

Gangaji Podcast  
Being Yourself Podcast Extra  
Host Barbara Denempont  
What Blocks Your Fulfillment  
Released June 21, 2021  
[www.gangaji.org](http://www.gangaji.org)

BARBARA DENEMPONT, HOST: Hello everybody. My name is Barbara Denempont and I'm the host of Gangaji's podcasts, *Being Yourself*.

This month we have a special Podcast Extra to share with you. It's just a short piece, an inquiry that I think you might really enjoy called, 'What Blocks Your Fulfillment.' It's just a few minutes long and I just encourage you to take some time with it.

I also wanted to be sure that everybody listening knows that Gangaji is going to be offering an online public meeting on June 25 at 7 p.m. Pacific Time. It's a wonderful opportunity to meet with Gangaji live and to possibly ask your question.

You can register for that meeting online at [www.gangaji.org](http://www.gangaji.org), that's [gangaji.org](http://gangaji.org).

And for all of you living Down Under, I want to be sure that you know that the timing of this meeting is set so that you can meet with Gangaji on Saturday at noon, your time. Again, you can check out the website [gangaji.org](http://gangaji.org) to learn more and to register.

Now, let's take a few minutes to listen to a wonderful inquiry: What Blocks Your Fulfillment.

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(Excerpted from San Francisco, CA Weekend with Gangaji, January 20, 2019)

GANGAJI: Just take a moment and discover what do you think blocks your fulfillment? Cause if your fulfillment is blocked, you think you know what it is that's blocking it, and that can be millions of different things, it can be what you deserve, or what somebody did to you, or a mistake you made, or what, how you got overlooked, whatever it is. That you're bad, that you haven't done it right, that there's more work to do, whatever it is just be willing in this moment, to inquire 'What blocks my fulfillment?'

And then you see, there maybe it's a whole constellation of things, but it is rooted in some primary thought. And that thought has been reinforced throughout your upbringing, both secular and spiritual, and it never gets challenged, it just becomes the impetus to do more, or to do better, or to fix it, or to thumb your nose at it, or whatever.

So the possibility is to return, not to the thought, but to recognize and return to what fuels that thought. Because that thought can't exist as a power to, to make you miserable without some emotion fueling it. And people have come up here and shared in particular what the emotions were, worthlessness or undeservability, or "not me".

So what is it for you? This is like—very simple broad stroke of what's blocking my fulfillment, and what fuels that? And if you're willing, you, I guarantee you have the capacity, but if you're willing, you can actually open to what you have been running away from, and avoiding, and in the course of that overlooking your own fulfillment, your own awakening, your own wholeness.

Fulfillment is the same as enlightenment, it's just another word, peace. No need to go anywhere, or do anything.