



Contentment: An Ultimate Purpose of a Peaceful Life

Mr Jitender Singh (Research Scholar)

Dr Dinesh Kumar Gautam, Associate Professor

Department of English, FMEH, MRIIRS [Faridabad]

Abstract: - Contentment means satisfaction; it may be mentally or physically. In other words, if I say it is a tentative form of happiness. In many ways, contentment can be closely associated with the positive attitude.

Index terms: - contentment, ultimate, purpose, peaceful, satisfaction

Everyone is running here and there in **search** of peace. But are failed to get the same, actually it also depends on the approach of living standard of one. Society is divided into two parts in economically i.e. rich and poor. The person who born with a silver spoon in his mouth, he can never understand the basic problems of a poor person. For him, life is glorious, there is no difficulties in the life. On the other hand, in the life of a poor person; impediments start from the beginning of his life. His whole life spent hand to mouth.

In our holy scriptures, contented person is, who has limited desires. A contented person never runs behind the worldly luxuries and much more. He always prays of god for everything, he has got from Him. Mahatma Buddha said, " *Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship*". Buddhist' define contentment as 'the freedom from anxiety, want or need. Contentment is the goal behind all goals because once achieved there is nothing to seek until it is lost'.

In real sense, contentment means to enjoy what we already have, instead of being relentlessly driven by desire physical health. Unless we learn to live in the moment, and to accept it as it is, we may never function well or fully alive. Contentment releases us from the restless desires that drive us blindly forward, and which prevent us from being open to the needs and gifts of others. It frees us up to direct our energy in fresh more conscious

ways. Mahatma Gandhi said, *“There is enough in the world for everyone’s need, but not for anyone’s greed”*.

Contentment means you focus on the beauty, love, joy, creativity, and even the pain or sorrow of the moment without resistance. You accept what you are experiencing without negative judgements. You embrace the breadth of the human experience in all of its expressions. Contentment may not be as dramatic as happiness, but it affords a more reliable sense of ease and peace of mind. It allows us to savour life fully, moment to moment, without experiencing the mental and emotional suffering of longing for something else.

Small things can improve our life in a big way. We should search enjoyment even in a small moment of our life. We should stop acquiring things, means simplify what we have. Remove the mental and physical clutter from our life and concentrate on those things which truly enhance our life. We are trained to believe that the cure for unhappiness and discontent is to purchase something. But material things never cure the root of our discontentment. They only clutter our space and empty our bank accounts. Rather than returning to the habits of spending when you feel bad, taken the time to examine why we truly bad or discontent.

Comparisons lead discontentment and unhappiness. We look what others have, how they look, who we perceive them to be, and we see ourselves as lacking in some way. Comparing ourselves to others inevitably leads to discontentment and unhappiness. Most of the time, our perceptions are skewed anyway. Focus the person you are and the person we want to become -not some image or standard defined by others. Be true to ourselves and stop worrying about how other people live their lives.

We should release ourselves from many unnecessary judgements. We have standards or ideals for what we believe is right or good, and then we try to impose our standards on spouse, children, family, and friends. We want them to think the way we think, believe what we believe, dress the way we think is appropriate, and spend money on things that are our priorities. When they don’t comply, we get upset and judge them as wrong or bad. If we simply cannot accept their choices and actions, or if they are making immoral or unethical choices, then release them from our life.

Contentment doesn’t mean we stagnate in our life. We should keep growing ourselves. We should choose the area of work in which we have interest or can do more than our strength. In fact, our efforts toward growth and self-improvement can provide a great deal

of joy and contentment. Every work we take toward improving our life can be a fulfilling and satisfying experience.

Be content in our daily work, and when those moment of pure happiness grace us, we can welcome from a place of calm and peace. The ultimate purpose of our life should be contentment by our deeds. To help others, provide foods and clothes, medicines and many other things to needy persons, give a real satisfaction to us. In our holy scriptures, live and let live, is also a part of contentment.

In real sense, contentment means consciously satisfaction. From being contentment, we can build a life that is not only peacefully, but also one that draws us toward choices and circumstances that afford a deeper level of pleasure and enjoyment based on living authentically and mindfully. So, we should start a life of fully contentment.

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