

10 Commandments To Create Contentment



It's easy to say that we should all be content where we are but there are times and situations when it is difficult to feel content. Being content is a moment to moment decision, some moments being more difficult than others.

So how does one learn to be content in their present life situation? There are conditions that are ripe for creating contentment in each person's life.

We can use these common conditions to practice being content and over time, that feeling of being content will spill out into the rest of life.

1. It is important to connect with nature through all of the six senses. No matter where you live, there will be moments when you find yourself in a natural setting. Whether it is a park, the forest, near a pond, or the far corner of someone's backyard; anywhere that there is a connection to nature, no matter how small, connect with the earth that nourishes you through your six senses.

Take a deep breath and allow the aromas to be truly experienced – even the unpleasant smells will offer you something precious. Stick your tongue out and taste the air. Look around carefully; take the time to notice the detail, the forms, colors and contrasts. Listen to the voice of nature; the birds and insects, the wind and the waves; all of these make

up the voice of nature. Feel the air on your skin, the wind in your hair and any other physical sensation you can find in the experience.

Finally, connect to the inner feeling that nature creates within you. Let the feeling overwhelm you for a moment. If it brings tears of joy, let them spill out and express themselves. If the feeling makes you want to dance – do that. Allow your connection to remind you on heart a level that you are part of nature and nature is part of you.

- 2. “Slow down you move to fast,
You got to make the morning last.
Just kickin’ down the cobblestones,
Lookin’ for fun and feelin’ groovy”
~ Simon And Garfunkel**



The culture that we live in asks us to move at an insane pace most days and it's not always possible to slow down and still get done what we need to do. It's important to make the time to slow down a couple of times a week at least. Engage your six senses and remember that you are an expression of life and you deserve to enjoy the journey through your life.

- 3.** Find a way to make 10 minutes for yourself to take a break from the day, during the day. Relax your muscles, especially in your face. It's amazing just how tight our bodies get during a day of ordinary living. Taking a little time to relax in the middle of the day will help to prevent soreness late in the day and keep the energy flowing properly so you can feel more contentment in the things you need to get done.

4. Eat slower, enjoy your food more, be present to your food and feel the difference in each bite. Eating is one of the most sensual experiences a human can have and enjoying the experience more will give you the opportunity to be more content with the food you eat.

There is a big difference between eating your food and experiencing your food.

Sitting in front of the television while you eat is probably not a good idea as you miss most of the experience of your food. Instead, create an atmosphere that will allow you to engage in this sensuous exercise more fully; light a candle, play soft music, eat with those you love or eat outside. Enjoy!



5. After you have eaten take a few minutes to sit and feel the food you've just eaten. In silence, just sit still and feel what it does to your body. We've all heard that 'we are what we eat,' and yet, how often do you actually stop and listen for the experience of becoming what you just ate?

This is also the perfect time to express gratitude and appreciation for the rich experience the meal just gave you.

Gratitude creates wonderful brain chemicals that allow the body to more easily assimilate the goodness in the food eaten. It is impossible to feel discontent and gratitude at the same time.

6. Speak gently. The voice is a powerful tool for changing the atmosphere and energy in a room and in a relationship. A

gentle voice will inject peaceful energy that is easier to find and grow contentment in.

7. It is important to show compassion. Compassion is a healing balm that soothes the human heart, for both the one giving and the one receiving the compassion. In the same line of thinking, it is not important to show irritation. Expressing irritation will create more irritation, both in the one expressing it and in the one receiving it.

8. Say something positive to someone around you everyday and smile at everyone you meet.

Every time we are saying something positive to someone else or smile at them, we are offering a little healing touch. This little practice will have you watching your relationship with those around you – and your self – blossom and grows to new heights of intimacy.



9. Look for something positive in everyone you meet. Don't say it unless you really want to, but take notice of what is wonderful about every person that you come in contact with. Over time, this will produce a greater and greater sense of being content with the other people in the world. It is, after all, only what we choose to notice about a person that determines how we feel about them.

10. Don't begin your sentences with, "I have to..." Together we have built a culture full of the feeling of obligation and responsibility which is a stress-filled feeling to live in all of the time and it is difficult to feel content with all of that stress.

The reality is that we have volunteered to be obligated and responsible for most of what we do in a day. Begin your sentences with, 'I choose to...' or, 'I want to...' and watch as the feeling having no choice in the matter quickly melts away leaving you content to do what you choose to do.

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How we feel about the life we lead is a moment to moment choice to be happy or not; to be content or not.

There are many cultural demands that blind us to the fact that it really is mostly our own choice in how we see and experience our existence here on the planet.

Marketing companies work very hard to blind us and make us feel discontent so that we will feel the need to buy their products in an effort to become content. Even those close to us who want to maintain a measure of control over us will promote the idea and discomfort of not having a choice.



It's not always easy to find contentment outside of ourselves but it IS always possible to find contentment inside of ourselves, if we simply begin to look for it in every day things.

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