

# CONTEMPLATING CONTENTMENT

—Morning—

## *Meditation: Peaceful Abiding*

First, take a minute to feel your present experience—gently aware of your body, your emotions, and your thoughts, whatever they are.

Next, take a minute to contemplate your motivation for meditation practice—why are you going to meditate?

Now, meditate for at least ten minutes:

- Take a relaxed and dignified posture
- Rest the mind on the breath
- Notice thoughts, gently let them go, and come back to the breath
- Rest with a sense of friendliness toward yourself

## *Contemplation*

Read:

The habitual mind always struggles to find contentment—continually grasping, keeping busy, and staying distracted. We will not find contentment through struggle. Instead of searching somewhere else, we can appreciate things as they are.

## *Now contemplate contentment:*

First, contemplate something or someone that you appreciate about your life and your world. (about a minute)

Next, contemplate your opportunity to extend mindfulness and gentleness to your body, mind and life today. (about a minute)

Now, contemplate the meaning of contentment—free from struggle.

(Contemplate the meaning of contentment for a few minutes. If a certain feeling or experience arises, you can let go of the words and images and rest in the feeling in your body and mind. Relax in the experience of contentment.)

## *Contentment in Everyday Life*

Contentment is a sense of simplicity, genuineness, and inquisitiveness. Go forward into your day with mindfulness and appreciation of the world. Realize the magic of each moment.

—Evening—

*Meditation:*

First, bring gentle awareness to whatever is arising in your body, your mind, and your life. Next, take some moments to rest the mind on the breath.

*Contemplation:*

Reflect on your day. Consider when the mind was stolen away. Contemplate when you felt gentle, present, and appreciative. Simply notice whatever arises.

Further Instruction:

Gently acknowledge any discontentment, aggression, or suffering that may arise. Extend a sense of friendliness to yourself.

Go to sleep with appreciation that you are truly on the path of gentleness, mindfulness, and contentment.

Sleep contentedly.