

THE ART OF CONTENTMENT

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A Divine Ebook

What is contentment? What does it mean to you? Does it mean happiness, fulfilment or quality of life? How do you find it?

The dictionary defines contentment as, " A state of satisfaction, acceptance and peace of mind". Do you have these qualities in your life? Or like most people, are you confused about your role in life, feel disillusioned with your present circumstances and are extremely bored, stressed and unhappy?

We feel that everyone has the potential to make their lives as interesting, fulfilling, peaceful and joyful as possible. And you are no exception! You just haven't found the right formula for you, to achieve these ends.

As The Abbotts, writers and teachers of New Age Philosophy, (Robyn and Tony) we have found that true contentment did not come into our lives, until we discovered our reason for incarnating to Earth. In other words - why we are here. Then we began living this new direction. Once we had faith that we were on the right path and began to take intuitive direction from the Universe around us, (Angels, Masters and our own personal Guides) we developed a peaceful, fulfilling, satisfying lifestyle, which made us both, fully contented.

If we can find it, so can you! It doesn't take huge finances, great intelligence or powerful contacts, but you do have to learn to change the way you usually think and act. You do have to take calculated risks - not with you finances, but with your inner self.

You have to be *eager* for change. You have to *want* higher knowledge, new experiences, quality of life, plus desire fulfillment and peace. You have to learn to question your old, ingrained concepts that hold you back, chained to the mundane life.

If you're willing and brave enough to accept this exciting life-changing challenge to become contented, read on

"Courage is the price that life extracts for granting peace"

Amelia Earhart

Okay! The first thing you should understand about this ebook is that it is interactive. In other words you don't just sit there and read it, with your feet up and a cola and chips by your side. We want you to do some of the work and hopefully, you will find it illuminating and fun as well! Find an old unused exercise book, diary or staple a dozen sheets of A4 sized sheets of paper together. If you are reading this on-line, start up a new folder on your computer to store your thoughts and answers to our exercises.

Now for [Exercise 1](#).

Write a brief account of your normal day. One week day and one weekend day. Next to each activity, write down the usual emotion you feel, when you are doing the action. For example -

- 1) I wake up. (depressed)**
- 2) Hear bird song outside. (cheerful)**
- 3) I hurry through my dressing, washing etc (harassed)**
- 4) Gulp my breakfast down, without really tasting it. (stressed)**
- 5) Run to the bus stop and are squashed in with other stressed people until I reach the office. (unhappy)**
- 6) Begin sorting through uninteresting files. (bored)**
- 7) Talk to the girls in the office. (interesting)**
- 8) Sort out a long standing problem. (satisfying)**

9) The boss praises me. (pleased)

10) Find out that a much desired promotion, has gone to someone else. (devastated)

11) Go out to lunch in the park. (quiet, relaxing) etc.

Follow on with afternoon and evening activities and feelings.

Now write down your Weekend activities and feelings.

12). Do charity work at children's home at weekends. (inspiring)

13). Spend evenings alone. (lonely)

14). Sleep disrupted by noisy neighbors. (irritating)

Well, I'm sure you have got the picture by now! Follow this through to your afternoon, evening, recreational hours and weekends, as well. How do you feel about the activities then? Is your recreational time full of joy, inspiration and satisfaction? Or is it spent, bored, lonely and unsatisfied? It is essential to be honest in this exercise. After all who are you cheating, but yourself!

When you have completed this long list of daily activities and feelings attached to each activity, draw two columns, as below, fill in the columns with the various activities under the appropriate headings, eg. -

POSITIVE ACTIONS

Wake up - happy

Help others - satisfying

Relax with meditation - good, comforting

Talk to friends - pleasant, interesting

Etc.

NEGATIVE ACTIONS

Wake up - sad

Hate travelling to work

Many bills -upsetting

Lost promotion - depressing

Etc.

How does your personal list look? Do the positives outnumber the negatives. Or like many people are your negative actions/emotions, far outweighing your positive actions/emotions?

Don't despair, you can change your life about for the better. The mundane, boring responsibilities of life, can be replaced with stimulating, inspiring activities and emotions. But first you do have to discover, just what life is really all about!

"We shall find peace. We shall hear angels. We shall see the sky, sparkling with diamonds"

Anton Chekhov

Firstly, you are not an animal and you have not been born randomly, with no other purpose except survival. You are a magnificent angelic creature who has come to Earth in human disguise, to learn lessons not easily available on the higher spiritual realms. However, like many people, your life is probably terribly unbalanced! What do we mean by this? Well, Spirit has told us that our lives should be made up of four equal parts. The physical, the mental, the emotional and the spiritual.

Most people use the physical aspect, the emotional aspect and the mental aspects often. But how often do you use your spiritual aspect? And if so, how often in a week? A recent survey, we conducted showed that many Spiritual/New Age people, who considered themselves very spiritual or religious, devoted only 2 hours of their week to their spiritual activities. Others gave only a few minutes, here and there and some people none at all! Even those who attended church services, admitted that their thoughts were more often on their next meal or emotional problems, rather than the service, prayer or meditation!

Here is what your daily chart of Balance may look like -

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
Walking	Loving	Thinking	Meditating

Sitting	Happy	Studying	Prayer
Running	Bored	Remembering	Practising ESP
Working	Desiring	Planning	Spirit Contact

Exercise 2. Now draw your own chart of daily activities. Be honest!

Now, how can you increase the spiritual and mental aspects of your life? (We are assuming your physical and emotional aspects are well catered to, but if these are unbalanced, increase them).

Spiritual Aspects - Join a Spiritual development class

Attend New Age seminars, attend a church that offers you inspiration, learn to heal others, meditate more, pray more, join our astral missions, connect with nature, investigate ancient myths, learn tarot, numerology.

Mental - choose to learn something exciting from Egyptology to Computer repair, from Gem work to Spiritual healing, from palm reading to astronomy. Plan more exciting events and holidays. Write a book.

Emotional - Do pleasant, uplifting emotional activities, walk by the sea with a loved one, climb a small mountain with friends, sort out your photographs and remember positive experiences. If you have emotional blocks and problems, see a psychologist or psychiatrist to help you become emotionally balanced.

Physical - Do interesting activities, that you love. Walk around a museum or art gallery, play squash or tennis, swim, run, window shop or skip. Increase your physical stamina in a caring, exciting way!

Try to increase activities which combine the four aspects of emotion, physical, mental and spiritual. Such as - Go on a nature camp where you have a time for meditation. Do a personal development course with other friendly like-minded people. Stay at a monastery. Meditate by the seaside. Do a Native American sweat lodge ritual with others. Commune with nature. Learn to paint, sculpt or carve. Learn to Zen walk. Join a yoga course.

Exercise 3. Write down ten things you enjoy doing which combine these 4 aspects and commit yourself to doing them regularly!

You will feel much more contented, when your 4 life aspects are in balance.

"To achieve any aim in life, you need to project the end result. Think of the elation, the satisfaction, the joy!"

Grace Speare.

You have incarnated with many agendas and one major aspect of these is to activate your Life and World plans and contribute something to humanity and the planet. In doing so, you will have many interesting adventures and grow as an individual, emotionally, physically, mentally and more importantly - spiritually.

How do we know this? Well, Spirit has channelled this same inspiring information to us, hundreds of times during the last ten years. Our World Plan is to wake you up and nudge you into living your own Life and World Plans! Helping you, helps us to grow spiritually!

What are Life and World Plans? Before incarnating, the scenario goes something like this - You meet with your Guides and higher beings and review your previous lives, particularly, the most recent past life. This is all done in an amicable, helpful way. There are no great trials or condemnation of your former activities on Earth. No one judges you. But, wishing to better yourself spiritually, you may be a little harsh on your own faults and misdemeanours! Knowing that you have sown negative karma, you normally decide to come back and repay any individual person that you have hurt in the past, by giving them positive, helpful actions.

You scrutinise your character and may decide to work on aspects which seem un-loving, in your next life. You may also, have a particular interest which you wish to continue following. For instance, if you incarnated as an angry African slave who wished equality, in the southern states of the USA in 1801, you may decide to come back into that nation, in the 20th century and again, as an African American, try to fight for the Civil Rights movement, to attempt to achieve the same aim, two hundred years later!

With the help of your Guides, you will draw up a major life plan for yourself. This plan will consist of who you will be born to and where, what will be the major events in your life, whom you will interact with and what particular qualities you wish to develop. Your work or vocation and personal interests, will all be incorporated into this plan. You may also decide to work on personal issues, such as unconditional love, tolerance, forgiveness, faith, hope etc. As well as repay positive karma and neutralize negative karma that you owe to others, from former lives.

Our World Plan, works in many ways similarly to our Life Plan, but it is oriented more towards how we can help humanity, as a whole. Although, it may mean some karmic repayments, it is more likely to be an unselfish offering of our talents and gifts, to the betterment of society. For instance, you may decide to donate your healing services to an organization such as the Peace Corps or World Vision, for a period of time, in order to help those people suffering, in medically under serviced lands.

Others may choose to work as amateur counsellors, healers or spiritual teachers, as part of their World Plan. Often, our chosen professions may complement the activities in our World Plan, but sometimes, they are completely different. The local postman may be a wonderful healer in his spare time or the pensioner down the road, may be an excellent spiritual counsellor. The caring teenager may visit a children's home and help the staff entertain and look after the children.

Our World Plan draws upon our interests and special talents and unselfishly, funnels them towards where they are most needed. Through meditation and prayer, we can ask the Divine to direct us towards understanding our World Plan.

Freewill is the most important aspect of all incarnations. No matter what our higher intentions may be, before incarnating, it is decided that - we are allowed to make our own mistakes, while we are here. Because, we incarnate in an amnesiac state, forgetting all our higher aspirations, we often fail to take the opportunities to repay karma or create positive karma for the future.

Once, we have some understanding of our Life Plan, we realise everything is meant to happen, as it does. This is what we asked for! We learn not to resent any supposedly negative situations and not to try to manipulate people and events. By treating everyone, as a potential opportunity to repay karma, positively, we do not create any further negative karma or create enemies in this life or the next!

To understand our World Plan, we look at our gifts and talents that we have developed over our many lives, and examine them carefully. What fields are we drawn to, in order to fully express them as a loving gift to humanity? Often, we are given little nudges by life, to use our talents in this way. Don't let these nudges go unnoticed! We may not all be able to fully commit our lives to the service of others, like the late Mother Theresa of India, but we can join local charities or work groups, to help others in need. We can learn healing techniques and attempt to heal our families and pets and we can lend a sympathetic ear, to friends in trouble. The choices are endless, just follow your natural loving inclinations!

Now how do you find out exactly what your own personal Life and World Plans are?

Exercise 4.

Knowing your work skills. Objectivity about yourself, is often very difficult to achieve. But try to be self - analytical. What are you really like? What are your best skills? What are your weakest skills? We want you to imagine that you are a researcher and your project is researching yourself! Look at yourself, both critically and admiringly and draw a similar table and fill it in.

BEST SKILLS	WORST SKILLS	AVERAGE SKILLS
Like talking to people	Don't like cleaning etc.	Average student
Like helping people	Not good with medicines, needles	Don't mind some authority
Good with kids/elderly	Frightened of sickness	Tidy if necessary
Patient	Don't like travelling distances to work	Can drive a car
Reliable	Hate pressure	Office skills

This person has several options to take to find a voluntary or professional job. She likes people, especially the elderly or children, but doesn't like the medical or domestic work (cleaning, etc.) side of relating to them. But she can drive a car, enjoys talking to them and has some office skills. Also, she doesn't like travelling far to work. We would suggest several options to this person. Offer her office, driving and talking skills, voluntarily, to a children's home or large retirement village centre in her local area, one day at the weekends. (More often if she is unemployed).

Ask the supervisor at the Centre what formal skills, she needs to get a paid job there and work towards this. It may mean going to college several nights a

week or upgrading her counselling, office or other skills. But it will be worth it in the end!

Her voluntary time at the centre will be a time of appraisal - does she like the work and is it suited to her emotional, mental, physical and spiritual needs? Does she feel appreciated? Is the experience spiritually rewarding to her? Does she go home at the end of the day elated and contented or does she go home, tired and disillusioned? This is a time of discovery. At the very least it will be extremely interesting and create new life lessons and increase her skills. At the most, it will give her a new satisfying direction in life!

Now assess your own skills. What direction can they take you, with a little bit of effort? What new vocation, voluntary or paid, can add contentment to your life? Once you have decided on an interesting path, we challenge you to pick up a phone and offer your services or visit a likely place and talk to them about how you would like to donate your skills, to help others. Volunteers are needed everywhere and many volunteers turn their charity work into full time or part time careers. You *can* find contentment in your work!

"Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace." Johnny Carson.

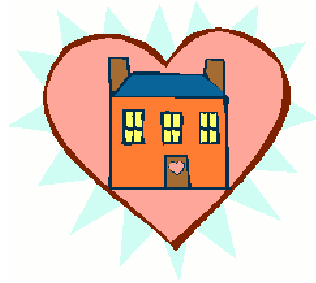


Tom's story can inspire us all!

I was bored being unemployed. One day a friend told me that I had many skills, I wasn't aware of. I was a great gardener with real green thumbs. I could make almost anything grow. He told me that the youth centre he worked at, was surrounded by barren, gravel yards. He thought I could volunteer my skills and make it more attractive. We got permission from the directors and a subsidy to buy plants etc.

Soon, I was busy creating flower beds, planting shrubs and trees. A few of the teenagers there, offered to help and after a few weeks we had a full crew of dedicated junior gardeners. The place now looks great and the kids and staff really appreciate the new surroundings. I won a regional prize for my efforts.

Through the publicity, I was then offered a well paying job with a firm of landscape gardeners. I still do charity work at the weekends. Life's great! Tom.



LIVING IN CONTENTMENT

Never underestimate the importance of where you live. If your home is noisy, uncomfortable, overly hot, cold or crowded and the surroundings unsympathetic, you cannot help but feel discontented.

Most people buy or rent their apartments or houses due to economic pressures, rather than personal choice. But often, while they have purchased somewhere that they can afford, it is still not right emotionally or spiritually, for their peace of mind.

Take the following story. Susan was a seascape artist who had been sharing a large, attractive apartment with a girl friend, at a small, friendly seaside village. She was very happy there. She had many interesting friends nearby, joined in local activities such as yoga classes and meditation groups and had a ready outlet for her paintings, at local tourist shops. Her income was small but sufficient.

Then her friend decided to get married and offered Susan the lease of the apartment. Susan could not afford to keep up the rent repayments and did not want to share with a stranger. She decided instead to rent a small cottage 40 miles away in a large town, where she could paint in spacious and affordable surroundings.

Within a few weeks Susan was aware that she had made a big mistake. Certainly, her cottage was spacious, but her neighbours were noisy and disruptive. The heavy traffic outside, kept her awake at night. No longer being close to the sea, it was now a long, expensive drive to her usual painting spots. Susan also missed her old friends and relaxation groups. She realised that she had placed privacy, space and cost, above all the other things that gave her contentment in her life. And she was very discontented.

What did she do? She sat down and asked Spirit to help her find a more contented home, where she could live and work successfully, while maintaining her social life.

She made a long list of all the things that gave her contentment in her life. These included friends, groups, sea air, quietness, privacy, space etc Then she wrote a list of what she wanted in a home to provide all these conditions. These covered - proximity to her old village, quiet, some space, etc. She decided to try to achieve the top four on her list. She placed an advertisement in the local village newspaper, seeking shared or smaller accommodation for a quiet, artistic person. Within a week, she had found the right place for herself - a granny flat in the garden of a large house, close to the sea and near all her old friends. The rent repayments were within her limited budget. She lived there in contentment for many years.

What had been Susan's mistake? She had not really understood what made her contented in life. Do you know where you would like to live and what would offer you the most contentment? What are your living requirements?

I realised, I loved where I lived, but the uninteresting back yard was a constant source of annoyance. I did a short home landscaping course and that summer transformed my plain backyard into a restful Japanese type garden with reflection pool, interesting rocks and colourful plants. Now I sit in it every morning and evening, meditating in a wonderful state of contentment! Jean.

Exercise 5. List twenty things that are important for you to live contentedly (and that you can afford).

Exercise 6. Now begin to think laterally. (Not in your usual rigid way.) How can you achieve this living arrangement, within your limited budget?

Some suggestions - If luxury is important to you, work as a live in nanny,

chauffeur, private secretary or housekeeper in a wealthy home.

If you are a gardener and enjoy park land surroundings, apply for a position as a live in gardener in a national park or large estate.

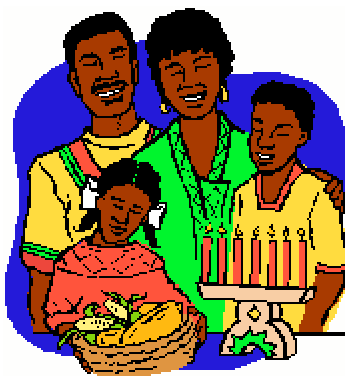
If free time for your activities is important, offer your services in exchange for accommodation and small wages. This could be child minding, helping an elderly person, running errands, house sitting, maintenance work, gardening etc.

Forget your own large house and consider granny flats, caravans, shared accommodation. It is better to have a smaller, happier home than a large, lonely one!

Explore other areas. If you live in the city, look for a job and home in the country. If you are lonely and are artistic, move to an artists' colony.

Take a chance, you may find true contentment!

I was bored with my life, stuck in the city at a dead end job. I had always loved sailing. I saw an advertisement in a national newspaper for a paid crew to travel to the Bahamas by yacht. I rang immediately. The journey was the best thing I have ever done. A paid vacation! I fell in love with the Bahamas and have built up a small boat business here, where I now live. Thank God I took the risk! Jerry.



RELATIONSHIPS

To many people, true contentment cannot be found, unless they have

successful relationships. These may be with family and friends or with lovers in their life. Yet the most important relationships that they often never pursue, are with themselves and with Spirit. Let us look at these various relationships and see how they can be improved, to gain you true contentment.

FRIENDS

Friendships are important to us, but it is unlikely that you hold onto the early friendships that you make as a child. As you grow as a person, intellectually, emotionally and spiritually, it is usual to change friends and find people more like you. It is also common that at certain times in your life, you may find yourself without close personal friends and find instead that you have around you, only pleasant acquaintances.

Some people panic at this point and try desperately to make closer friendships, but this is not always possible. Many people on the spiritual path, find that their new interests attract new, like minded people to them, but at the same time, bore old friends. This is growth and is not to be feared. You are blossoming as an angelic person and you will attract other angels to you, for comfort and support. It will just take a little time and a bit of effort on your part.

Most friendships are karmic. You have known these people in past lives, where you were either a friend or enemy or owe them a debt or they owe you a favour. Often when the favour is repaid, they will move on. Many spiritual friends come in, to teach you a special spiritual lesson and then will move on. Hopefully, you also will help and teach others.

Other friendships may last a lifetime, treasure them, but you should learn not to demand that they do! Live in the moment.

How then do you attract new, interesting, like-minded friends?

By getting involved in clubs, groups, areas where these type of people meet or live. Obvious isn't it? But many people just join any group, club or band of people, hoping to make friendships, without having similar interests.

Take my friend Stella. She was interested in painting, art galleries, symphony music and antiques, yet she spent every Saturday night at the local football club, listening to a rock band and hoping to meet like minded friends. How likely is that? Had she travelled to the largest nearby town, joined the art society, bought yearly tickets for the symphony orchestra recitals, joined an art class and got a part time job in an antiques shop, she may have made many new similarly minded friends. Do you do the same?

Exercise 7. This is about finding out your recreational interests. Make a list of the things you like to do that really interest and pleasure you.

It may be something like this -

MY INTERESTS

Rock climbing

Sculpting

Pottery making

Dancing

Singing

Tennis

Gardening

Flower arranging

Electronics

Self development

Spiritual meetings

Philosophy

Etc.

Ask for spiritual help in making new friends.

Then look in your local phone book, local paper or community directory for classes or group meetings where these activities take place. Now join it! If there are none available, start a small group meeting weekly, at your house. If you are interested in the subject, there are sure to be others, also interested that would like to meet for discussion! Meet a number of like-minded people, be pleasant and interested in them and their hobbies. Then you will soon win new friends that will make your life more contented!

FAMILY

There is an old saying, " that you can choose your friends but not your family!" Yet, I would say to you that I believe you do choose your family

members, before you incarnate to Earth and you do so for a special reason. This is that - only these unique people (good or bad) can teach you many valuable lessons that you need to learn, to grow as a spiritual being!

You volunteer to enter the dysfunctional family, the sick family, the karmic family, just as others choose to enter a loving, kind family - to learn life lessons. Those that have a secure, loving family, may find their lessons (good and bad) occur later in life. Those that enter a dysfunctional family, may be repaying karma or just exceptionally brave! So please, don't despair if your childhood was rocky, it has taught you valuable lessons for the future.

Families are wonderful training grounds for life. They give you dramas, kindness, hate, envy, jealousy and lots more. You interact with the same people for years and must learn some tolerance, gratitude, peace-making abilities, give and take and selflessness. When you go out into the big world, you are well prepared for anything!

So many people, over the years, have come to us with sad stories and tales of disputes with family members. What is our advice to them? Make peace where possible and forgive them! No matter what they have done, how much they have hurt you, forgive them! If you don't want to physically be with them, leave them, but don't take hurt and grudges with you. It hurts you more than it ever hurts them! Value even the negative lessons that they have taught you, and vow never to repeat them with your own children.

Many dysfunctional families are there to show you - how not to behave, with your own husband, wife and children!

Try to lessen the heart chords that go out to family members that you dislike, otherwise you will take these karmic blocks with you, into future lives, where they will be replayed many times. Ask for spiritual guidance in doing this.

Forgiving your enemies and making peace with them, will help towards you developing a contented life!

LOVERS

"I can't get no satisfaction .."

the Rolling Stones.

Lovers like friends, come into our lives for many reasons. Most are karmic

ties or soul mates from past lives. They teach us lessons and we teach them lessons. Normally when the lessons are finished and there is no more to learn from the relationship, it breaks up. We then have a period of aloneness to analyse and accept the lessons that we have learnt and then go on to meet another soul mate, who will hopefully teach us more advanced life lessons.

We could define these relationships as - attraction, addiction, followed by repulsion and then separation. Take a moment to think about your past love affairs. Haven't you been wildly attracted to your partner, then desire to be almost constantly in their presence, later you begin to see their faults and they begin to irritate you, until you finally decide to split up?

Most people follow this same pattern, over and over again. Until one day, a little light goes on in their head. They realise that they are falling for the same sort of person each time and following the same pattern of behaviour, which inevitably leads to disillusionment and separation! Does this sound like you?

Exercise no. 8. Fill in this table of Lover references, be honest!

MET MY LOVER WHERE?	ATTRACTED BY MY LOVER'S QUALITIES	AFFAIR ENDED BECAUSE HE/SHE WAS
Eg. Bar	Looks (attractiveness)	Too selfish
Dance	Sexuality	Materialistic
Sport's meeting	Money	Lack of compatibility
Friend's home	Friendly	Too demanding
Single's outing	Power	Boredom

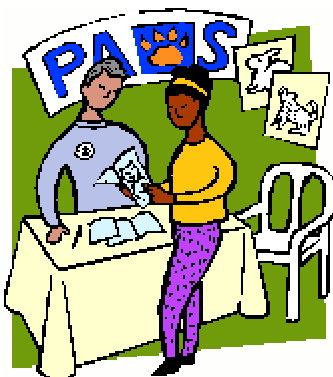
Exercise no. 9 What do you really want from a lover? Think of higher traits that you would like in your Twin Flame partner! List these qualities. Examples below.

Higher Lover Qualities

Similar interests
Kind nature
Faithful
Pleasant to be with
Dependable
Loving
Spiritual
Supportive
Tolerant
Balanced

Now many people think that they will wait for fate to supply them with the perfect lover. But, how can the Universe give you a true Twin Flame, who is your highest spiritual partner, until you know what you really want from a lover? Face it, if you are only interested in material satisfaction, all you will probably attract in as a lover, is someone who supplies this need - big house, nice car, lots of money, but they are unlikely to supply the emotional, mental and spiritual qualities that you want in a lover.

A Twin Flame lover is interested in helping you become the best you can, in all areas of your life. They support your mental, emotional, physical and spiritual aspirations. And you do the same for them. Money, power, prestige, doesn't come into it. Compatibility, support and trust does! Until you are ready for a Twin Flame relationship, the Universe will send you karmic soul mates only. The choice is yours.



Where can you meet a Twin Flame partner? Well, usually not at the same places, that you meet soul mates. Not at discos, raves, pubs, hotels, rock concerts etc. More probably at spiritual seminars, psychic fairs, philosophy groups, New Age meetings, charity groups. This is not to say that they won't enjoy dancing, rock music etc. but they have usually passed through this stage and have seen the tinsel of life and want something better, of more quality.

If you want a Twin Flame partner, look at your list of higher qualities you want in a partner. Stick it on your bedroom wall. Read it everyday, to remind you and the Universe, what you truly want in a lover and send out a message to the Universe such as, "I am ready for my Twin Flame partner to come into my life. Please send me a partner with the following qualities." (Read out your list). Now believe that they are coming!

One of the best ways of attracting someone special, is to be content within yourself. Develop those qualities, that you want in a partner. Like attracts like! People who are content, radiate this out to others. They are not desperate for a partner, but choose to attract one for extra love, support and to share their wisdom. Cultivate contentment and you will attract the right person into your life, not the wrong ones!

Terry's story below is typical of how many people think about lovers!

"I thought I had to attract a Miss World into my life, blonde gorgeous and the envy of my friends. I had a series of girlfriends who I desired, but didn't particularly like! Each breakup caused me additional pain. One day I realised that I was following the same steps each time and my choices were wrong. I decided to let fate take a hand instead and to improve myself, I joined a voluntary charity group who visited the elderly.

I met a great, old lady, Mrs. Jones who one day introduced me to her community nurse, who was friendly, kind, dark - haired and pretty, but not spectacular. I asked her out and the rest is history. We thought alike, loved the same things, liked helping people and are real Soul Mates. Thank heavens, I wasn't still after Miss World, or I would have let my special Soul mate go by!" Terry.

LOVING YOURSELF

Many people spend their entire lives, loving and catering to others and yet, never have time to spend loving themselves. Unless you respect and honour yourself, how can you expect others, to do like wise?

Begin to treat yourself better. Not in a selfish way, but as if you are someone special - which you are! Don't take second best when you can take first. Don't

say yes, when you mean no. Express your feelings and desires, in a loving, respectful way to others. Spirit has told us that we should give 51% to ourselves and 49% to others. Care for yourself. Make your life contented and special. No one else, will do it for you!

"There are two types of love, conditional and unconditional. Until you begin to love all people unconditionally, you will never find contentment and inner peace."

The Abbotts.



LIVING YOUR FANTASIES

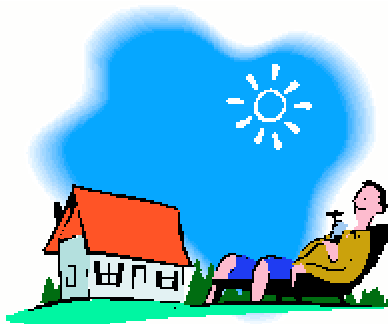
Many of us have unfulfilled fantasies that make us discontented. Yet, they are attainable at some level. It's just that many of us fear stepping outside our comfort zone, to fulfill them. Some times it seems easier to leave them as, impossible dreams. Here are several stories from people like you, who were not satisfied to just let their fantasies go unexplored! Ask Spirit to help you attain your own fantasies!

When I was a teenager, I wanted to join the paratroopers corp. but life got in the way. I felt dissatisfied with my life. So one day I sat down and thought, what was it about that life that I wanted? Was it the army service? No. Was it the discipline? No. Was it the parachuting? Yes. I was forty and fit, so I enrolled in a parachuting class on the weekends and a month later, made my first solo descent. Now once a fortnight, I jump out of planes. It's an incredible feeling. My life is much more content! Gary.

I always dreamed of being a Hollywood actress. But never left my small hometown. At sixty, I thought my dream was dead! A friend encouraged me to join a local theatrical group. I thought they would only want young people, but they badly needed more mature actresses. Now I've performed in six plays and am a minor celebrity amongst my friends. Life is very satisfying! Enid.

I've had a fantasy of living on a tropical island, since I was a boy. My life was routine and boring. I saw an ad for a job as a tradesman for a mission, on a small island off New Guinea. I applied and got it! Now I live in a beautiful tropical paradise and what's more I'm helping others! Ian.

Exercise no. 10. Write down your own fantasies and begin living them today!



LEISURE

Many people fill their leisure time with numerous activities that they like to do, such as sports, gardening, socialising etc., but they don't find time to just sit and relax. Contentment often comes when we sit and do nothing! But many

people feel uncomfortable doing nothing. They feel that it is somehow wrong or wasteful. How can you really say that you have found true contentment, until you can fully relax and spend time alone?

Everybody needs some space to herself or himself. A few hours a week, but more preferably a day, when they just sit down and leave the third dimension behind them. After all you are an angelic being at heart and angels exist in the dimensions above the third. This is why many people feel so relaxed after meditating. They have raised themselves up to the fourth or fifth dimensions in their meditation, which refreshes the mind and body, as well as the soul. Then they take this great feeling back into the 3D world.

Sitting in your garden or favourite spot in your home alone and uninterrupted, while you forget your everyday problems for a while and just relax and BE, is a sure way to find inner contentment. No matter how difficult life can be in your assumed role as a human in the 21st century, remember - you are more than this! Relax, put your feet up and don't take it all too seriously!

"I have learned, in whatever state I am,
therewith to be content."

Epistle of Paul

Now relax!



HIGHER HELP

It is important to remember that you are not living your life disempowered or without help. There is divine guidance all around you. You just have to look for it. Your personal spiritual Guides are always trying to reach and help you. Ask for help at finding your true path in life and attaining contentment.

Also, be aware of all the negative messages you constantly send out. For instance, do you often say or think - "I'm unlucky. Good things don't happen to me!" etc.

Exercise no. 11. Make a list of all the negative things you constantly say or think -

Example -

- 1. I'm not worth it.**
- 2. Life wasn't meant to be easy.**
- 3. I'll never be rich.**

etc

Now exercise no. 12. Make a list of all the reverse sayings to the above list or positive things that you can say in the future. Example -

I'm lucky.

Life is easy and interesting.

I am rich.

Say and think these affirmations constantly. Change your attitude. Turn your life around.

Ask your spiritual Guides to help you. Watch out for synchronicity - the Universe repeatedly trying to tell you something or sending you opportunities, which are often missed. Take opportunities offered and be grateful. Learn to talk to your Guides and listen to their answers. They are trying to reach you! Ask for help in finding the right job, home, friends, lover and spiritual path. The Universe wants you to be happy and contented.

Ask for inspiration in your work and play. Many talented Masters and Teachers in spirit, have valuable information to impart. Record your dreams and learn to interpret them. They hold many cosmic messages. True communication with Guides, Masters and angels can empower you to create a wonderful life for yourself! You can be contented!

Exercise 13. How can I increase my spiritual contact?

Make your own list of the psychic and spiritual powers you would like to learn and where you can learn about them.

PSYCHIC ABILITIES

Channelling

ESP

Telepathy

Spirit contact

Dream work

Astral travelling

Spiritual healing

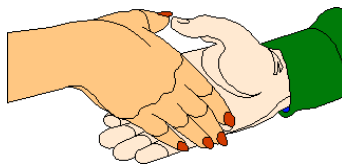
Gem work

Etc.

[Where to learn these specialised psychic/spiritual arts](#) - Internet, books, magazines, spiritual development classes, seminars, spiritualist churches, groups.

Now do it!

"We are always with you. Ask for our divine help" Archangel Michael



HELPING OTHERS

Now that you have discovered the art of contentment, why not pass it on to others? By example, you can show them that a contented life *is* attainable. When they ask you, why you are so happy - tell them! Show them how you did it! Share your contentment! Remember everyone has a different idea of contentment, but the basics are the same -

Self love, balanced life, good relationships, happy satisfying job and lifestyle, somewhere nice to live and true spirituality, plus living your fantasies! These are attainable by everyone.

We wish you a contented life.

Love and Light

The Abbotts.

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Into the peace of the Done"

Julia Woodruff.

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The End.