

# DISCOVERING FULFILLMENT

## “Ten Paths to Fulfillment”

12 pages

By Don Tilley

[donpeacepark@gmail.com](mailto:donpeacepark@gmail.com)

This book addresses the greatest problem of Americans: **Boredom**, accompanied with a lack of meaning. Boredom can be replaced by fulfillment. These are the Paths: 1) becoming free, 2) opening your mind, 3) going deeper into love, 4) removing obstacles, 5) playing the fool, 6) connecting, 7) empowering people around you, 8) practicing thy will be done, 9) creating your own affirmations for fulfillment, and 10) turning your life into an experiment.

# 10 PATHS TO FULFILLMENT

## A SPIRITUAL GUIDE

DO EACH OF THESE AND YOUR EYES WILL BE OPENED

PATH # 1 -- BECOMING FREE

PATH # 2 -- OPENING YOUR MIND



PATH # 3 -- GOING DEEPER INTO LOVE

PATH # 4 -- REMOVING OBSTACLES

PATH # 5 -- PLAYING THE FOOL



PATH # 6 -- CONNECTING

PATH # 7 -- EMPOWERING PEOPLE AROUND YOU

PATH # 8 -- PRACTICING THY WILL BE DONE



PATH # 9 -- CREATING YOUR OWN AFFIRMATIONS FOR  
FULFILLMENT

PATH # 10 -- TURNING YOUR LIFE INTO A EXPERIMENT



# 10 PATHS TO FULFILLMENT

## A SPIRITUAL GUIDE

Avoid boredom. Live a life that matters, that's vital, that has meaning.

Achievements can mask the futility of life. Fame fades as death approaches. Trying to please people wears one out. Comparing self to others doesn't work. Nourishing your own ego is dead-end.

Religion can trick us and we may not know it. Old time religion now shows its transparent falsehoods. Good science could help. A new kind of human is emerging this century. But its up to you ...

**YOU CAN TRUST IN YOUR OWN SPIRITUAL JOURNEY – YOU  
CAN MAKE YOUR OWN LIFE A SPIRITUAL EXPERIMENT.  
BUT LEARN HOW TO DO IT? YES, YES ...**



# PATH # 1 -- BECOMING FREE

You may want to record your thinking in a notebook

Can true inner freedom be obtained through spiritual commitment and discipline? What might enable you to experience such freedom? Or does your view about human nature keep you from believing that you can be free?

1. If you had the money, and you didn't have to work, what would you like to do during the next 12 months to free yourself?
2. Imagine yourself throwing away into the trash everything that you believe limits you. (possessions, tasks, job, thoughts, behavior, persons, ideas) Try to list everything you can think of. Do you now feel free?

NO EXTERNAL EVENT CAN KEEP YOU FROM BEING AND FEELING FREE.

3. Think of three thoughts about yourself that could free you.
4. Sit quietly and hum "Ohm" out loud for five minutes. Focus on the sound and let it move throughout your body.
5. Imagine God's love flowing into you. Nothing can disturb this flow of love. See yourself as "Beloved" – as God sees you. Because of the belief of most Christians that they are sinners, they cannot see themselves as "Beloved." Sad.
6. Create images about what brings you true inner joy. What would these images look like? Imagine that an "angel" constantly brings this joy to you. Receive it. Enjoy it. Can you do it?
7. You want complete peace. Ask God for it. Then expect it. (Pause) Feel it forming within you. Then live as if you have it.

## PATH # 2 -- OPENING YOUR MIND

The OPEN MIND is willing to consider many different possibilities. The CLOSED MIND is usually intolerant of the beliefs and opinions of others that differ from their own, unreceptive to new ideas.

### 1. HERE ARE SOME OF THE RECENT CONTRIBUTORS TO DEVELOPING THE OPEN MIND:

a) Isaac Newton – 300 years ago when average age of death was 40 years, he advocated a scientific method to interpret information; b) Thomas Jefferson – when many colonists wanted a king, he knew that democracy could work if all the people were educated in it; c) Charles Darwin – announced evolution as a reality that showed how different plants, animals, and ideas developed; d) Sigmund Freud – described the energies in the brain and how the unconscious influences us; e) Albert Einstein – opened doors to relativity and other science; f) Rudolf Bultmann – led many to show how to reinterpret the Bible for the modern person using literary origin, historical values, form, and archeology.

### 2. HERE ARE SOME FACTORS THAT HAVE CONTRIBUTED TO OPENING OUR MINDS:

Instantaneous communications; travel for the common person; computer; Internet; Jesus' teachings; liberal arts education, space exploration, and several scientific methods.

### 3. THE NEED TO OPPOSE THE "CLOSED MIND":

a) superstitions block truth; b) appeals to fear lurking in parochial, not well educated persons can create an uninformed electorate; c) persons with wealth can control closed-minded public opinion with money and propaganda. Denying Global Warming is an example of appealing to closed minds for the sake of protecting one's wealth.

### 4. SEEING THE "BIG PICTURE" OPENS OUR MINDS, e.g.

a) we can live in peace with no more war; b) the world can come together and function as a unit; c) the standard of living can be raised for the entire world; d) belief that during this century we can: move objects by sheer thought, "read" each other's thoughts; not be violent; become ten times more brilliant (& more loving?) through brain modification and added genes. Why doesn't the church advocate?

### 4. SOME OTHER WAYS FOR DEVELOPING AN OPEN MIND:

a) have others confront your beliefs; b) learn to communicate with the Spirit world; c) seek to know about coming of new discoveries & inventions d) constantly visualize possibilities; e) continually expose self to wonder; g) be with people who search. f) create the mind set: ask: Is there another way for seeing this? g) advocate for goodness.

## PATH # 3 – GOING DEEPER INTO LOVE

When you feel separated from God and God's love --  
You are not separated; You are not.

God loves you. How can you use your powerful imagination to discover this love? The Bible does not tell us how. Let's imagine some ways:

1. See yourself being given a new identity by God: You have become love.  
a) Imagine God saying to you: "You are my Beloved." b) You say, "I am Beloved," as you push on a pillow and hold for three seconds to imprint it. c) As you release the pillow, sense God saying "Yes" or "Yes, you are my Beloved." .... Think and feel this affirmation as you say it. Say affirmation a hundred times a day for a week. Let your mind and muscles accept it – really believe it.
2. As you are listening to music, you feel ecstasy building in you. You sense the heavens coming alive your heart stirs. Love you don't understand breaks forth in you – and a great peace comes over you.
3. As you review your life, decade by decade, you ask and receive sacred eyes so that you can see your life as God sees it. You find that God's Love and purpose has been woven throughout your life (pause) – even during failures and hurts. You thank God.
4. Imagine that you are surrounded by white light of love. It flows into you from all directions. Feel it surrounding your organs. It surges – uplifting you.
5. In your dreams, when an unwanted character appears, carrying violence, thank it for coming, and then order it to feel the Love of God. Watch it change to Love – becoming a helper for you.
6. By selecting the word love, you say it over and over, not allowing any other thought to come. After several minutes, you find yourself becoming very peaceful.
7. You are giving attention to your breathing. As you feel each breath entering your nose, moving through the tubes into your lungs, and then mixing with your blood, you imagine that you are breathing the breath of God – LOVE.
8. When with a friend, you see each other as God sees you:  
A SOFT WIND IS BLOWING OE'R THE PRAIRIE ... BLOWING ON YOU AND A FRIEND ... SPIRIT CALLING YOU TOGETHER ... BINDNG YOUR MINDS AND HEARTS TOGETHER ... UNITING YOU TOGETHER AS ONE.
9. During this century, science will assist you to experience love in great depth, knowing great intimacy with friends, by modifying your brain and adding genes.
10. Imagine a new world emerging based on love and altruism, not power and economics. Feel it happening. It will happen.

## PATH # 4 – REMOVING OBSTACLES

O God, you seem to not want us to confess our sins anymore. You seem to want us to correct and overcome them – take responsibility for them and grow to maturity. Here are 23 “sins” we’ve observed in church people. They stick to us and don’t leave. They drain our souls and mock our desire to love and be loved:

... often worry ... defensive behavior ... project blame on another ... wanting to retaliate ... refusing to forgive immediately ... feeling cheated ...not feeling peaceful ... judging others ... being critical ... feeling attacked by another person’s words ... feeling wretched about self ... being fearful ...feeling guilty ... being uncomfortable with people you disagree with ... upset over something trivial ... feeling that you are not loved enough ... harboring hurts ... ignoring injustices ... living with addictions ... fearing failure ... not finding forgiveness.

Some blame human nature – “that’s the way we are”. No. Time to reframe. Let’s stop calling them “sin” and call them “personal hurts”. These harmful personal hurts destroy harmony among us and cause war. We know by the end of this century we can reprogram humans to transform human nature, but what can we do right now to stop the harm to live by these obstacles? For example, take the first one “often worry” and see how we can take the responsibility for it, neutralize it:

### “OFTEN WORRY”

1. Substitute thought. Use “often worry” as a trigger and pull it whenever a worry appears. This trigger then moves you to a substitute thought you have selected ahead, for example: “I’m capable”, “I’m free”, “I’m strong”, “I feel joyful”. Let your new thought take over and dominate. (You can do this with each of the 23 hurts – make them disappear from your life.)
2. Expose your fear. Trace your affinity to worry back to its source and there you will find fear. Use your resource as a mature adult to minister to yourself and tell the worry & fear they are no longer welcome. Leave.
3. When you sense a worry coming on, ask Jesus, either in male or female form, to take your place. Relive the event and watch how Jesus would handle the situation. (that’s really calling on the Spirit of Jesus to assist)

**Jesus came to bring the “kingdom of God on earth.” When you remove these obstacles that suck love out of you, you further the Kingdom of God. Confession only leaves them in place. Get rid of them.**

## PATH # 5 – PLAY THE FOOL

They called her a fool. Each week she appeared as a costumed joker on television. Her biting political satire outdid Bill Maher. Her mockery of careless talk hosts entertained. She pummeled speakers as pin heads who showed no vision.

1) Why did she laugh when attending funerals? 2) Why did she often cry when visiting sites of new scientific discoveries? 3) Why did she wail with lament over the American culture?<sup>1</sup>

People tried to understand “Why such odd behavior”? It seems that it would take a high level of spirituality to respond to “Why”. It might help you grow spiritually if you can think through why she did the above.

Are we still captive to the Puritan ethic of sober religion obedient to a far away God and the virtue of hard work? Perhaps we should play the fool. The following might prove to be better guidelines to wholeness:

1. Be kind. Break the rules, if necessary, to uplift people.
2. Tread lightly. We don't know much of anything about anything.
3. See the absurdities in our culture. Laugh out loud at our stupidity.
4. Ridicule the false. Correct injustices
5. Encourage thinking outside the box.
6. Vigorously attempt to combine science and spirituality in developing each new idea or discovery.
7. Visualize the extreme positive possibilities in development of a) humans, b) operations of the world (with love), and c) everything.

---

<sup>1</sup> Her vision of the future exceeded Buckminster Fuller's. She solved social problems quickly and as intuitively as Adrian Monk solved crimes. On television, her group created new life forms. She could “read” minds and describe people at a distance she had never seen (as did Edgar Cayce) and expanded their awareness. She wanted prisoners released from prisons. She wanted a major curriculum for students in high schools to be: To learn to be peaceful and develop personalities that showed that they knew they were greatly loved. She chided ministers for making up ideas that lacked evidence. She ridiculed laws that diminished the poor. She depicted the competitive race in the work force as wrecking life itself. She seemed to communicate with various spirits on TV. She kept showing the earth as one cooperative body that functioned with love and likened it to the human body.



## PATH # 6 – CONNECTING

- ↓ Ed Mitchell, while exploring the moon, looked at the earth and the stars: "I experienced at a visceral level the feeling of connectedness, or unity, of all matter. The experience was accompanied by a sense of ecstasy and bliss." *Connecting.*
- ↓ A man stopped his vehicle. He knew something was wrong. He started walking. Fifty yards away, the bridge was gone. There was a sheer drop of 75 feet. *Connecting.*
- ↓ The young man reached over and gripped his mother's wrist while she was lying in the casket. He was heard to whisper: "Mom, you are no longer here." Then beyond his senses, he said: "I know, Yes, – you are now enjoying heaven." *Connecting.*
- ↓ He watched waves pounding on the protruding rocks, the water rising, and then receding leaving the rocks wet. He felt the pounding in his own body, as if in a trance, as it convulsed into a fetal position. "This makes no sense". he said. Yet his being seemed flushed clean, enervated, and united to all. *Connecting.*
- ↓ The baby suckled her mother and felt the warmth over her entire body. When placed in a foster home, so loving and kind, when older, she had to search and search until she found her biological mother, *Connecting.*
- ↓ Many people experience telepathy in connection with telephone calls. *Connecting.*
- ↓ Archaeologist Stephan A. Schwartz has used "remote viewing" repeatedly to find sunken ships. *Connecting.*
- ↓ Yogananda prayed: " O Father, when I was blind I found not a door which led to Thee, but now that Thou hast opened my eyes, I find doors everywhere." *Connecting.*
- ↓ Soon, assisted by devices, by your own thinking, you will make a new being appear through immersed virtual reality – to talk with, do adventures together, be a close friend. *Connecting.*
- ↓ Soon you will feel huge waves, flowing around the world, waves of love, waves of goodness, empathy. Continually surging waves, bringing the hearts and minds of people together. Forming consensus. Uniting with the earth itself. *Connecting.*

## PATH # 7 – EMPOWERING PEOPLE AROUND YOU

- ❖ Communicate with power! ,, to listen – so carefully; then to find out if you've heard accurately, with emotions, the message your friend intended. Then, if "Yes", you add your own message – which may expand your friend's remarks – perhaps pointing to consequences or taking possible risks or telling your friend that s/he is o.k. and important to you or needed by you or that your friend's life has meaning for you and the earth or maybe interpreting your friend's thoughts and bliss. Then quickly listen again.
- ❖ So many tricksters, modern medicine men, trying to take your money. You need to be alert and empower each other, consult with each other, demand truth in their pitch and determine whether there is a need for what ever they are selling in your friend's life.
- ❖ Keep learning, keep growing, enjoy the new discoveries of science, keep enjoying adventurous activities together. Explore the spiritual realm with your friend. You may find riches in together learning about and maybe practicing divination, dowsing, precognition, telekinesis, remote viewing, telepathy, aura reading, automatic writing, mental projections, etc. These activities lead toward developing wholeness in your personality and in your friend's.
- ❖ Placing an image of the other person in the center of one's thoughts and then surround that person with white light. Watching the white light permeate that person, providing warm love and comfort. Pray for comfort and strength for the other person.
- ❖ Talk together about the purpose of each other's life – the hundreds of people you have touched, the growth of empathy in each of you, the sufferings you both have endured. Recognize the patterns of the Divine presence in each other's lives.
- ❖ Sit with each other and gaze at each other. Imagine the wonder in each other. Remember what you thought and did as children. The meaning for each of you in your different experiences together. Recall the courage required in hardships.

## PATH # 8 – THY WILL BE DONE

**Thy will be done on earth as it is in heaven ... as it is in heaven**

She rejoices over the way Spirits resolve their conflicts.

(Spirits could be very independent thinkers and forceful)

They move into silence – blend with each other – and wait.

They gain deeper understanding of the situation and of others.

Then deeper, ever deeper, ever deeper,

until with one mind they could see the situation

Then they often enter into a celestial dance.

The other Spirits in this celestial setting would pass their love into her.

They move close until their Spirits “touch” each other.

Then warm love would quickly flow back and forth into each other.

There would be a churning within each,

filling each other with ecstasy & further completeness.

There is no boredom (a major problem on earth)

for each Spirit chooses tasks that betters the community & cosmos.

Plenty of energy for individuals – they create it – food is not needed.

Often vibrant tasks are thought through to completion.

Whatever one needs, it is created by thought;

and they experiment – try out new ideas and ways.

Ideas flourish in arts, sciences – now so advanced.

The Spirits know they are involved in creation (even earth's creation)

The Divine has become absorbed in and by the community of Spirits.

Spirits internalized Divine love, justice, peace – no ego needed.

**New kind of intimacy coming: “I in you – You in me”**

“But utopian communities don't last on earth,” claim the skeptics,  
“human nature ruins permanent closeness.”

We respond that humans feel love between them. We are learning to better deal with our unconscious minds and deepening our love. We are starting to learn immersed virtual reality in which we can create ourselves in each other guided by Spirit. We are starting to learn access to the Akashic Field, which records all information about each person and will allow great intimacy to occur. Look to the future.

## PATH # 9 – CREATING YOUR OWN AFFIRMATIONS FOR FULFULMENT

Affirmations are statements about what you want to become or desire. They are dialogue between self and Self, your inner most personality. They are effective because they bypass the deep psychological resistance you may have toward changes in your unconscious such as negative beliefs or hurts you've acquired early in life. You can program your unconscious mind that hears these words and gives life to them. You may activate spiritual principles using affirmations.

Here are possible affirmations for each of the Ten Paths to empower them. Select one each day and say it ten times throughout the day:

BECOMING FREE	I AM FREE
OPENING YOUR MIND	MY MIND IS OPENING
GOING DEEPER INTO LOVE	I'M BELOVED
OVERCOMING OBSTACLES	I'LL REPLACE ALL OBSTACLES
PLAYING THE FOOL	I'LL DO WHAT SEEMS RIGHT
CONNECTNG	I SEE THE BIG PICTURE
EMPOWERING THE PEOPLE	I ACKNOWLEDGE AND EXPAND
THY WILL BE DONE	I SURRENDER TO GOD'S WILL
CREATING AFFIRMATIONS	I AFFIRM SPIRITUAL GROWTH
MY LIFE AS AN EXPERIMENT	I OFFER MY LIFE TO GOD

Willis Harmon, former head of The Institute of Noetic Sciences, suggests possible affirmations: I HAVE HIGH REGARD FOR MYSELF IN EVERY WAY. or I AM TOTALLY HEALTHY AND EFFECTIVE IN EVERY WAY. or MY DEEP MIND IS TELLING ME HOW TO SOLVE ALL PROBLEMS.

You need to vividly visualize the kind of spirituality you prefer – what would love, trust, sharing, cooperation look like, very specifically, in your personality, and how you relate to others. Then apply a serious discipline of affirmation to acquire your preferences.

Willis Harmon also believes that collectively held negative unconscious beliefs are the most fundamental cause of the dilemmas that beset the world today. These collective beliefs can be changed through visualizations and affirmations.

## PATH # 10 – TURNING YOUR LIFE INTO AN EXPERIMENT

In response to my letter, Jonas Salk of Salk Institute called me shortly before he died. He said that the race is on. The human species might not survive. His voice broke with emotion.

I knew what he meant. We are at risk from pollution and contamination of water, air, and soil, with the danger from water (flooding), fire (nuclear explosion), wind (hurricane), water and food scarcity, disease epidemic, and violence,

For the first time in history, humans are controlling the evolution of the world. During this century, we are facing the greatest transformation in human history – modifying humans.

Each of us needs to experiment with living by faith, living as if .... We need to direct this faith toward the future – especially focusing on the last quarter of this century. I've suggested several activities for each of the Ten Paths, but there seems to be larger concerns and possibilities for transformation i.e. changing humans/human nature.

**BECOMNG FREE.** Live as if humans will become truly, spiritually free. Rules and laws become guidelines, not controlling demands.

**OPENING YOU MIND.** Live as if you are open to and anticipating the coming great transformation in humans.

**GOING DEEPER INTO LOVE.** Live as if see great intimacy coming. Live as if you can visualize the world operating with love.

**REMOVING OBSTACLES.** Live as if you can overcome those obstacles to your spiritual growth & obstacles to world cooperation.

**PLAYING THE FOOL.** Live as if you know the right thing to do and do it.

**CONNECTING.** Live as if you will feel even greater oneness with the Universe and all of life.

**EMPOWERING PEOPLE AROUND YOU.** Live as if you feel the positive impact of your personality on others. All recorded.

**PRACTICING THY WILL BE DONE.** Live as if you are following the guidance of the God within you. (your inner being)

**CREATING YOUR OWN AFFIRMATIONS FOR DEVELOPMENT.**

Live as if what you prefer to happen (change in humans) will happen.

**TURNING YOUR LIFE INTO AN EXPERIMENT** Live as if it's true.





*Burcu Derya Akaban, age 11, Turkey*

*"The future belongs to those who believe  
in the beauty of their dreams."*

*Eleanor Roosevelt*