

# 2013-07-24 Practice Notes Contentment

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## SUMMARY KEYWORDS

discontent, content, contentment, imc, practice, meditation practice, quiet peaceful, naively, settled, soundboard, fuel, richer, present, distracted, short, wednesday morning, evoke, life, good, supports

## SPEAKERS

Gil Fronsdaal

Welcome to IMC, for those of you who are new, Nana who's there at the soundboard is the manager for today and if you have any questions about them.

So in terms of practice, meditation practice, mindfulness practice, one of the supports for that, that is good to evoke, the best you can is contentment. Contentment to the discontent can be seen as often one of the root fuels for the agitated mind or the busy mind or the distracting distractible mind. And in that discontent in somewhere others the fuel if that fuel can be replaced with contentment it's a lot easier to be present to be here. And it could be quite simple for some of you, just to remind yourself to be content, whatever that means. And then if it's not that simple, then perhaps a short reflection about being about being content. Maybe there's a lot of things in your life that are worth being discontented about. But it's not maybe not worth being discontented about it all the time. Maybe it's okay to put some of those discontent aside, and, and spend some time every day being content with what you have and what is. So you come to IMC here on this Wednesday morning, and to meditate and I would propose that this is a relatively good time to be content about a lot of things you can be right now there's no need to do you can be content to be in a quiet peaceful place with well meaning people who are also interested in the practice friendly people, be content that you have enough material goods, enough resources enough, something enough things in your life to show up here. That's pretty good. A lot of people don't. So are there simple reflections to kind of look around and say, This is pretty content, I mean, temperatures relatively good and no one's bugging me too much. Just, you know, just here. And so whatever it takes to kind of evoke some sense of being content with this moment with this time if he had been content here, not to be complacent, not to kind of then just kind of have kind of just be lazy or just kind of being naively accepting of what is. But being content enough so that you're willing to show up and be present with what's here, so that you're not being distracted by your discontent. So Enough, enough contentment to be an antidote for a short time for your discontent. And then letting that serve you and help you settle into this moment, this practice this time right here now, so the practice can go fuller and richer for you. And maybe by the end of the morning, you find yourself more settled, more calm, more contented, more open more clear than you were when you began. So may you all be content today. Thank you.