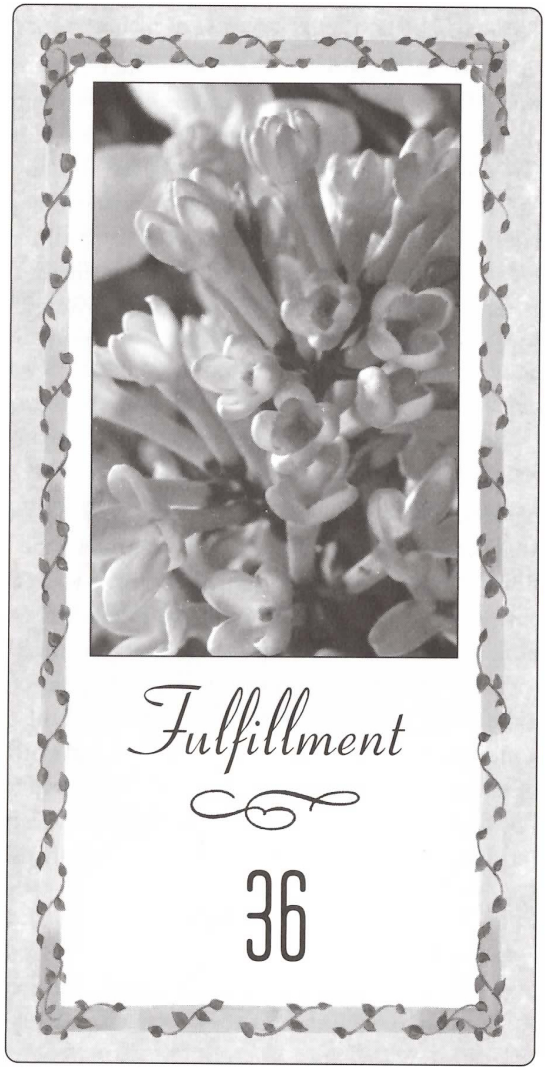

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Fulfillment

PRESENT CHALLENGE
Finding lasting nourishment from your involvement with others and your living environment.

You have drawn this card of Fulfillment to help you find renewed enjoyment and support for your life. In trying to keep pace with your busy lifestyle, you may be eating, drinking, and/or working in ways that fail to nourish you. You may be obsessing about your relationships, your future, or your self-worth to the extent that you have ceased to draw love and fulfillment from your environment.

To keep from burning out and to find renewed support for your life, you are being requested to stop and really look, smell, listen, touch, and hear the people in your life and the beauty and spontaneity of the living things in your environment.

ANGELIC MESSAGE
Fulfillment

When you enjoy being with other people and find pleasure in the beauty of Earth around you, then you are more able to balance your tendency toward addictions because you are living at a deeper feeling level—a spiritual level. At the level of your spirit you accept

that you are only one part of the entire physical and nonphysical system. Addictions are mental, not spiritual. And when you have walled yourself off from feelings or have so focused your attention on personal needs and personal achievements that you fail to receive the gifts of life, then it is easy to find the substances that replace the natural spiritual fulfillment.

When the rational parts of your mind become too dominant, your entire focus stays trained on your own needs and accomplishments. You find every activity in your life becoming stressful, competitive, and unfulfilling. This is because you believe that you are responsible for, or being required to change, everything that you come in contact with to fit your own needs and requirements. Try engaging in a conversation without judging what is said, only enjoying what takes place. See how long you can keep your attention on anything other than your own reaction and responses. Lasting fulfillment comes from accepting other living things and enjoying their offerings without the need to change or alter them.

Addictions are unnecessary when you allow the feelings, sensations, and enjoyment of your living to nourish and fulfill you. Imagine that you are living on the moon and that the landscape includes nothing green or living. You are all alone. When you are caught in an addictive pattern, this is symbolically the way in which you feel. You feel walled off from life, from love, from understanding, and from nourishment.

The opposite of addiction is involvement in life and the ability to see and accept beauty in its natural state. To overcome addiction, help yourself appreciate that you are with other people to enjoy them and with the natural world to accept its grace without needing to change it. When you take time to engage life, ready to absorb, participate, and experience rather than change, adjust, or alter it, then you are able to accept the genuine nourishment that life offers you.

SPIRITUAL OPPORTUNITY

The guidance to you from this card is that you will benefit from accepting the authentic aspects of yourself and others and from doing the things that bring you into contact with beauty. The many shades of pink and purple in this flower show you the unlimited variations of love and beauty that are available to you to support your spirit and thus your life. You are being guided to seek the natural complexities and interconnections of life that cause you to accept your life as only one part of a larger whole.

You are asked to consider your addictions as a call for your spirit to take charge and allow you to participate in life rather than needing always to change it. Accept, believe in yourself, find love, and breathe in the goodness around you that nourishes your soul. You need to find fulfillment so that you do not burn out or continue to feel that you must accomplish everything all by yourself.

APPLICATION

Fulfillment comes from the ease of making choices that have become a way of life. For one day, pay particular attention to the things you do that bring you a variety of satisfactions. Ask yourself what part of you feels fulfilled when your spouse, friend, or colleague at work appreciates you and/or your work. In what way do you feel fulfilled when you wash the car, vacuum the house, or wash the dishes? While these levels of fulfillment are important, they fail to fill the empty place in your life that needs to wonder at the unknown or accept community with other life, including God.

Put yourself in an environment that you find beautiful and that fills you on inner levels—an art museum, a botanical garden, a library, an aquarium. Each of these allows you to experience a sense of wonder at the nature of life. These experiences of beauty ultimately nourish your spirit and your life.