



# Pause With Purpose

...to refresh

...to grow

Published monthly by  
Free to Be  
Life Coaching  
and  
John Rottschaefer PhD  
Relationship and Life  
Coach  
Volume 5 - April 2006

## Finding Satisfaction

The Rolling Stones sang about it. "I can't get no ... satisfaction," they declared. Ever feel that way? Others proclaim, "Your satisfaction is guaranteed" (at least for ninety days.) Such a deal! So what is this thing called satisfaction, this thing everyone seems to want, some never find, and others promise to give? And how do you find it?

The dictionary describes satisfaction as 'contentment', 'ease of mind', and 'having wants and wishes fully supplied'. Not just supplied ... **fully** supplied. Such a notion promotes the idea that 'if I can just get everything I want, I will finally be satisfied.' The problem is, our wants tend to expand and stay at least one step ahead of our supply train.

Consider what happens when we seek to have all our wants 'fully supplied.' Life quickly becomes an expression of selfishness, dominated by self gratification and expectations for others. We focus on fulfilling our desires for food, power, sex, success, ... anything to promote the feeling of satiation.

Certainly, the fulfillment of these desires creates pleasure, but

it is time limited. 'Satisfaction' fades, and efforts toward fulfillment must begin anew, over and over. How easily healthy desires change into dominant, controlling drives when we depend on their fulfillment to ease our mind!

Other people choose a different path. They use alcohol and drugs to temporarily drown out the voice of discontent in their soul. And it works for a while. Reality, however, waits for their return, and their discontent is as present as ever.

How, then, can we possess lasting satisfaction? Or is it just a fool's fantasy? If we reconsider the definition of satisfaction and abandon the idea of having our wants and wishes fully supplied, the path becomes a bit more clear. While physical circumstances certainly influence us, 'ease of mind' has its roots at a much deeper level - the level of heart and spirit. To uncover the foundation of real satisfaction and lasting 'ease of mind', we must dare to search our heart and soul, face our deepest needs, and seek true fulfillment instead of sweet, distracting substitutes.

Watch children for awhile and you will soon see what they (and we)

desire most ... to be loved and valued in a secure relationship. Within such relationships, we children of all ages come to realize our God-given loveableness, value, and specialness. This is powerful, spiritual food for the dis-eased soul. Pleasures, possessions, and positions, as enjoyable as they are, simply don't have the power to produce the same lasting results.

Loving human relationships - what a wonderful place to feed our souls the truth about who we are, what we are worth, and why we are here. What a wonderful place to share with someone else the truth about their specialness and significance.

Sadly, not every one is blessed with this kind of loving relationship. We can, however, connect with our Creator, whose unchanging love and value of us is always present. This is a relationship resource unparalleled on the human level and available to all. A pastor, friend, or life coach can help you discover this treasure and grow in its richness.

Go ahead! Open your heart and experience the joy of real satisfaction!



# Pause with Purpose

Volume 5 - April 2006

## CONTACT INFORMATION

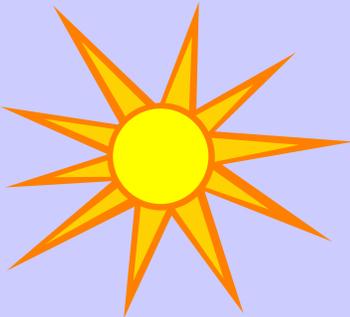
Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can help you take on the challenges of life and bring new vitality into your life relationships.

You can contact me at:

John Rottschafer, PhD  
*Free to Be* Life Coaching  
4519 Cascade Rd SE Ste 18  
Grand Rapids MI 49546

phone - (616) 949-9925

[www.freetobelife coaching.com](http://www.freetobelife coaching.com)  
[john@freetobelife coaching.com](mailto:john@freetobelife coaching.com)



If you do not wish to receive this letter, please share this request at the contacts above and your name will be removed from the mailing list.

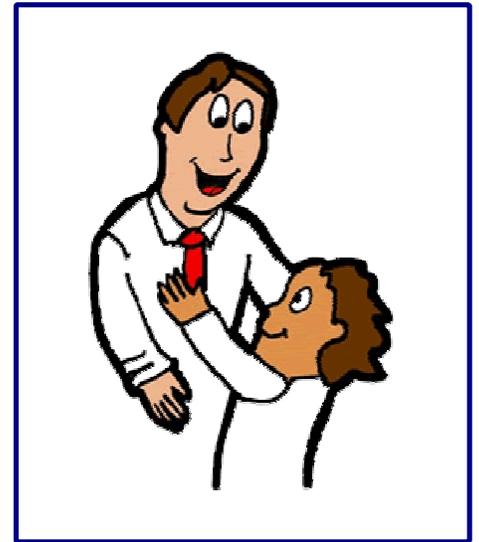
## The Power of Satisfaction

What is it about satisfaction that makes it more than just a luxury for the fortunate? First, let's remember that we are not just talking about gratifying physical desires. Real satisfaction represents a peace in our soul based on the solid conviction of our loveableness, value, significance, and purpose.

The beauty of this conviction is that it frees us to move ahead, rather than holding us captive to repeated efforts to quiet our discontented heart. Time and energy we would otherwise spend on *proving* ourselves or *avoiding* ourselves, we can instead invest in *improving* ourselves and *enriching* our world. As a result, we all gain!

That's the power of healthy relationship, both human and divine. It's the power to affirm, empower, and free us to be all we are designed to be.

Relate, receive, give, grow ... and let the ease of your mind free the power of your purpose!



'Before me,  
even as behind,  
God is,  
and all is well.'

- John Greenleaf Whittier