

A NOTE TO THE READER FROM THE AUTHOR

I am sitting in the middle of the woods on a big cold rock. My lips are chapped from the cold November air as I type these words onto my lap top. My dog, Cosmo, is running circles around me grabbing sticks, jumping in and out of the mud and swimming in the lake that is just off to my left. He runs by me and sprays mud all over me and my lap top. I try and wipe the mud and water off the screen with my glove but it smears the mud more.

I walked through the woods to get to this place. This is a beautiful place just behind my house up over the hill. It is a calm place at the entrance to a forest where there is a running stream that flows into a lake with beautiful scenery which soothes and calls me to an inner peace.

I consider this to be more than just a physical place; it is a state of being. This is a place inside my heart I call fulfillment.

As I type these words, the book you are about to read has been written, edited and ready to print. It is a book about *being fulfilled* and how you can arrive at that wonderful place... a feeling of completeness, peace and serenity. Fulfillment is a place where I have been before and

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constantly strive to be. The ironic part of this whole situation and the very nature of my writing this to you is that currently I am not as fulfilled as I would like to be.

I write this only to be honest and open. You deserve that. I have had many challenges in life, have grown tremendously from them and continue to do so. This book is another step in that journey. My intent with this book and what I just shared is to paint a realistic picture of what fulfillment possibly is and a promising method of achieving it. I would be lying if I said everything was perfect. I would be fooling you if I painted a picture of this magical place like in the forest and said it was easy to get there.

So what is fulfillment? That is something that you will have to define for yourself and this book will assist you with doing so. What I want to express here is that from what I understand, fulfillment is a moving target. You can feel fulfilled one moment and realize it's gone in the next. Fulfillment is something we are and will be constantly striving for. Your efforts in *being fulfilled* will never end.

I don't write this book because I am the fulfillment expert or I am supposed to tell you what to do. I don't write this because I am completely fulfilled and always will be. I write this rather to show you that there is hope and possibility. I write this to be candid and real so that you can release the pressures you and society have placed upon yourself. The philosophies and stages in this book are real and tested. They have delivered much fulfillment in my life in many areas at different times. That being said, the reality is, in a moment, in a choice or with a single thought... all of that can go away.

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When fulfillment goes away, it can feel like there is no hope or worth left in my world.

But the book calls me to stand up and get real. I am getting real with you and sharing this because I know that it is the most difficult thing for me to do. I also know that speaking my deep truth is where fulfillment lies... on the other side of the most difficult choices. The challenge is to acknowledge that in my moments of decision, when deep down inside I know what is right and moral, I am sometimes scared to take the high road. Unlimited fulfillment demands my honesty, trust and courage.

I have taken the high road many times and know the low road quite well. Even with all my expertise and experience... to this day I still have trouble choosing the high road. When fear knocks on my door, I am no different than anyone else. Some days I will have the courage and choose the high road and other days... I will falter to my addictions and poor habits and be far less than I ever wanted to be. This is real; this is where releasing the true truth will set you on the road to fulfillment.

I have learned that there is the truth and then the true truth. The truth is what you know to be true through *your* reality. I have seen that my reality...in reality...can sometimes be a lie. The true truth is a place where you can put aside (usually with the assistance of others) all the excuses and stop rationalizing (rational lies). This will then expose a situation or reality that will present you with two choices... the high or low road. The high road WILL be the most difficult to choose and WILL ultimately lead you to fulfillment. The major question is... which will you choose?

I look forward to seeing you on the road to *being fulfilled*.

Jeffrey St.Laurent