

Have you ever had to Endure Moments of Discontentment ?

if so, you probably understand the importance of this question...

“How is my relationship with me”

Mis-alignment *within creates an atmosphere of Discontentment within us that eventually manifest into biological responses >> often labeled as depression or frustration. In all honesty > we are usually not truly frustrated with Life, upset with our boss , unhappy with our partner or irritated with our friends. We are [**annoyed within ourself with ourself*]. Somewhere / in our inner world / we are housing a conflict. Aiding and Abetting Expired Beliefs & Unnecessary Pursuits. This is often one way to refer to being *Mis-aligned

mis·a·lign·ment

noun

the incorrect arrangement or position of something in relation to something else:

The “somethings” are [our values] & usually the [expectations] of the world around us. This mis-alignment happens when we start overlooking or minimizing our deeper(est) *values to *succumb to*

desires of : the “false self”, our ego or “the pressure” driven by the echos of the familiar but shallow societal traditions or norms.

This is why we must learn to Honor our deepest values , personal promises & Nature. That is the path to Alignment. Outside of prioritizing our Essentials, Defining our own “True North” & Purifying our Intentions - we may always fall short of experiencing the *power & harmony* associated with Contentment.

Today, ask yourself these questions:

1. What is truly important to me in life ?
2. Am i presently prioritizing the preservation of those things ?
3. Am i pursuing what i truly want ..or what i’m “supposed” to want ?
4. What beauty of my present situation am i overlooking ?

Sit with these questions & see what organically comes up. Write down your responses & allow your soul to remind you of what truly matters in life. Maybe this will help.

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