



How to recognise contentment

Not many people have learned to recognise contentment, they think it is just being happy, or they think that they will never reach that mindset or feeling of contentment. People tend to look at what they have not got instead, or hold on to grudges and resentment, too busy moaning and complaining to even contemplate contentment. They have been trained to hate things and to focus on that so are discontented with life.

The difference between happiness and contentment

Happiness is a fleeting, intense emotional response to external events, while contentment is a stable, long-lasting state of inner peace and satisfaction.

Key Differences

Duration:

Happiness comes and goes quickly based on specific moments or achievements.

Contentment lasts for months, years, or serves as a steady baseline for life.

Origin:

Happiness often relies on external factors like getting a prize, good weather, or praise from others.

Contentment comes from within and relies on self-acceptance and the feeling that your

life is enough.

Desire:

Happiness is tied to chasing the next good thing or a temporary emotional high.

Contentment is the freedom from constantly wanting more and accepting the present moment, even during hard times.

Recognising Contentment in You

A person recognises contentment through a quiet physical and mental settling, feeling that the present moment is enough without needing to chase something more.

Physical Signs

Relaxed body:

Shoulders drop, the jaw unclenches, and breathing slows down.

Calm nervous system:

The heart rate is steady, and there is an absence of physical urgency or rush.

Stillness:

An ease in sitting or standing without needing to fidget or pace.

Mental and Emotional Signs

Absence of craving:

The stopping of the internal itch for a different or better situation right now.

Quiet mind:

Less frantic planning, worrying, or scanning the environment for threats.

Acceptance:

A warm appreciation for ordinary, simple surroundings rather than comparing them to an ideal standard.

Wholeness:

A feeling of coming home to oneself after a long journey. A feeling of being complete in yourself. The feeling of liking who you are and the person you are and liking your life and living your life.

Arriving before realising

It takes a certain type of person with a certain type of psychology to be able to see themselves from more of an external perspective. To see themselves reacting to various things and know that their reactions are a choice. To then see that they are bored of reacting and choosing to complain each time that way. To then decide to not complain but the opposite and be appreciative of the life lesson. Being able to stop and look at

oneself and assess whether behaving in the negative victim consumer mindset is working out for you. I don't know about others, but I got bored of reacting in a pre-programmed way, it just brought me more negative stuff. I realised that I like being alive and living, so I have an opportunity to respond differently too. As soon as I did, the universe brought me a kinder earth and nicer people and more appreciation that just kept on growing and flowing. I realised that the way in which I chose to respond to life made all the difference, but first I had to stop and look at myself with a conscious awareness instead of just reacting to life.

Miserable people look at me and say "well we can't all be happy chappie like him" not knowing they have just re-scripted their victimisation and lack mentality once again. They think I started this way all cheery, no not true at all, I've been there where those negative, look at the world darkly types reside in their own self-made misery. I saw myself writing the same trend for myself but then realised that's how they want us. Weak and miserable, never climbing out of our own holes to have a better life. Well not me, I'm not playing that sad old sceptic miser in society game. It gets you nowhere and keeps you there in lack.

So, it's a choice, a conscious one. Most people never stop and look at themselves to see they have a choice of how to react to life. The less I pre-scripted life the more life came to me. Until I found more and more contentment in the appreciation of the ever present now moment.

