Session 4 Notes

He said that being content no matter what is an amazing treasure in a field that needs to be mined and dug up. I've definitely learned that one of the keys to being content is gratitude. Sometimes easier said than done, but I have been working at it. It reminds me of the way someone else said it in a book I read which is, not taking time to recognize the blessings around us and to give thanks to God for them is like leaving valuable presents lying around unopened. God gives us the gifts of blessings but we have to open them. Also reminds me of these 2 quotes which are two of my favorites.

"Wealth consists not in having great possessions, but in having few wants." – Epictetus

We all know quite a number of people who have everything that it would take to be happy, and they are not happy, because they want something else or they want more of the same.

And we all know people who have lots of misfortune, misfortune that we ourselves would not want to have, and they are deeply happy. They radiate happiness. Why? Because they are grateful. **So it is not happiness that makes us grateful. It's gratefulness that makes us happy.**

- David Steindl-Rast

It certainly doesn't make sense to the world but that is why it is a "peace that passes understanding." And I definitely like him clarifying "be content but not complacent" as well as addressing that marketers are one of the biggest reasons we don't have enough money. Reminds me of another author who said "learn to be honest about what you really need and don't invent wants." We definitely need to remember what the true needs of life are like shelter and food and put other wants in their proper place. And I definitely agree that a lot of satisfaction and happiness comes from achieving goals and I'm excited to do that.

Wish list

- A new purse
- A higher quality shampoo and conditioner that sounds like it will solve my scalp/hair problems
- Hatch restore alarm clock that wakes you up naturally with nature sounds and light that slowly grows brighter.