEYS TO INNER FULFILLMENT

by Mark Bancroft MA/CHT

206 Sacramento St., #304/ Nevada City CA/ 95959

530.265.2133

## #1 Enjoyment

You are well served to begin now to enjoy your life; as it is, for what it is. You do not have to suffer or endure your way through life. The strategy of suffering through life, based on the idea that in the future, once you have paid your price, you will then live and enjoy life, is unwise. Enjoyment never comes, no matter how well you have paved the way for it, no matter how well you can justify having “earned it”. Why? Because true enjoyment is not a conditional experience- it is your birth-right. It is not something to earn. It is not dependent on the fulfillment of you meeting a set of external and objective criteria, accomplishments, or achievements; which you alone create with your own mind! Allow for the experience of enjoyment to come through. Get to know it. Invite it into your life; even if things aren’t perfect. Create the inner space for its presence. Practice conscious enjoyment. Your ability to enjoy life in spite of the challenges, difficulties, and worries you face is a key to inner fulfillment. Share, remind, and encourage others that they too are entitled to moments of enjoyment.

## #2 Aliveness

Aliveness and challenge are key elements to inner well-being. Objects (and people) that are in motion tend to stay in motion. Dare to dream. Give yourself the room to act and create that which energizes, motivates, and inspires you. To the Self, the “real world” quickly becomes boring and mundane in short order. You have a choice. You can allow life to live you, or you can choose to live life based on conscious choice and freewill. Following the dictates of social expectations and living to prove your ‘worthiness’ is self-defeating. Who are you proving yourself to? What happens after you succeed? And how will you ever really know when that time has come? Inspiration, creativity, action, joy, courage, movement, expression, challenge, inner direction... all of these are indicators of the presence of aliveness.



## #3 Remember

Remember who are. You are not your car, your home, your income, your body, your title, your portfolio or possessions. You are much more than all that you own, including everything you would like to own as well. Living in a consumer society, it is easy to identify and project self-worth and one’s self-esteem onto external achievements and accumulations. The problem is that the projection is not real. Within yourself this truth is known. This is why consumerism results in an endless cycle of consumption. The projection is false. The satisfactions are short-lived. You are forced to buy, accumulate, and achieve in order to maintain a false identity. Don’t sell yourself short. Remember.

## #4 Be Yourself

Stop comparing and judging yourself to others. Stop keeping score. Stop concerning yourself with what others, or “they”, might think. The fact is, “they” don’t care; “they” do not exist, except as a creation, a perception, you have created in your own mind. Give yourself and others the greatest gift you can- be yourself. Stop trying to impress others, especially those that you don’t know or perhaps care about. It is not worth the energy or effort. Be yourself. Honor your unique gifts and talents. Have courage and share who you are with others and the world.

## #5 Let go Fear

Fear and rationalizations are a sure way to block inner fulfillment. Don’t buy into them. Notice the fear and move on in spite of it; don’t rationalize it. Have courage. You do not need to be perfect; nor do you need to have all the answers. Most fear is future worriment. Focus your awareness in the present and move forward based on who you are and what you already know. Take action.

# 10 KEYS TO INNER FULFILLMENT

page two

## #6 Service

An effective way to get out of depression, sorry, or sadness is to serve. Find a way that you can be of service to others. When you take your focus and concern off yourself and place it onto others, humankind, or the environment, conditions within yourself change very fast. Don't get overly caught up in what to do, or how to do it. Listen inwardly and see where your energy, inspiration and motivation take you. Ask yourself, "How can I be of service? What can I offer? What can I give to others?". Service can also be especially helpful in relationships as well. When you stop focusing on what isn't working, and instead give for the sake of giving, without expectations, you move from scarcity and limitation, into abundance and inner fulfillment. Service is self-liberating. When you are serving others you no longer need concern yourself with the worries and wants of the ego-self. You simply do the best you can for others.

## #7 Compassion

Get in touch with the compassion within yourself. If you observe carefully you will find within a deep source of compassion for others, the world, and your own Self. You come to know that those around you, including yourself, are simply doing the best they can. Perhaps not the best they know how, yet in the larger scheme of things this alright.

## #8 Forgive

Forgive yourself. If you are holding onto mistakes from your past do what you need to do to forgive yourself. Know that you are not expected to be perfect, and to not make mistakes along the way. Holding onto past mistakes generates guilt. Guilt is released through forgiveness. Carrying guilt as self-punishment does not fix or change things from the past. Learn from the past, make mental notes, then live your life in the present.

## #9 Rest

Rest includes many forms. It includes physical rest. Allow yourself and your body enough time for sleep, take a short nap if necessary. Rest includes taking time to enter the present moment; to let go of the past as well as thoughts or concerns over the future. Meditation and contemplation provide emotional and mental rest. It is important to pause, and exhale the stresses of life you have been carrying around once in awhile. Go into the space between thought, and let go (exhale) the worries and concerns that are pressing upon you. As you do, notice and feel your body, mind, emotions and spirit becoming lighter and lighter. Contrary to western perception, time spent in rest is among the most productive times a person spends during their entire day. Five minutes spent in conscious rest is enough to positively change the experience of the day's events.

## #10 Trust

Live with inner knowing, with confident and positive expectation, that with clear intent you will draw into your life that which you desire to create. Trust that you are never given a lesson you cannot master. Trust that you are entitled and worthy of good things. These things will come when you are open and receptive to receiving them. Trust the inner direction, the inner knowing that has been, is, and will always be there to guide you in each and every moment of your life. Trust that it

is perfectly alright to not know how everything fits together. This is part of the sacred mystery of life. You don't need to understand every detail of every situation, be it past, present, or future. Trust that within yourself, at the center of your being, you are already whole and complete; despite the setbacks and the things you are working on changing. You are not just another number in the sea of humanity. Your efforts are never lost. Trust that you are loved and accepted just the way you are, for who you are, imperfections and all.

