



Acquiring Contentment



We acquire contentment when we accept life on life's terms.

We acquire contentment when we admit that love is not special - it is essential.

We acquire contentment when we always choose truth over lies and generosity over greed.

We acquire contentment when we create heaven on earth, minute by minute, person by person, as they were not meant to be separate continents.

We acquire contentment when we deeply know that boredom is a choice.

We acquire contentment when we face the fact that change is inevitable.

We acquire contentment when we feel enthusiastic about what could be while accepting what might not be.

We acquire contentment when we handle our remorse before it reaches shame.

We acquire contentment when we have an attitude of gratitude and tanks of thanks.

We acquire contentment when we honor our boundaries, personal space, and beliefs.

We acquire contentment when we know ourselves – as there is nothing else more important to seek.

We acquire contentment when we look for the good in everyone, especially when they do not deserve it.

We acquire contentment when we never reject limitlessness.

We acquire contentment when we rebel against our deficiencies and shortcomings.

We acquire contentment when we recognize that denial is a protective device, which can really hurt us.

We acquire contentment when we reject laziness and boredom, as they are a choice.

We acquire contentment when we release the need to be right.

We acquire contentment when we separate the difference between the needs of our heart and the needs of our ego.

We acquire contentment when we show respect to everything hourly, daily, weekly, monthly and yearly.

We acquire contentment when we stay away from darker energies and people.

We acquire contentment when we study our fears in order to interrupt them.

We acquire contentment when we transcend the world of materialism and greed.

We acquire contentment when we understand that all big things lie within the little details.

We acquire contentment when we use the mundane to accomplish the miraculous.

We acquire contentment when we work to repair this wounded world, even in the smallest of deeds.