



The **12**

# SECRET KEYS to a Fulfilled Life

Trevor Gollagher

The 12 Secret Keys to a Fulfilled Life

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## Thank you for choosing to pick up this book

I hope you gain clarity and wisdom from its pages.

*12 Secret Keys to a Fulfilled Life* is written as twelve keys of information. At the end of each key there is a Key Practice to help you in a practical way to absorb and assimilate its contents.

Throughout the book I have highlighted in bold important aspects and information within the keys.

I have also overlapped and intermeshed important points of knowledge between the different keys. This has been done to reinforce the essential teachings contained within the pages of this book.

You may choose to read all the keys in order and thus the book in its entirety, or to randomly pick a key to read and work with for that particular day, week or month.

Whichever way you decide to read and use this book, I sincerely hope you receive positive change in your life as a result, as this was my aim and intention in writing it.

I have a sincere wish to help as many people I can to attain a better life. If you feel you have gained benefit from reading *12 Secret Keys to a Fulfilled Life* please pass it on to your friends and family, so they can enjoy its contents, too.

May your life be filled with Love and Happiness.

*Trevor Gollagher*

## **Key One – Commitment**

How serious are you about having a loving and happy life?

Many people say they are, but very few are deeply committed to this outcome. On one level we all want it, but on another level we want it only if there is no hurt or pain caused by bringing up old emotional imprinting and negative issues.

Making a commitment to enjoy a happy life requires that you let go of most of what you know to be true in your current beliefs and conditioning. This is a very scary thing to do. All sense of security can be washed away, and quite often one can feel very vulnerable, exposed, confronted or even isolated as a result of taking this step.

It is not all doom and gloom, however, as I am here to tell you that the greatest joy one can experience is waiting for you right now. On the other side of the deluded perceptions, resistance, insecurity, the unknown and fear is a treasure chest of all the joyful and loving jewels you seek.

**All that you seek as a human actually resides within.**

Located in your heart space resides a divine doorway that leads to all the joy and happiness that most people are struggling to find and attain. The key to divine consciousness is waiting for you right now in your heart. It is this consciousness that brings to you all of your dreams.

Pure unpolluted truth, which is all knowing and loving, desires and is willing to bring your life into a loving and positive state that only dreams are made of.

Sustained happiness — which is what all humans' desire — is not something that is found outside of you. All positive experiences happen because of your alignment to the divine energy that is held within you. It cannot be found anywhere else.

So the commitment required to allow the beauty of divine happiness and love to unfold is the commitment **YOU** make to **YOURSELF**.

It is the commitment to make the decision to step through the consciousness doorway in your heart.

It means you will not listen to your ego and mind driving you to stay right where you are — in your delusionary past conditioning and beliefs. Nor listen to the ego/mind telling you that you don't deserve happiness, or you are not valuable or good enough to succeed.

It is the commitment that **YOU** accept what drives and motivates you to seek the divine within; trusting your soul's consciousness always has your best interests at heart.

It's your trusting that its connection to the almighty power of God/Consciousness has a divine plan for you, and you will never be able to stray from its unfoldment.

It's the commitment to allowing yourself to feel safe in trusting Divine Plan.

Sometimes you may think your life is all over the place and you are not where you think you should be. However, this is only your distorted view of truth appearing as real and giving you a sense of disharmony, struggle or stagnation.

Your commitment is that you *keep alert* to not falling into old patterns of non-truth and negativity. Put concerted effort into always aligning yourself to positive spiritual truth and don't support non-truth within yourself or others.

**Are you prepared to put that much effort into changing your life?**

**Are you prepared to embrace your truth, warts and all?**

**Are you prepared to make a difference in your life regardless of what it might take?**

**Do you feel you deserve or are valuable enough to have a happy life?**

**Are you prepared to let go of all that prevents you from seeing truth?**

These are all very valid questions to consider if you are really serious about changing your life. Your commitment is very black and white: you are either committed to happiness or you are not. There are no half measures or room to be blasé.

Making a commitment to grow towards more happiness requires that you let go of the myths you hold within your beliefs and perceptions; myths you currently think to be true.

It requires that you always express how you feel in all situations; that you remain vigilant and aware in every moment, so you never ever repress your thoughts, feelings and emotions.

It means you must be fully open and allow your life to unfold without any interference. Just let yourself 'be' in your divineness.

A commitment means you choose to perceive and know all experience as positive in the bigger scheme of things. You always look for ways to support your life with loving thoughts and actions and your interactions with others.

This is the commitment that is required if you wish to truly enjoy a good life.

This is the commitment and effort required to truly love yourself.

You are driving the bus of your life. Only you hold the controls to brake, accelerate, to turn left or right.

Which way do you wish to steer your life?

The choice is, and has always been, yours to make regardless if you feel otherwise.

The time has never been better than right now for you to make the changes necessary to bring you into a life full of joy, ease and abundance. It only requires that you make a decision to do so and to commit action to it.

## **Key Practice**

Find yourself a quiet place and sit and consider the following:

- Am I worthy of having a good life? Answer: Yes
- I am a divine fragment of God/Consciousness.
- My soul made a decision before I was born to consciously lower its vibration and awareness, to limit itself so it could experience this limitation and all that it brings. It did this to make all things in existence even more complete by having direct experience. With experience comes more wisdom.

*This process is how creation grows and advances. This was something very special your soul has done, and it should be honoured. One of the ways of doing this is to live a life in alignment to spiritual truth and spiritual ways, to do your best to not hinder your natural unfoldment.*

- I value and love myself, acknowledging the divine pure being who I am.

*Make a decision to do whatever it takes to value and love yourself right now.*

*Decide to be alert to what you are creating in any given moment, and if it is negative, do your best to positively change.*

Sit now and deeply consider these things.





## Key Two – The Purpose of Human Incarnation

### Why are we here?

This would have to be the age-old question everyone would like answered.

When one understands the true reason why we are here one's whole outlook on life is changed. Life is seen through new eyes, without distortion or cloudiness.

Contrary to popular belief, we are not here to get married, have children, work and save to buy a house and to live happily ever after. Some will do this, some won't; however, there is a bigger and more profound reason for existing as a human. There is a divine reason for our existence on this amazing place we call Earth.

To start with, we need to look at the big picture from the perspective of universal truth. Science and the universe both tell us that all things in existence are made up of energy. To take this one step further, all of this energy is actually a part of the one field or greater whole.

Call this energy what you like: *Prana*, *Life force*, *Universal Consciousness* or even *God*. The truth remains that there is a divine force and consciousness that permeates everything in existence.

When we pull back the veil that has been holding us in an illusion created by our negatively conditioned minds we can see there is no such thing as separation — all things are, and have always been, connected and are as one. The experience of the illusion of separation appears real because we live in a vibrational realm that has duality.

We are all just little segments of the whole interacting in our own little unique ways — this is a Universal Truth. Through this interaction with

each other — in fact, with *everything* that exists — we colour in and create all together an amazing vibrational picture of existence. So, in effect, what you do in any given moment impacts on the whole.

Our true purpose within this whole is to actively play a part in fulfilling the consciousness of the universe and beyond by attracting to ourselves unique experiences. Depending on how we react or respond to these experiences, we can alter the nature of the vibrational whole. As we change, so does everything else. Through the changes we make, we paint another stroke of colour onto the big picture.

### **Isn't it amazing to realise this?**

To take this one step further, this is how God/Consciousness (or whatever label you wish to give the divine whole) is able to have direct experience and continually evolve. For simplicity's sake, I will just call this energy *God*. (If you do not believe in such concepts just substitute *God* with another label.)

We are in a sense a little piece of God (a God-fragment) having experiences available in this reality to fulfil the greater aspect of God's intention to create. This really is our sole purpose and the reason for our soul to exist in this reality. If we happen to get married, have children and have a happy life, well, that is a bonus.

Knowing that you are a piece of God changes everything. You no longer see yourself as separate or exclusive from everything else. This goes a long way to changing how you perceive and interact with people. Everyone is actually a part of you.

So, if you value God or anything or anyone at all in your life you have to also value yourself, as there is no difference between you and them. Part of your commitment to a fulfilled life is that you value and love 'all of you', 'you' being everything in existence.

## Have you ever heard of the old saying “as above, so below”?

God is above, yet God is below in every piece of creation. There is actually no difference between God above (that amazing beautiful energy or creature) and the God-fragments below (you and all life), except for their current vibrational state.

The innate nature of the lower existing fragments of God is exactly the same as God above. As each fragment of God broke away from the bigger piece and descended down into the different realms of reality, their level of frequency became more solid and dense.

As each fragment dropped in vibration, it experienced a decreased awareness of itself and of the higher realms of vibration. Each God-fragment became unaware of who it actually was.

The denser the energy, the less the smaller God-fragments (us!) see. This decreases each fragment’s ability to access the understanding and abilities of the bigger God and its intention to create. Life was created this way to allow us to experience negatives, as the bigger piece of God desires an experience of all types of energy, and it does this through its God-fragments! In the process, all is enriched.

A good thing to remember in your dealings with other people is to remember you are interacting with another piece of yourself — God/Consciousness. Being hurtful, critical or negative in any way toward others really affects the quality of your life. Remember, you are energetically a part of all life; there is no separate self — that is an illusion.

In a broader, more spiritual sense, you are the people you meet.

A good question to keep in mind is: “How much do I love and value *myself*?” In other words, in my interactions with others, how much I love and value them is directly related to how much I love and value myself.

## Key Practice

### Pondering exercise

*Pondering* is a wonderful technique to become more aware of that which someone is pondering on. It makes the particular thing more present or real within a person's conscious reality.

Pondering, sometimes called *daydreaming*, is an easy process of putting one's attention and focus onto what one wishes to ponder. Don't grasp, judge or control the pondered subject. Just gently, without effort, give attention to the subject and allow your mind to be free. Every now and then, if your mind floats too far away from the original subject of your ponderings, gently come back.

### **Ponder the statements below, one at a time.**

- My purpose is to gather energetic experience to make the bigger part of me (God/Higher Consciousness) more enriched and fulfilled.
- God's intention to create manifests throughout all life. All experiences I attract to myself, and how I respond or react to them, serve this purpose.
- All experiences, people, places and things have the same value in the bigger scheme of things; there is no need for judgement.
- It does not matter what anyone does. They are just another part of my/the whole's gathering experiences; this is exactly what I am doing.
- I am energetically linked to all life, so what I do to others I am in fact doing to myself. Separation is an illusion of duality.
- Everything is equal and a part of me.

Sit now and deeply ponder...



## Key Three – All Creation is the Same

All of God's creation has the same value and purpose.

Where equality exists, judgement has no place.

All of creation is doing the same thing — having direct experience of energy. All animals, plants and insects, even the planet itself, are gatherers of energy experience for the whole.

There is a belief among many people that we are here to present lessons to ourselves. In the bigger picture this is not true. When you truly realise why you are here you will understand there are **no lessons, only experience gathering**. This is important to remember; you are just a gatherer of experiences. That's it.

However, by evolving in our human consciousness through spiritual practice and gaining understanding and knowledge through our day-to-day experiences, we raise our frequency. And in so doing, we are opening up another level of potential experiences available on Earth.

As we rise in frequency through greater understanding and clarity, we make choices that allow our life experiences to become more happy and joyful. This can appear as learning, and in the narrow sense of the word it could be called that. However, in the big picture it is just a transition from one experience into another.

This is the process of experience gathering, which enriches all life. By moving us through experiences created via the Law of Attraction, we are able to access all of the broad-spectrum energy and information available in this vibrational reality we call Earth.

No judgement of better/worse, good/bad is placed on individual experience, as all experience is serving the same positive purpose — to

allow God to create. Life as a human, like all life, is in a constant state of change from one experience to another; this is creation in action.

We are only here to be gatherers of these energetic experiences, to play our part in creation.

### **A key point to remember**

Even though we are living in a reality with a multitude of energies, some positive and others perceived as negative, we can move through all experiences with love and joy. It was not God's intention for anyone (a piece of itself) to suffer. It is, and has always been, our mind and its conditioning that makes experience gathering a burden. When negative experience is seen as just more experience to gather for the whole it no longer burdens.

By becoming detached, trusting Divine Plan and seeing all experience as having the purpose of *experience gathering*, we can have a happy and contented life.

Another thing to think about here is that every person alive is doing the same thing. Sure, we are all doing different things in life and are attracting different experiences, but in the big picture it all serves the same purpose.

### **Equality exists in all life and experiences.**

Recognising and taking on this understanding to be true — that all of our experience gathering is serving the same higher purpose — goes a long way towards removing the burden of judgment from your life.

You should be truly grateful for what every other person does in their lives, whether you perceive it as positive or negative, as this is making you, as a fragment of the whole, more complete as well. Understanding this will help you to see all interaction with other people in a totally different light. Each and every one of us is helping each other.

## Isn't this absolutely amazing?!

When you truly see what purpose you are playing in the divine plan you will totally change the way you perceive your life. By knowing that all experiences, and the gathering of them, are of equal value in the big picture, you will come to see everything that occurs and every person you meet just as important as the other. Equality cannot help but exist in all things as a result. There is not one experience in creation more important than the next.

A lot of people have a lack of value in themselves due to past experiences and conditionings. Some people feel others are better or less than they are. These judgements are there only because of personal beliefs, emotional scarring or society's perceptions of how things 'should be'.

You have incarnated into this realm with the intention of gathering experience. You have been allocated the task of gathering a certain amount and type of experiences. This was actually done by a higher aspect of your soul that exists in the spirit world.

It is a little like going shopping. You write a list of what you need at the shops and as you pick them off the shelf you tick them off your list. Once you have all the items on your list you go home. Sometimes you are not able to pick everything up on your list for some reason, so the missing items go on your next list for the next time you go shopping.

Just like you, your soul has a shopping list of experiences to collect. If all are not gathered before you go home (back into the spirit world) in this incarnation you will add them to your next incarnation.

This is the same for everyone. Almost every earth-incarnating soul is doing the exact same thing. You are gathering your lot (filling your soul's shopping list), everyone else is gathering his or her lot (filling their soul's shopping list), and that's it — there is no wrong experience, only shopping.



The exceptions to the rule are Master Starseed Souls who have put their soul development (spiritual shopping) on hold to help the masses move through their shopping experience, eventually assisting them to ascend into higher consciousness.

**A key point to remember: you cannot get your life wrong.**

You cannot put anything into your incarnation shopping trolley that is not right for you. Why? Because you have a shopping list with everything on it that you have come for — it is not random. Also, your incarnation/s and all other souls' incarnations are unfolding within a bigger, divine plan.

As a result, you (in fact no-one) can ever get life wrong as Divine Plan is always unfolding in a perfect way with perfect timing. There are no mistakes in Divine Plan simply because God, who created it, cannot make mistakes; it is not in God's makeup.

A lot of people wonder what it is that they should be doing with their lives. Most of us are on this continual search for ways to improve our lot and to make things better.

**Whichever perception we choose to have in our lives is really irrelevant in the bigger scheme of things, as all is perfect.**

You can never have a wrong experience — it can only be perceived that way, and the result of this negative perception is burden. All experience brings to you what you have come here for, so you can never make a wrong decision. Isn't it great to realise everything you encounter is perfect and in accordance with Divine Plan?

It's only the mind's negative programming that perceives it as otherwise. In any moment, you can choose to see the truth of this and experience joyfulness, or choose to not recognise your divine journey and feel burdened by your life that you perceive to be going the wrong way.

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