

OBSERVANCE TWO:

Contentment (Santosa)



Notes

Live the Eternal Way (program textbook)

Read pages 142-147

1. Smile.

The Buddhist monk, Thich Nhat Hanh, suggested the practice of smiling. Smile gently, even in the face of sorrow. This, he said, is a practice of declaring that we are greater than our sorrows. Practice smiling the smile of the Buddha, and dwelling in the realization of your true Self.

2. Acknowledge goodness.

Look for what is good in yourself, in your life, and in others. Acknowledge this goodness verbally.

3. Recognize your own “too soon to tell” story.

Write about a time in your life when things turned out much differently than you expected. How might contentment practice have helped you?