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Hello Everyone,

Welcome to

10 Minutes; 12 Weeks to a New View of Life and You – A Self Study Course in Self Esteem
Week #9: Sufficient vs Fullness.

I'm Kathy Kirk, founder of Applied Spirituality.

Some housekeeping :

- Please remember that all information is proprietary information and is copyrighted. Nothing may be reproduced without expressed written consent.
- This is a religion neutral zone, meaning all religions are included here.
- You need a fresh notebook; so get one. You'll want to use it to take notes, ask questions, communicate with yourself, and do/apply the lessons in your homework assignments.

Direct your comments and/or questions to coach@appliedspirituality.com I will answer personally.

Sufficient vs Fullness

Definition of *SUFFICIENT*

1 *a* **:** enough to meet the needs of a situation or a proposed end <*sufficient* provisions for a month> *b* **:** being a sufficient condition

2 *archaic* **:** qualified, competent

Definition of Fullness another word for Source or Well Being

the quality or state of being full; Synonyms: absoluteness, completeness, entirety, entireness, perfectness, wholeness

This week I had the opportunity to listen in to a panel conference on a movement they call Global Sufficiency. It was a good discussion of when is enough, enough. However, I felt it was still being motivated by lack and judgment. For example one panelist used the example of yes,

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you probably need a car. Maybe even your family needs two vehicles, however she doubted that any family needed three.

I decided to go a bit wider and deeper tonight giving you a broader idea of the infinitude of the Universe with you within it. It is wonderful that these types of discussions are taking place. It is interesting that people are even having these discussions, but predictable to my mind. After the years of McMansions and Hummers, the obvious consumerism, people were still not happy. All the things in the world, all the food in the world, all the toys in the world, all the drugs in the world won't fill the hole that people were attempting to fill externally.

So the next step, of course, is the idea of simplify. We're moving up the consciousness ladder and returning "home" to our Self, although most do not understand what the Consciousness movement is about, let alone understanding the external forms of expression it is taking, you will.

The desire to lose excess weight, the need to clean out the attic and the basement, or the movement to become more selective of our activities and our friends to which we devote our time is all about returning Home to Quality – Source being the highest Quality there is, which is Who We Really Are.

Recently my young neighbor who I've seen carrying bags in from Walmart came over to announce to me that she's decided that she is from now on going to buy only quality, because the other isn't worth it. She's onto something, and I smiled within realizing that her external expression of wanting the highest quality possible in her life is her Godchip guiding her homeward to Self, and she's following it. Because God, Source, Quality feels good, better, fuller, richer. Always.

As you each move from externally focused as a means to satisfy your life to internally focused into alignment with your Self, your Godchip, you will go through all these stages, as well. But tonight I wanted you to see the big picture; the map so to speak.

This is a free zone, here on Earth. Everything gets to be here. So remember that first and always. Everything gets to be here. What anybody is up to, what anybody else is thinking or creating is all Good. So just because somebody thinks that Nirvanna is owning only one wooden bowl and a sack cloth to wear, doesn't mean that that is what you should be aspiring to. In fact, there is only one thing you should ever be aspiring to, and that is your own personal alignment with Source Energy. And you know this because it feels so Good, delicious, full, to You.

I have this idea of nonphysical before we came in. It's like a casting call for a play. The casting director calls for so many villains, so many entrepreneurs, so many pious people, so many this, and that. We all sign up according to our own personal intentions for our trip to Earth, our life, our incarnation/vacation adventure. Perhaps in the last life you learned all about being married and faithful, but weren't as happy as you wanted to realize. So this time you're intention is to experience singleness and true love in the same sentence. So, you raise your hand to be a villain. Wow, what an interesting role you've signed up for as well as layering on your personal intention to experience True Love being single. Sounds like a role for a Bonnie or Clyde, right?

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Source, Us, We are all about expansion and new experiences without any judgment as to bad or good, right or wrong. These have no meaning to the Soul, because the Soul is totally Source Energy, it can be nothing other than Good, because there is nothing else. Only here where we play this game is there the illusion of something other than God or separation from Source. Our work here is all about expanding that experience of Good, or God in any context. There are no oxymorons in God or Source Energy. Someone can be a spiritual marine, or a spiritual bank robber….see how the game is played?

So the idea of global sufficiency, suggesting that it is right or wrong for people to own more than a certain number of cars; or right or wrong for people to use certain light bulbs or eat meat or not eat meat or drive a hybrid or not is only a step along the path of returning home to Fullness…living heaven right here on Earth. There is nothing wrong; and there is nothing to fix.

I tell you that if we can desire it here, we can create it. Think of this: ***every potential is***. Everything is pure potential. So, because we no longer want to be dependent on Saudi Oil, we desire more freedom, thus we are getting creative, and allowing ourselves to be inspired to new things. Source is the fullness of all that is in pure potential with the Energy to create it when we focus on what we desire, not on what is or was.

So it truly doesn't matter if we burn coal or don't; drive hybrids or not. What matter is that as we explore a path and discover that it doesn't please us, we feel the contrast, issue forth new desires, and Source responds immediately by expanding into that instantly. All we have to do is align with our desired expansion ***by growing ourselves into that consciousness that can realize that everything that we have asked for already exists***. When we have expanded our consciousness into alignment with Source which is enjoying our expanded desire already, we have the earthly manifestation. This is the whole process of evolution and what happens in a "miracle." Alignment with Source.

It's perfect. The world isn't going anywhere, because she's asking and aligning all the time, as well. Well Being is the fullness of everything. It is complete. Your work, my work is to notice in every now moment the ***fullness of each moment***. The deliciousness of the food on your tongue. The Appreciation for the tongue that is so refined that it can differentiate the vibrations of sweet, salt, sour and bitter. How elegantly the taste works in conjunction with the nose which is translating the vibrations of aromas. The world, your body, the weather, the universe is all in Well Being and will remain there; the only question is whether we can align ourselves with the fullness of Well Being.

Each moment there is so much more available to realize than we see right now. The expanded Consciousness is one that is ever reaching to have those delicious moments where the curtain on the stage lifts and we actually realize we already are in heaven right here, right now, this very moment. The sage is the one who is looking for and expecting the fullness of Good, for that is our right, our heritage, our legacy knowing we are each one, the very fullness of Source itself in potential.

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So the practice for this week is one of realizing the fullness of each moment; how much you already have. How much Good Is present. My cup runneth over type stuff.

The homework for this week:

1. Make lists of things that you appreciate and love and already have in small amounts or large amounts. The more you build this thought form, the more you will have to **appreciate and love. [The Law of Attraction now matching you with more to love and appreciate.]**
2. Then I want you to start realizing that **you have the things that you have been asking for**; clients, dollars, health. This part is where you are growing your consciousness in order to see that what you are asking for already is present.
3. You do these two exercises in the order presented. In other words, make lists of appreciation first, then go about your day endeavoring to see and realize that you already have the fullness of what you've been asking for.
    a. Example: if you're asking for more money, did you notice that you just found a penny on the sidewalk? A coupon. Someone gave you a stamp.
    b. If you're asking for better health, are you aware of and appreciating the parts of your body that are well and supporting you?
    c. If you're asking for a relationship, are you appreciating the fullness of the ones you already have?
4. Spend time just considering the idea of sufficient, enough and fullness. Allow new thoughts to come to you.

So that's it for week #9. I thank you for being here; I so honor you for continuing to choose You and grow yourself into the being that realizes all your Good already is.

I want to offer to you a special offer, which is this: both Applied Spirituality books, The Earthling's Quick Start Guide and Well Done, A Story of Applied Spirituality. Each book comes with its own online, self study course and one month of coaching all for $50.00. You can take advantage of this offer at www.appliedspirituality.com/onetimeoffer

Until next week, I am reminded by my nonphysical friends to remind you:

" You have nothing to fear and nothing to worry about; and you are loved beyond measure."

Thanks for being here.

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