

Contentment as a quality:

1. Contentment refers to a quality where one does not want anything more than what one has already in life.
2. Contentment means to be happy with the strengths and weaknesses of the self, being happy with whatever is available with you as per World Drama – be it value system, people in your immediate family, people in the society, people in the world at large, material possessions available with you, contentment in your job, contentment with God and belief system.
3. Contentment is the mother of all other virtues as without contentment, a person keeps longing for more and is not able to enjoy the present. Contentment also helps a person to build a better future as one is able to concentrate all his energy on making the present good for tomorrow.
4. Contentment is accepting your present, building upon your present to build a better tomorrow. Without working on the present, one cannot expect tomorrow to be good.
5. Contentment also means not holding anybody responsible for current personal situations, accepting current personal situations and working on current personal situations in a positive way to build a better tomorrow.
6. Contentment means concentrating only on self and not working on others. A person will never be content if he wants the other person to behave in a particular way for his benefit as it is a false notion that the other person will co-operate. Contentment means taking charge of your own life and spearheading your life positively for a better tomorrow. Contentment means being content with the sacrifices you make at present for building a better tomorrow.
7. Contentment means being free from anger and resentment towards others and situations, being free from greed and animosity and giving a positive response to everybody and all situations in the World Drama.
8. A content person always thinks about solutions to problems and does not create problems to self or others. A content person always thinks what can be done now and not what has happened. One learns from what happened so that the same does not repeat in future but the focus is on problem solving and not in problem creation. A content person will always think what good they can do to others and what good they can take from others for personal progress.

Contentment with Self:

1. Contentment with self means knowing one's weaknesses and strengths, building upon our strengths and eradicating our weaknesses. For example, if one is talented at work but gets angry at situations / people, then he may develop acceptance power and peace within himself. He may tell himself to be cool as he can only control his reactions to situations / people and have no control over the situations / people themselves.
2. Contentment means that one is happy with one's relationships, with one's situations, with one's possessions, with one's life, with one's strengths, with one's weaknesses.
3. Contentment means starting the day with positive thoughts for the day, expecting positive outcomes during the day and ending the day by thanking God for what one already has. Contentment means being happy with both positive outcomes as

well as negative outcomes – thanking God for positive outcomes and developing positive response to negative outcomes. Contentment means not blaming the situations themselves, but creating positive responses to situations. The focus is not on problems but on simple and effective solutions to problems.

4. Contentment means that one changes the self to such an extent that one is able to generate positive responses to all problems. One looks at situations and people with a detached outlook and not get affected by the situations and people. Only when one concentrates on strengthening our own value system will we be able to face situations and people as a detached observer and develop positive responses to situations.
5. Contentment means using all our strengths / possessions / powers / influences etc. for the benefit of self and others. Contentment also means that not longing for or get influenced by others' strengths / possessions / powers / influences.
6. Contentment is very important in all spheres of life as one is able to enjoy all situations and people by keeping inner peace and bliss. One is able to love the near and dear ones only when one is content with themselves first.

Contentment with God and belief system

1. Contentment with God comes from knowing who He really is and not what we want Him to be. Contentment with God comes with knowing what God gives and what He does not give. Contentment comes from accepting everything that God gives with open arms and not asking for more.
2. Contentment with God means that one loves God so much that one is ready to do anything that He wants us to do. Love for God and sacrifices in life come from only knowing what God wants and acting accordingly. Contentment with God comes from knowing that God only gives and we only take from Him. Contentment with God also means that we do not give anything to Him as He does not want anything.
3. Contentment with belief system comes from discerning and understanding the belief system that gives long standing benefit to the soul. Contentment with belief system means that we have full faith in the belief system and respect every details of the belief system unconditionally.
4. Contentment with God and belief system comes from reading and understanding the original knowledge and putting the same into practice one small step at a time. With practice, we reinforce our belief system and over a period of time the same becomes our value system and divine intellect.
5. Contentment with God and belief system means that we read and believe the original text and not what is told to us by environment and general public. A belief system can only be formed if one goes through proper channels with authenticate original text. In this way we are not dependent on any human beings' whims and fancies and are able to build and keep strengthening our value system without depending on any human beings interpretation, strengths and weaknesses.

Contentment with World Drama

1. Contentment with World Drama means not having any questions like what, why, when, how etc. It means that whatever happens in the World Drama happens

exactly according to the Laws of Karma and so one does not have any questions to ask.

2. Contentment means that one is not affected by any negativity that happens around in the world. Contentment means that one keeps in contact with only souls who spread positivity all around, who have strong value systems and who contribute to personal growth. In this way, we are themselves able to develop positive qualities within themselves like peace, happiness, bliss, love etc.
3. Contentment with World Drama means that one becomes a detached observer to all situations and people believing that everything is happening in this world according to the Laws of Karma.
4. Contentment with World Drama means that one is detached to situations around and live life like a lotus.

Contentment at home:

1. When we live in a family, one should be content with all the members of the family. Each member of the family has his own set of mind, intellect and habits acquired over a period of many births. So there is a need for understanding and help in changing every person's habits into divine habits.
2. A home is truly content when the value systems of all the members of the family are the same. If the value systems are different, then there is a need for complete understanding and acceptance of each others' value systems and help in changing bad habits into divine habits. For this there is a need to have a strong spiritual foundation in each family as only original spirituality has the power to reinforce divine values.
3. Respect and co-operation within each of the family members is very important and is the foundation of love among the family members. Every member of the family should be considered important and should be loved and respected.
4. There is also a need for the feeling that each of the family member is different with his own mind, intellect and habits and so there should be detached involvement – doing ones' duty as a trustee and maintaining emotional and spiritual independence so as to be able to take right decisions at the right time.
5. To have contentment in the family, there is a need for a feeling that every member is associated with me because of higher purpose or because of accounts created in this and previous births. This will ensure unconditional acceptance and working towards the development of the other individual.

Contentment at Work:

1. Work is a place where we come in contact with varied individuals with varied minds, intellects and habits. Hence there is a need for adjustment and working as detached observers. There is a need to see every body's role as different individuals and beliefs and helping each individual attain their true potential.
2. Each individual at the workplace should be positive and should be instrumental in making the workplace free from gossips, misunderstandings, jealousy, worries and all other negative emotions. The attitude should be to help others grow both emotionally and spiritually. The aim should be to co-operate with each other and avoid all forms of conflicts both explicit conflicts as well as cold wars.
3. The objective of the organisation and the furtherance of these objectives should be of paramount importance.

4. The topics of discussion should be of general interest and should be positive based on positive value systems that will help develop all members of the organisation both emotionally and spiritually.
5. The environment at work should be kept free from negative emotions like jealousy, worries, greed, anger, waste thoughts. The concentration should be on positive emotions like co-operation, respect, love, problem solving, appreciation etc.
6. There will be contentment at work only if the environment is positive and there is importance given to development of positive emotions between each of the employees. If the same is not true to our workplace, then we should be instrumental in making our relations with all employees one with positive emotions and should not be affected by the negative emotions spread by other individuals. If the relationships are not positive, focus should be on work based relations only and avoiding personal conflicts by being light ourselves. One should avoid company of individuals with negative emotions if we are not able to help them feel emotionally positive.

About the Institution:

1. Brahma Kumaris provides value based education to all sections of society irrespective of religion, caste, etc. It is one of few institutions where a new version of Godly Knowledge is read every day in all its 9000 centers worldwide. This Godly Knowledge teaches one to be in soul consciousness and to lead a life based on divine values. By listening to this Godly Knowledge and churning the Knowledge everyday, the soul is able to develop strong divine value systems and develops a divine intellect. The soul is able to understand all situations and take the right decisions at all times. Contentment is a very important quality based on which a soul can live in the present and change one's weaknesses into strengths based on divine knowledge and insight.
2. True contentment is experienced by thinking one-self a Soul and remembering the Supreme Father and Benefactor. Remembering the Supreme Father fills the soul with all the divine qualities that the soul requires to feel complete and full. The soul also gets all the powers to live life with all the divine qualities.
3. By being associated with this institution, one gets an opportunity to develop a strong value system and uplift the soul from this materialistic world. One is able to work on their strengths and convert them into divine qualities thereby bringing positive change within themselves everyday.