

How To Achieve Fulfillment in Life

Achieving fulfillment in life requires awareness of Body, Mind, and Spirit—the three aspects of yourself—and awareness of the seven secrets of the brook. Achieving a balance between Body, Mind, and Spirit will enhance your knowledge of the trinity and allow you to eliminate desires beyond your needs. This will lead toward more a meaningful relationship with yourself and with others and therefore toward a more fulfilled life. The leading cause of an unhappy or unfulfilled life is the loss of something to which one is attached. If you can relinquish ownership of all possessions, then you will eliminate attachment to objects of desire, thereby eliminating unhappiness. When you are completely aware of both the trinity and the secrets of the brook and when you can learn to meditate on these components, you will achieve unity and fulfillment. Meditate consistently and you will transform the waves and turbulence into the even flow of the brook.

Any one of the many forms of the seven secrets can lead to fulfillment; these secrets are all one and all related. The most fortunate people find happiness from this first secret: know first that there exists one universal creator named “Truth”, from which all creations of nature spring. Therefore everything is related, and all forms of happiness begin with the one creator. You can further achieve happiness and fulfillment by means of the second secret: giving leads to happiness. Knowing that creation

appears in opposing pairs and knowing that one cannot enjoy creation without recognizing that the duality of the creator is merely an illusion will lead to discrimination between what is meaningful and what is transitory. This ability to discriminate will eliminate unnecessary desires, and without those desires you will be free to give.

Fulfillment can be achieved through the third secret when one learns to create flow, resonance, and spark in Body, Mind, and Spirit. Know that a healthy body enhances pleasure and promotes success, and that the Body can be made healthy through Hath Yoga. A healthy Body enhances the flow of the Mind, which leads to resonance that will promote happiness through purposeful action. Learn to recognize the spark of energy the one creator has placed within you, which is the Spirit awakening you. This is the spark toward purposeful action and the first step toward unity of the trinity. The fourth secret teaches fulfillment through understanding and conquering desire. Learn to conquer and eliminate physical desires, because physical desires are associated with attachment and taking that can disrupt the currents of your brook. The increase of desires and wants leads to taking, which leads to emotional and spiritual separation. When you eliminate desires there will be no disparity between what you want and what you have, and having the little that you desire you will be fulfilled.

If you are able to learn the fourth secret, you will desire only to serve and to have freedom from desire. You will transcend beyond the desire for lust and the desire for wealth. Free yourself from these harmful desires by involving yourself in prayer, meditation, and worship. Truth, love, faith, sharing, and universality are the five

core values that lead to giving, which leads to happiness and fulfillment. When you reach the sixth secret, you will listen to your inner voice; your inner voice will connect you to sparks of the universal creative force and you will resonate with happiness. The seventh and final secret comes full circle back to the first secret: happiness and fulfillment will be found in a life of Truth.

To summarize, you will lead a fulfilled life when you understand the seven secrets of the brook: 1) there is one true creator, 2) giving leads to happiness, 3) you can create flow, resonance, and spark, 4) conquer and eliminate physical desires, 5) embrace the five core values, 6) listen to your inner voice, and 7) lead a life of Truth. These seven secrets can be solidified through meditation. Once you have learned these seven secrets, you will be well on your way to a path of life filled with more meaningful relationships, a more directed sense of purpose, and a life free from stress and anxiety.