Discussion ideas from *Thoughts: Education for Peace and One World* compiled by Taafaju

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Contentment p29

A. What is true contentment?

'[The seeker] should be content with little and free from all inordinate desire.' *Bahá'u'lláh*

'Ah, happily do we live without yearning amongst those who yearn; amidst those who yearn we dwell

without yearning.

'Ah, happily do we live, we who have not impediments; feeders of joy shall we be even as the gods of

the Radiant Realm.' *Dhammapada*

B. If we are always dissatisfied with what possessions we have, can we be happy?

C. Do you think most people in the world today are contented with what they have? Does this race to have more and more possessions necessarily make people happy?

'O Son of Man! Upon the tree of effulgent glory I have hung for thee the choicest fruits, wherefor hast thou turned away and contented thyself with that which is less good? Return then unto that which is better for thee in the realm on high.' *Bahá'u'lláh*

D. What do you think the 'choicest fruits' are?

E. What do you consider to be those things that are 'less good'?

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Being happy and pleased with what I have and not demanding more is called contentment

(from Linden Qualls, New World Order Games Manual).