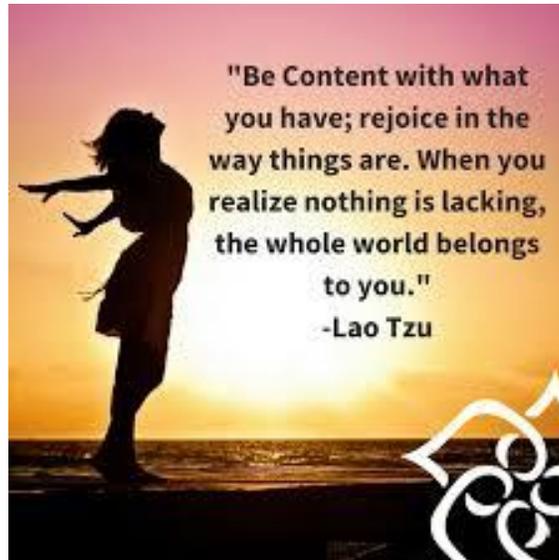


# Contentment



Someone asked the eleventh-century Sufi mystic al-Ansari:  
"Slave of God who yet are free,  
tell me how to reach a state of contentment."  
Al-Ansari replied:  
"When one has learned through love to accept."



I am always content with what happens; for I know that what God chooses is better than what I choose. (Epictetus)

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for. (Epicurus)

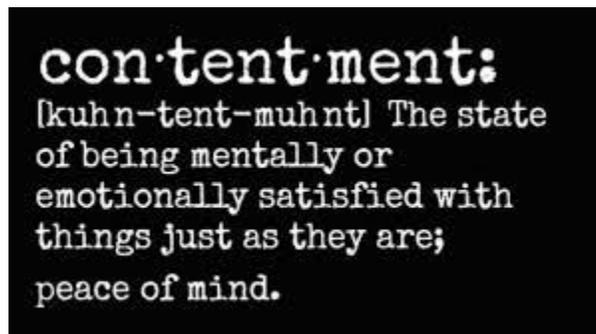
He who is not contented with what he has, would not be contented with what he would like to have. (Socrates)

If all our misfortunes were laid in one common heap, where everyone must take an equal portion, most people would be content to take their own and depart. (Socrates)

The greatest wealth is to live content with little. (Plato)

Do not indulge in dreams of having what you have not, but reckon up the chief of the blessings you do possess, and then thankfully remember how you would crave for them if they were not yours. (Marcus Aurelius)

If you have a contented mind, you have enough to enjoy life with. (Plautus)



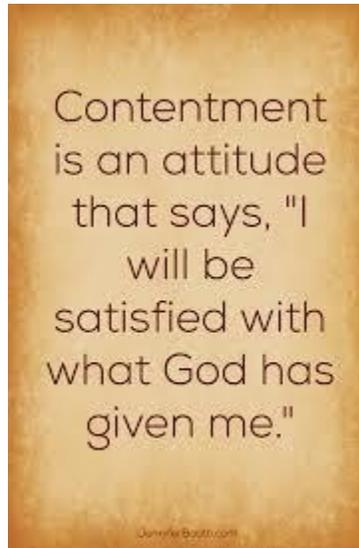
**con·tent·ment:**  
[kuhn-tent-muhnt] The state  
of being mentally or  
emotionally satisfied with  
things just as they are;  
peace of mind.

This happiness consisted of nothing else but the harmony of the few things around me with my own existence, a feeling of contentment and well-being that needed no changes and no intensification. (Herman Hesse)

Contentment can never make you idle. It is a Sattvic (pure) virtue that propels man towards God. It gives strength of mind and peace. It checks unnecessary and selfish exertions. (Swami Sivananda)



When you are discontent, you always want more, more, more.  
Your desire can never be satisfied.  
But when you practice contentment, you can say to yourself,  
“Oh yes – I already have everything that I really need.”  
(Dalai Lama)



Man falls from the pursuit of the ideal of plain living and high thinking the moment he wants to multiply his daily wants. Man's happiness really lies in contentment. (Mahatma Gandhi)

Contentment has the ability to squeeze out of every situation all the good there is to get. (Shantidasa)

Contentment is the Philosopher's Stone that turns all it touches to gold. (Benjamin Franklin)

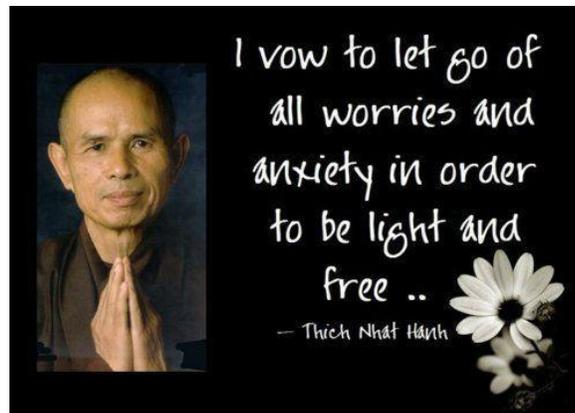
Patience has three stages: First, the servant ceases to complain; this is the stage of repentance. Second, the Sufi becomes satisfied with what is decreed; this is the rank of the ascetic. Third, the servant comes to love whatever the Lord does with him; this is the stage of the true friends of God. (Abu Talib al-Makki)

My secret of contentment is I don't mind what happens.



By a man without passions I mean one who does not permit good or evil to disturb his inward economy, but rather falls in with what happens and does not add to the sum of his mortality. (Chuang Tzu)

The "awakened" person is recognized by particular signs. First of all is liberty; he does not allow himself to be tossed about by the vicissitudes of life, by fear, joy, anxiety, success, or failure. Then there is the spiritual force that reveals itself in calmness, an ineffable smile, and deep serenity. (Thich Nhat Hanh)



The superior man lives quietly and calmly, waiting for the Will of Heaven, while the average man does what is full of risk, looking out for turns of luck. (Confucius)

Stay at the center and let all things take their course. (Lao-tzu)

Praise and blame, gain and loss, pleasure and sorrow come and go like the wind. To be happy, rest like a great tree in the midst of them all. (Buddha)

Blessed is he who expects nothing, for he shall never be disappointed. (Alexander Pope)

What is contentment? To renounce all craving for what is not obtained unsought and to be satisfied with what comes unsought, without being elated or depressed ever by them – this is contentment. (Yoga Vasistha)



## Sant Kirpal Singh Ji Maharaj on Contentment

Contentment means satisfaction, agreement, being contented with what one has and being satisfied with it. If one does not gain his object in spite of effort, or succeeds to a very small extent only, and yet remains calm and collected and does not feel troubled in his mind, he is said to have contentment. When one is surrounded by troubles on all sides, is not honored by anyone, is talked ill of by everyone and is faced with defeat on all sides, but does not feel aggrieved by the thought that others are happy, then it is a sign of contentment. (Philosophy of the Masters, Dharma)

Hari Ras (Naam) is sweeter than the sweetest thing in the world; and those who taste of it fully but once, altogether lose an appetite for all else and thereafter become dead to the world and live a life of perfect contentment: ([ruhanisatsangusa.org/naam/Hari-Ras.htm](http://ruhanisatsangusa.org/naam/Hari-Ras.htm))

We must ask for God from God, for all else means inviting headache. The greatest gift from Him is that of *Naam* or the Power of Godhead, which when granted brings with it contentment and satisfaction. ([ruhanisatsangusa.org/pray/pray\\_23.htm](http://ruhanisatsangusa.org/pray/pray_23.htm))

It is the essence of right understanding to be contented with whatever comes as it is invariably flavored with divine mercy and is for our spiritual benefit. Spiritual aspirants revel in this superb understanding. Your brave and courageous attitude in meeting the situation surely will bless you with inner harmony and peace. (Spiritual Elixir, 263)

So the Master tells us that all we need to care about is our spiritual perfection, and to take the routine rounds of the fated Karmas as exactly what we need for soul emancipation. In this way we will cultivate a state of perpetual contentment which will be helpful in holy meditations. (Sat Sandesh, 12/73)

So in whatever circumstances we find ourselves we should remain contented. If He sends us misery, we should accept it with pleasure and if He keeps us happy we should take it as His children. (<https://www.ruhanisatsangusa.org/trials.htm>)

It is not the inner experience which determine the spiritual progress, but the basic personal attitude of serene living of the child disciple, which proves his or her worth.

(*The Teachings of Kirpal Singh*, v. 2, 95)

One who permits himself or herself to be disturbed by what others say and do is without question one who is still controlled by the ego and has yet to conquer the self, and learn the rudiments of spirituality. (*Spiritual Elixir*, 104)

If one cannot rise above, be in full control of, and handle with ease the circumstances of his outer environment, he will never be able to succeed in the way of spirituality.

[ruhanisatsangusa.org/receptive](http://ruhanisatsangusa.org/receptive)

The purpose of all religions is to realize God and to spend this life's journey in peace, contentment, and usefulness to each other. ([ruhanisatsangusa.org/pdf/ss72/ss197204.pdf](http://ruhanisatsangusa.org/pdf/ss72/ss197204.pdf))



## Have You Met the Master?

Sant Kirpal Singh Ji

There are three criteria which show that you have met the Master; I will tell you. First, one is put on the Way, but that is not the only thing. There are three criteria to judge whether you are following the Master.

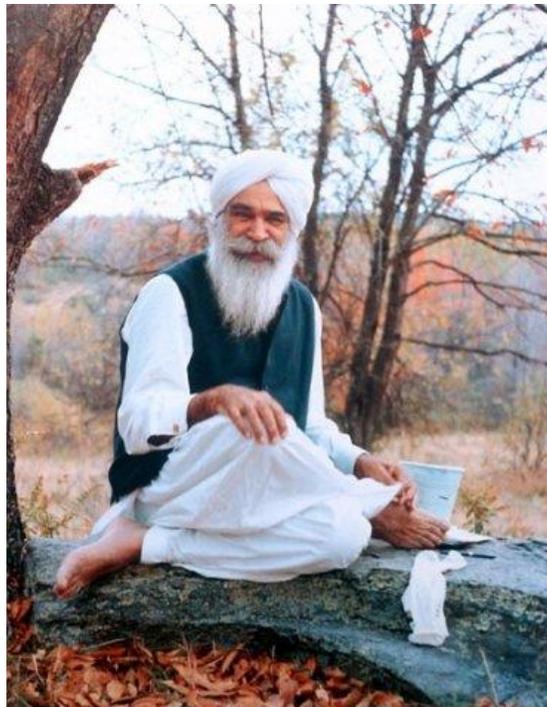
If you daily put in time for meditation and rise above body consciousness, above the level of all your faculties, to enjoy the higher bliss of the God-into-Expression Power or Light and Sound, to the extent that the outer bliss has less and less fascination, you will lose your outer attachment. What is that? That means, if someone dies, perhaps your friend, you do not feel it; or if someone is born you are not unduly overjoyed. These are all results of give and take, reactions of the past, and when you are not affected by them it shows a way of living; it shows that you have met the Master...

Now there is a second criterion. Things happen in life; sometimes one is rich, sometimes poor, sometimes one is bankrupt and one pays, sometimes one has a golden or silver spoon in the mouth. They are all enjoyments and should make no difference because you are not attached to them. This indicates the second criterion. If you are sick, you are not worried or upset. Outer things do not pinch you, for you are air conditioned. They air condition rooms, do they not, to help you to get away from the heat? So nothing affects you.

The third criterion is this: if for instance a bomb fell and there was danger of your losing your life, you would say, "all right, let's go" without any worry or attachment - quite jolly about it.

Now see where you stand; for these are the criteria which show that you have met a Master. If you leave everything to the Master, he takes care of all your affairs.

*(Sat Sandesh, May 1974, Your Life Should Show Criteria)*



Sant Kirpal Singh Ji Maharaj

# Contentment: The Road to Peace of Mind

Earl Nightingale

Experts in human psychology say you cannot change your whole personality. It represents a complex of too many long-established conditioned reflexes and behavior patterns...all those things that distinguish you as an individual.

But regardless of the personality you have (and it's probably better than you think), you can be content with yourself and your world. The way to achieve this peace of mind is to develop yourself as fully as possible. Each of us has a ceiling of performance. This ceiling is high in the areas in which you excel and low in the areas in which you have little or no aptitude. And your peace of mind or dissatisfaction is directly related to how far you develop your own abilities and aptitudes. If you knew how to use yourself fully – completely – you would know complete contentment. If you find yourself discontented, you should realize that it reflects your unfulfilled potential.

It might be a good idea to ask yourself just how much of your potential you think you are using. Would you say that you are operating at fifty percent of your total potential? Thirty percent ...seventy-five percent...ten percent? Estimate the figure. A man who spends Saturday at home working on a new patio, or in the garden, is usually a much happier, more cheerful and contented man on Saturday night than the man who spends the day on the sofa. The person whose job makes him work close to his potential is a much happier person, as a rule, than the person doing a job that could be handled by a child, or a trained monkey. The tougher the job, the happier the person: this is only natural. Contentment comes to us when we become conscious of our powers and our abilities. The wife working on a new recipe that calls on all of her skills as a cook is too busy to be discontented or worried about herself and her ailments, real or imaginary.

It is important that each of us has a mental picture of the person he wants to become and that he tries day-by-day to come a little closer to fitting that picture. This gets rid of boredom and ennui, just as it gets rid of feelings of inferiority caused by working too far below our potential. And when you are dissatisfied, it is a good idea not to blame the work you do, but rather, the way you do it. Almost any job can offer a challenge if we attempt to do it superbly.

So if you find yourself discontented, examine the way in which you spend your days. The problem can usually be found there.





May your soul be happy;  
Journey Joyfully.  
(Rumi)

[Kirpalct@yahoo.com](mailto:Kirpalct@yahoo.com)

HOME: <http://kirpalsingh.org/Index.html>