

# Living in Completion

*“Everything that has a beginning, has an ending.  
When you make peace with that all will be well.” ~Buddha*

Choosing to and taking action FOR living in a state of ‘Completion’ and full spectrum well-being is a sacred art and mastery skill.

Getting current is about resolving loose ends, completing agreements, feeling your feelings all the way through, repaying your debts and getting current on your loans, and often facing into and sharing unshared feelings/facts/requests and desires.

Getting current is about all these things AND it’s about investing and taking action in support of creating an unshakable structure through which your Clarity, Freedom, Capacity for Presence, and Joy can easefully flow.

## **What does incomplete mean?**

If you recycle thoughts about a person/experience or have recurring body sensations related to the experience, you are incomplete with that person or experience.

## **Examples:**

- 🔴 I’ll fix that broken window as soon as \_\_\_\_\_.
- 🔴 An agreement that you broke for which you didn’t take responsibility, or make a new agreement/plan
- 🔴 The project you stopped short of finishing
- 🔴 A debt that you never repaid
- 🔴 A conversation that you are ruminating about, without addressing the person(s) themselves

Being incomplete = Unresolved/STUCK

All unresolved issues/conversations/experiences drain energy and resources and make moving forward a whole lot more difficult.

Getting current reclaims your energy and resources so you can invest it in ways you choose.

It all starts with commitment:

**I commit to living and thriving  
in a state of vital completion**

While it may initially look like a BIG JOB to clean up loose ends, resolve recycling conversations and finish up left over feelings/projects, the results are WORTH IT!

Daily consistent choices for being current can be simple, and baby steps deliver big on your aliveness.

Here are a few ideas:

- Making your bed
- Putting clothes away after washing
- Pausing long enough to complete an out-breath
- Making a plan to repay a debt (and following through)
- Identifying just the NEXT step in a project and doing it
- Delegating what you hate to do
- Declaring complete projects that no longer light you up
- Deleting your trash and spam emails
- Devoting 10 minutes per day to clean out your closet/shelves of anything that no longer excites you

**Now it's your turn....**

- ✓ Take a big breath
- ✓ Step into your commitment to thrive in a state of currency
- ✓ Begin identifying where you are incomplete
- ✓ Identify one action step for each incompleteness that brings you closer to 'getting current'
- ✓ DO IT
- ✓ Celebrate yourself!!!

Rinse and Repeat!

OPEN TO AND ENJOY THE VITAL ALIVENESS  
THAT IS THE REWARD OF LIVING IN COMPLETION

