

## How to find contentment of the mind

The law of rhythm in nature teaches us that dark days are followed by days of sunshine.

Time, of course, is the great healer. A wholesome, cheerful frame of mind, sincerely adopted and followed, does make the path easier, the day brighter, and above all, life more colorful.

If a person is trying to reach the goal of life, he will be both happy and contented when he is relieved from strain, finds delight in his work, stimulation in his friendships and a challenge in citizenship and community responsibilities. He can extend his knowledge of life and nature through the art of self-cultivation and his life becomes more spacious.

If contentment is the goal, a person can reach it more easily in this way than he can by allowing his desire for the acquisition of material things to rule him. Contentment can never be achieved by the constant attempt to get things and it is understood well

that a person can't be happy and contented who is filled with hunger and a desire of possession. There are people who want to become rich quickly. They do not stop and realize haste makes waste.

departing glow of the setting sun that lights up the sky is reflected on the quiet surface of the winding stream. Why not try to witness such a scene?

It is the kind which relieves the strain and stress of life and brings

Naomi's View  
**NAOMI  
McLEAN**



It takes time, patience and endurance to accomplish the goal of life in the right way. By taking time and going the right way, what is accomplished or has been accomplished is joy.

Quiet contentment is a help in reaching the goal of life. The time of year is approaching when there will be a winter sunset. The trees on the banks of streams are bare and forlorn, and watching the

quiet contentment to our minds. Such a scene opens the mind and prepares a person to modify his thinking by new developments and to adjust himself to things which possibly may fall by the wayside.

Such a scene will inspire a person to see life more abundantly and become inspired. Inspiration enlivens and stimulates, helping us to see the beauty of nature and of character.



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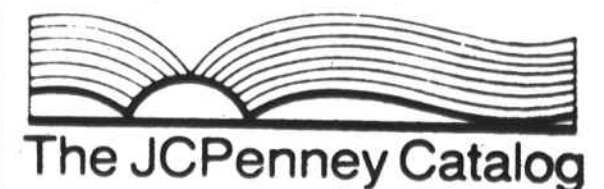


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