

The Heart of Fulfillment

Savor and embrace the first step with the utmost compassion for the you transforming within it. This is the heart of fulfillment.

Rather than moving quickly to the next step at whatever stage of evolution you are exploring, slow the pace of your journey.

Allow yourself to be exactly where and as you are, without needing to believe there is something up ahead.

- The first step in **forgiveness** is having the right not to forgive.
- The first step in **acceptance** is not knowing how to accept.
- The first step in **clarity** is allowing yourself to feel stuck.
- The first step in **happiness** is recognizing you're not meant to be one way all the time.
- The first step in **empowerment** is knowing your mind and feelings are allies, not enemies.
- The first step in **worthiness** is considering how you exist for far greater reasons than anything you can imagine.
- The first step in **discernment** is acknowledging how much better you deserve to be treated.
- The first step in **courage** is recognizing the worst-case scenario as more time spent in circumstances you are too afraid to disturb.
- The first step in **joy** is realizing there is something deeper wanting to express itself through you.
- The first step in **liberation** is remembering how your deepest essence only has the power to love.

- Matt Kahn (9-12-2021 email) w/edits by Lyn