

## 1) What is *Santosha*?

Santosha means satisfaction or contentment (feeling or showing satisfaction with one's possessions, status, or situation). It is about recognizing happiness at present, at every moment of life in any circumstances.

Santosha is interpreted as the greatest internal satisfaction, the underlying joy that cannot be shaken by life's tough moments, by injustice, hardship, bad luck. Contentment is really about accepting life as it is. It is not about creating perfection. Life will throw whatever it wants at you, and you ultimately have little control. Be welcoming of what you get.

Contentment should not be confused with happiness. We can be in difficult, even painful circumstances and still find some contentment if we are able to see things as they are without any personal expectations. We are at peace with whatever stage of growth we are in and the circumstances we find ourselves in. This doesn't mean that we accept or tolerate unhealthy relationships or working conditions.

## 2) How can you practice *Santosha*?

- Release your mind from constantly wanting your situation to be different.
- You can't change your reality. But you can let go of the war with reality. If you do, you will be able to think more clearly and be more effective in making a difference.
- During those times when you do not feel content, just act for one moment as if you were and smile ☺. You might kick-start a positive feedback loop, which can generate real contentment. It changes everything. Practicing smiling is like planting the seed of a mighty redwood. The body receives the smile, and contentment grows. Before you know it, you are smiling all the time. Remember to find joy in every moment and experience.
- Practice patience and attempt to live as best you can within your situation until you are able to better/improve your condition.

## 3) What are the benefits of *Santosha*?

- Contentment not only implies acceptance of the present but tends to generate the capacity for hopefulness.
- When you are balanced within any situation, this strengthens your faith that there is the possibility of living even more fully.
- A central sense of balance might be present in different circumstances.

## 3) Story – “The Unsatisfied King”

In a village there lived a *FAKIR*. He used to help the poor people daily by donating goods and or money to anyone in need who would pass by him. One day a King sitting on an elephant was passing by the village. Just like any other poor person, the *FAKIR* gave the King a handful of money. The King was surprised and wanted to know why the man had given him the money instead of other poor people that needed it more than him. Very patiently the *FAKIR* answered, “I committed to give money to poor people, but in my eyes, you are the poorest of all.” The King questioned how he could be so poor when he had all of the wealth in the world. The *FAKIR* asked the King, “Have you ever been satisfied with your life?” The King answered, “No. I have never been satisfied with the amount of wealth that I have. I always wonder how I can increase my wealth.” The *FAKIR* said, “You have always been tricking your own villagers into trying to gain more wealth.” That was when the King realized that living a materialistic life does not always make you satisfied, but sharing and

giving what you have to others is what life is about. You should always be satisfied with what you have and not what others have.

What is Santosha?

---

---

---

Write three ways to practice Santosha.

---

---

---

Write about a time when you were really upset because things did not work out as you wanted to. Describe if same thing happened again how you would practice Santosha?

---

---

---

---

---

---

---

---

---

---

Practice Santosha for week and keep a log of the events when you practiced Santosha.

Monday

---

---

Tuesday

---

---

Wednesday

---

---

Thursday

---

---

Friday

---

---

Saturday

---

---