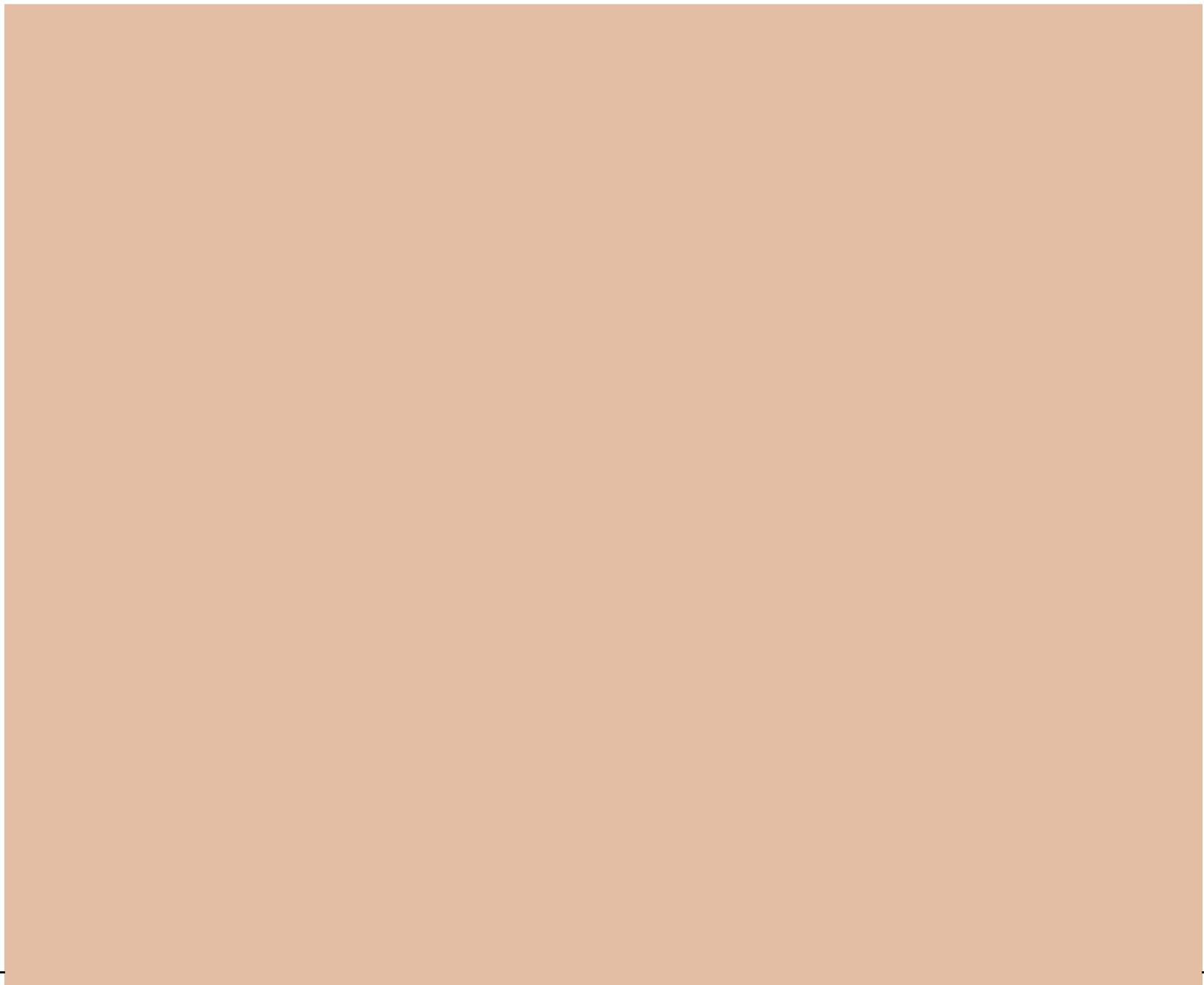


AUGUST 2020

# SANTOSHA

CONTENTMENT



# 02

## MONTHLY INSPIRATION

This Month //

Contentment (Santosha)  
Abundant Mindset

### CONTENTMENT

Santosha can be translated as 'complete contentment' and as a lack of desire for what others have. It is generally considered to be both an attitude and a state of deep inner peace.

**How can you live from a place of contentment, gratitude and presence?**

# 03

## ABUNDANT MINDSET

### How to work with the monthly themes?

Get a notebook, dedicate it to answering the questions I will ask you each month regarding the monthly theme and see where that will lead you. Simply allow yourself to explore the topics ♥

### Body | Mind | Spirit

Look at the theme from the following levels:

- Body (physical body)
- Mind (feelings & thoughts)
- Spirit (mood, attitude and character)

Regarding the areas in your life, you can think about how you treat your psychical body and whether you allow yourself to notice the sensations in your body (emotions). Think about the thoughts and feelings (= labelled and judged emotions) that keep you busy (at night) and think about your overall mood, attitude and character (spirit) towards life.

### Yourself | Others | The World

Also, interesting to keep in mind is what would you wish for:

- Yourself
- The people around you (the people you know)
- The world (people you don't know yet)

# 04

## ABUNDANT MINDSET

### Abundant mindset

Simply put we can create an abundant mindset by seeing the abundance that has already been manifested. Only all too often we want more and more. We would like to do more, create more, accomplish more, be more. Is this attitude of wanting more supporting us in seeing the abundance in our life? No. It makes us focus on what we haven't got yet, instead of what is already present. **So, how can we approach this differently?**

- What do we truly need?

*'People in the West  
are always getting ready to live'*  
\_Chinese Proverb

### Contentment

**It is about finding a balance between what is truly needed and neediness.** I translate neediness as eagerness. The question *'How to create more abundance?'* comes down to *'How can we be more content?'*. It might sound less attractive, but it is not.

- Can we be less eager?
- Also, can we be less needy?
- And can we simply be happy with what we have present in our lives already?

# 05

## ABUNDANT MINDSET

### Needs and wishes

From several workshops with James Higgins (Jameshigginsyoga.com) I learned that all too often we look at the world around us. We question ourselves. We look outside ourselves for what can only be found in ourselves. The only way to find contentment, is to look within.

Like James taught us: *'There is so much beauty within us'*. He told us to find more silent time, on our own (Yes, alone!) and to reflect on our deepest needs and wishes.

- Do you know your deepest needs and wishes?
- Do you dare to create that time and look within?

### Silent time

He explained to us that we all too often focus on the world around us, the world we can see: *the visual world*. Only there is also *a spiritual world*. In this world we can get to know our spirit (soul) and that means we will have to look inside and we need to spend a lot of time there. A lot of time. And we need to go there as much as we can. **Only why don't we take this silent time to get to know ourselves at a much deeper level?**

- Are we afraid of feeling alone?
- Are we afraid of missing out?
- Do we feel uncomfortable being on our own for perhaps 10 minutes a day?
- Have we forgotten to be content within our own company?

# 06

## ABUNDANT MINDSET

### Recharge

Personally, I love being on my own. I love wandering through the park and woods and let my mind run freely. It is also during those moments of day-dreaming that I get the best ideas and insights which then support me again to create the life I'd like to live. Being on my own is my way to recharge and to feel content.

What else do I do to feel calm, content and to become aware of the abundance of my life? These are my tips!

### See the abundance

**This is how: live now.**

**See the abundance now in this moment. Not tomorrow. NOW!**

- What can YOU do to feel calm, content and to become aware of the abundance of my life?

+

- What is already present in your life today?
- What is already good about your life today?
- What are you grateful for today?

Write it ALL down daily, weekly, monthly; anchor it down onto paper!

**We are often focussing on what isn't present yet, simply turn it around.**

See it and name it and be thankful for it. Open up your eyes and become aware of what deserves your full attention.

# 07

## ABUNDANT MINDSET

### Fulfilment

How can you give yourself and others full recognition and find fulfilment?

*'There is no escape: we can always trace our emotional disturbances back to ourselves. We keep ourselves out of contentment'*

\_Deborah Adele.

### This is how!

Look inside to find fulfilment.

Don't avoid unpleasant feelings, listen to them.

- What have these unpleasant feelings got to say?
- What direction do they want you to move?

+ **Don't strive for perfection.** It doesn't exist. Acknowledge what has been made possible already.

+ **Don't look to the outside world, look within.** Who lives there? Get to know each other!

## 08

## ABUNDANT MINDSET

**Thus, what can we do to be more content and acknowledge the abundance in our life?** Stop searching for it.

Look around you and within you to see and realise what is present already. Appreciate yourself for who you are today. Fall in love with life and celebrate its precious moments of beauty:

*'Life is complete the way it comes to you in each moment.  
When we understand this, we sink into contentment'*  
\_Deborah Adele

**That's also what I experience when I'm in Africa.** People live in the moment, are happy and content. For example, when I lived in Vilanculos, Mozambique a friend expressed: *"As soon as I leave work and go home, it takes me 1,5 hours to get home. It's only a 30-minute walk, but it's because of all of the people I meet along the way. The friends I meet are like family to me. We talk. We laugh. We help each other. Whether I'm at work, out on the street or actually at my own house, I'm at home."*

**He explained to us that he's a rich man, because of this.** He doesn't look at the figures on his bank account to see how abundant his life is. Abundance to him means something completely else. As he explained it; *"In Africa you're only poor when you don't have friends or family, because one day you might need their help or they will need yours!"*

09

LOOKING BACK AT WHAT YOU WROTE DOWN,

## WHAT'S MOST EVIDENT? ...

“

*People in the West  
are always getting ready  
to live \_Chinese proverb*

”

## 10

## LAST, BUT NOT LEAST ...

SANTOSHA | CONTENTMENT | ABUNDANT MINDSET

**Last, but not least, we can be rich in many ways.** If you have people who care for you, and who you care for. When you love others, and feel loved by others. How 'rich' do you feel? How content are you? How present can you be? Or are you always on the go and ready for the next goal? Can you feel gratitude for what's already present? Can you feel that this moment is already complete?

**+ I'm here for you.**

If there's anything you wish to share with me, contact me.

With love and care,  
Marianne de Kuyper

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*P.S. Feel free to share this with others and please guide them back to the source: [Superchangechampion.com](http://Superchangechampion.com) ♥*

*P.S. I will post additional + playful self-enquiry exercises in the the VIP Room from time to time. You get access to it when you're on my newsletter list. Go to [Superchangechampion.com](http://Superchangechampion.com) and check the footer for the link: **[Get 15 %]***

