

The Key to Living a Fulfilling Life

To live a fulfilling life you need to understand that nothing is missing in your life and that you have within yourself all that you have been searching for, perhaps for a very long time. You may believe that living a fulfilling life is about getting somewhere other than where you currently are. If you just stop for a moment and pause, you may come to realise that there is nowhere for you to go. All the great wisdom teachings throughout the ages convey the message that a deep sense of peace and true fulfilment come from within, through being fully in the moment and accepting whatever life may bring.

So, what drives the almost insatiable quest to get somewhere? People often seem to believe that they are not of value unless they achieve something in the eyes of the world, whether this relates to receiving validation from others, achieving success or status in society's estimation or accumulating material possessions. These things rarely bring more than a fleeting sense of satisfaction and do not ultimately lead to a lasting sense of inner peace and fulfilment. A good way of helping you to focus on what really matters to you is to ask yourself how you would spend your time if there were no restrictions, if you did not feel bound by financial considerations or obligations to others.

The Message of the Well from 'What We My Be' by Piero Ferrucci elucidates in a very inspiring way how life itself is the teacher that shows you all you need to know to live a meaningful and fulfilling life, if you but take the time to really pay attention.

'After years of searching, the seeker was told to go to a cave, in which he would find a well. "Ask the well what is Truth," he was advised, "and the well will reveal it to you."

Having found the well, the seeker asked that most fundamental question. And from the depths came the answer, "Go to the village crossroad: there you shall find what you are seeking."

Full of hope and anticipation, the man ran to the crossroad, to find only three rather uninteresting shops. One shop was selling pieces of metal, another sold wood and thin wires were for sale in the third. Nothing and no one there seemed to have much to do with the revelation of Truth.

Disappointed, the seeker returned to the well to demand an explanation, but he was told only, "You will understand in the future." When the man

protested, all he got in return were echoes of his own shouts. Indignant for having been made a fool of – or so he thought at the time – the seeker continued his wanderings in search of Truth. As years went by, the memory of his experience at the well gradually faded until one night, while he was walking in the moonlight, the sound of sitar music caught his attention. It was a wonderful music, and it was played with great mastery and inspiration.

Profoundly moved, the truthseeker felt drawn toward the player. He looked at the fingers dancing over the strings. He became aware of the sitar itself. And then suddenly he exploded in a cry of joyous recognition: the sitar was made out of wires and pieces of metal and wood just like those he had once seen in the three stores and had thought to be without any particular significance.

At last he understood the message of the well: he had already been given everything he needed and his task was just to assemble and use it in the appropriate way. Nothing is meaningful as long as you perceive only separate fragments. But as soon as the fragments come together into a synthesis, a new entity emerges, whose nature you could not have foreseen by considering the fragments alone.

There are no mistakes in life. You have been given everything you need and your life unfolds in its own perfect rhythm. But, it is entirely up to you what you make of the precious gifts that you have been given. When you choose safety and security rather than living passionately, little by little you die inside. Living a fulfilling life is really about living courageously, facing your deepest fears and being willing to step out into the unknown and put yourself on the line to risk everything for what you passionately believe in. This allows you to really open up to the opportunities that each moment can offer.

In the words of Elisabeth Kubler-Ross, “It’s only when we truly know and understand that we have a limited time on earth and that we have no way of knowing when our time is up that we will begin to live each day to the fullest, as if it were the only one we had.”

If you can imagine for just a moment what would matter to you most on your deathbed, the transient pleasures and achievements of your life are unlikely to feature very highly. Wouldn’t it be much more important to feel that you had lived your life fully each and every moment, connected to your true essence?

Take a few minutes now to think about what you would most like to do if you could do anything, knowing that there wouldn't be any repercussions. Do you have the courage to set out on the path that your heart is guiding you to follow? How you answer that question reveals a great deal about who you are and may give you some insights into what is standing in your way and preventing you from living a truly fulfilling life. If you are experiencing a lot of negativity, this may need to be worked through first and gently released before you discover your true essence and experience fulfilment in life.

The power to create a life that you love is within your own hands. Following the path that inspires you and doing what you truly love is the key to living a fulfilling life. When you connect with your passion and follow your heart, this ultimately brings a deep sense of fulfilment. You can either make excuses or follow the prompting of your heart. If you're not following a path that brings you joy, think about what really inspires you and what your greatest resistance is to taking steps to move forward in the direction that is calling you.

You need to learn to embrace fully all aspects of yourself and to face and accept all your experiences, the joyful ones and the pain of loss and suffering. This allows you to really open up to the gifts contained within your experiences. Don't wait until it's too late to live life passionately and wholeheartedly. Don't postpone what matters to you most. Make every moment count and start living life to the full right now.

May you live joyfully and become wise through the lessons life teaches you.

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