

Contentment

Session 52

OPENING WORDS

"He who is not contented with what he has, would not be contented with what he would like to have."
----Socrates

"The bad can be the raw material for the good."---- Lao Tsu

CHECK IN

Current state of physical or spiritual health

Joys or concerns about loved ones

Concerns/excitement about what is happening in our lives

REVIEW PROGRESS OF THE CIRCLE

DISCUSSION

The source of all mentally created dissatisfactions appears to stem from the ability to compare and contrast experiences and find reality as one is living it to be less than ideal. The solution is to seek out ways to either make experienced reality conform to the ideal or to lower expectations to the level of the experienced. When one can live in the moment with expectations in harmony with experiences one has achieved the greatest mental contentment possible. Variants of this pursuit are found in all religions and manifest in many forms of meditation and prayerful devotions.

1. How do you define contentment? How do you seek it? How do you experience it?
2. Does what makes you content change with age, time, life circumstance, achievements?
3. How does contentment differ from complacency, satisfaction, happiness, perfection, resignation?
4. Are we hampered in achieving contentment by focusing on how things could be better?

CHECK OUT

What did you like about this meeting? What do you wish had been different?

CLOSING WORDS

"We may pass violets looking for roses. We may pass contentment looking for victory." ----unknown

Contentment Exercise One

Take a few minutes now to think about the goodness in your life.
What gives you comfort?

What is beautiful?
What do you love?

Luxuriate in the warmth of emotion that these good things offer you.
If thoughts about the inadequacy of these things come to mind, acknowledge them and accept the inadequacies as part of the whole, just as you accept both light areas and dark areas in a beautiful picture.

Allow yourself to accept the reality of conditions as they are now and find the part of those conditions that is satisfying.
Allow a sense of peace to arise from within.
Allow yourself to feel appreciation for the unique life you live and the many miracles which support you in your living.

Contentment Exercise Two

Take a few minutes now to think about the goodness in your life.
What gives you comfort?
What is beautiful?
What do you love?

Luxuriate in the warmth of emotion that these good things offer you.
If thoughts about the inadequacy of these things come to mind, acknowledge them and accept the inadequacies as part of the whole, just as you accept both light areas and dark areas in a beautiful picture.

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